

Spring 2020

Program & Community Resource Guide

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



Macdonald-Headingley
RECREATION DISTRICT



LIFE BEYOND THE LIMITS

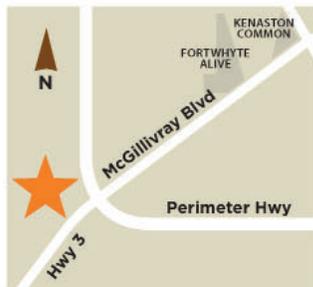


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Oak Bluff West is a connected community with plenty of room to stretch and grow. Limestone trails wind through naturalized wetlands and prairie grasses – perfect for meeting neighbours, walking your kids to school, or a casual evening stroll.

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 **Oak Bluff**
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Macdonald-Headingley

RECREATION DISTRICT

81 Alboro Street

Headingley, Manitoba R4J 1A3

Phone: 204.885.2444

Fax: 204.889.2211

Website: www.mhrd.ca

Email: info@mhrd.ca

Recreation Director - Susanne Moore

Program Director - Karen Lough

Communications & Office Coordinator - Kelsey Henderson

Project & Program Coordinator - Nicole McDonald

Accounting - Vona Guiler

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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 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 4,800 households and businesses in the municipalities of Macdonald and Headingley!

Fall 2020 Deadline: June 30th, 2020

Contact us at 204.885.2444, info@mhrd.ca



Registration

3 WAYS TO *Register*

Go Online



www.mhrd.ca

By Phone



204.885.2444

In Person



81 Alboro Street
Headingley

General Information

- All programs and schedules are subject to change in dates, location and instructors.
- Pre-registration is required for all programs.
- Participants registering in a fitness program are also required to complete a PAR Q.
- It is the participant's responsibility to inform MHRD staff and program instructor of any medical problems that may be a limiting factor to participation in a program.
- 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 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 new flexible pricing option? Look for the  symbol for programs that qualify or call the office for more details.

Student Rates

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

Trial Class

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

Give us your best smile!

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

Late Registrations & Waiting Lists

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

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

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

E-Transfers

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

Receipts

Receipts will be issued upon request.

Non Resident Registrations

All fees within this guide are listed at a resident fee rate. Residents are people residing within the corporate limits of the Macdonald-Headingley Recreation District (R.M. of Macdonald and R.M. of Headingley). Non residents will be required to pay an additional 20% per program registration fee.

Registration Refunds

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

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

Free Classes

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

Program Cancellations

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

Rescheduled Programs/Inclement Weather

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

Withdrawals

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

Program Transfers

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

Commitment to Inclusion

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

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



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.

Location	Contact Info	Events
Red River Area	https://4h.mb.ca/red-river/	
La Salle 4-H Club lasalle4h@gmail.com www.4h.mb.ca	Michelle D'Souza (Head leader) 204.792.7107 Jennifer Lippens (Head leader) 204.736.4930	April 25, 2020: Club Achievement La Salle Community Fellowship Church Set up at 9:00 am, Display open to public at 1:00 pm
Starbuck Combined 4-H Club	Sharon Masse sgmasse@gmail.com 204.735.2809	April 28, 2020: Starbuck Combined 4-H Club Achievement Night Doors open at 6:30 pm, Program starts at 7:00 pm Open to the public!
Headingley 4-H Club Check the RM of Headingley website for details of our events. www.rmofheadingley.ca	Leanne Seniuk headingley4h@gmail.com	April 22, 2020: Club Achievement Night 6:30 pm at Headingley Community Centre. All welcome. Come see cool project displays and hear what the members have learned about geocaching, outdoor living, small engines and much more! Buy tickets for the fun silent auction. <i>Refreshments to follow.</i> Bring your old electronics to our eRecycling depot at Headingley United Church. First Tuesday of every month.

Girl Guides

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

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

For more information, please visit:



www.girlguides.ca/

Girl Guides
 Everything she wants to be.



Looking for a place where girls are empowered to take the lead, jump into awesome activities and explore what matters to them?

That's Girl Guides of Canada.

When you sign your daughter up for Girl Guides, you are giving her the opportunity to discover herself – and so much more. She'll explore, create, learn – and shine.

Girl Guides create their own story – because it's their journey to navigate.

girlguides.ca/jointoday

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 www.hiddenfortresskarate.com



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 Special Events, Parties and Gatherings
 Construction Sites



Macdonald Healthy Child

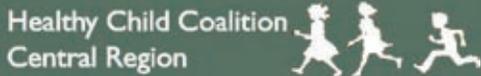
Macdonald Healthy Child is a network of volunteers and organizations from the R.M. of Macdonald dedicated to supporting community based programs and activities for children, youth and their families.



Areas of focus include:

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

- Chairperson - Elise Johnson *Sanford* 204.736.3917
- Coordinator - Brandi Noble 204.736.4141
- Kaylee Goerzen *Starbuck* 204.330.6463
- Jana Crossly *J.A. Cuddy Child Care* 204.736.3289
- Lidan Xu *La Salle Kidz Daycare Centre* 204.736.2520
- Leanne Derlago *Oak Bluff Early Years* 204.792.6278
- Yvonne Bjornson *Sanford* 204.769.3409
- 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



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

Family Fun Time (0 - 5 Years)

Join us for a fun, safe and nurturing program where families can come and play together. These dropin playgroup provides a wide variety of toys, games and activities for families to explore. There is plenty of space for energetic play and opportunities for children to be physically active while socializing with others. Family Fun Time is a chance to break from routine and connect with other families in a welcoming environment.

Location	Day(s)	Time	Fee	Registration Deadline
Sanford Sanford United Church <i>Facilitators:</i> Yvonne Bjornson & Danielle Mikolasek	Mondays, September 16 - May 11	10:00 am - 11:30 am	Free!	Drop in
Oak Bluff Oak Bluff Recreation Centre <i>Facilitator: Laura Dunphy</i>	Tuesdays, September 17 - May 12	10:30 am - 12:00 pm	Free!	Drop in
La Salle Caisse Community Centre <i>Facilitator: Melissa Wrixon</i> 204.720.7944	Wednesday, September 18 - May 13	9:30 am - 11:00 am	\$2.00/ Class	Drop in
Starbuck Starbuck Hall <i>Facilitator: Melanie Mosset</i> 204.735.3017	Wednesdays, September 18 - May 13	9:30 am - 11:30 am	Free!	Drop In

Travelling Tots (2 - 4 Years)

Facilitator: Danielle Mikolasek

Let's discover the many ways we can get around! Children and their caregivers will explore a new mode of transportation each week through a literacy based program. There will be stories and songs, sounds, games and crafts! Come out and travel with us! *Parent or caregiver participation required.*

Location	Day(s)	Time	Fee	Registration Deadline
Domain Hall	6 Fridays April 24 - May 29	10:00 am - 11:00 am	Free!	Friday, April 16

All Aboard the Number Train (3 - 4 Years)

Facilitator: Brandi Noble

Opportunities for exposing children to beginning number concepts are everywhere. From our homes to the grocery store, there are objects to count, measure, estimate and divide. Parents and caregivers can help make math fun with simple games, rhymes and stories. This program will focus on some very basic math outcomes that will prepare preschoolers for Kindergarten and the concepts that follow. *Parent or caregiver participation required.*

Location	Day(s)	Time	Fee	Registration Deadline
Sanford United Church	6 Wednesdays, April 15 - May 20	10:00 am - 11:00 am	Free!	Wednesday, April 8

Shake, Rattle & Roll (2 - 5 Years)

Facilitator: Kirsten Petz Fraser

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

Location	Day(s)	Time	Fee	Registration Deadline
Oak Bluff Recreation Centre	6 Mondays, April 6 - May 11	10:00 am - 11:00 am	Free!	Monday, March 30

Whale Tales (2 - 4 Years)

Facilitator: Yvonne Bjornson

Children and their caregivers will enjoy songs, rhymes, crafts, physical, and literacy activities all based on our favorite books from under the deep blue sea. Each week, there will be a new story with a new sea-based theme. Stories include Fidgety Fish, Commotion in the Ocean, and more. This activity is a family favorite ensuring you will have a whale of a time! *Parent or caregiver participation required.*

Location	Day(s)	Time	Fee	Registration Deadline
Oak Bluff Recreation Centre - To Be Confirmed	6 Fridays, April 17 - May 22	10:00 am - 11:00 am	Free!	Thursday, April 9

Mindful Munchkins (2 - 4 Years)

Facilitator: Brandi Noble

Mindful Munchkins is a new program geared towards identifying emotions and how to manage them. So often we forget that our little ones don't have the language to express how they're feeling and use actions instead. This program will include identifying different emotions, learning about self-regulation, developing problem solving skills, fostering positive self-esteem, and modeling empathy. All of this will take place while building strong and positive parent-child relationships! *Parent or caregiver participation required.*

Location	Day(s)	Time	Fee	Registration Deadline
La Salle - Caisse Community Centre	6 Fridays, April 17 - May 22	10:00 am - 11:00 am	Free!	Thursday, April 9
Starbuck Hall	6 Mondays, April 6 - May 11	10:00 am - 11:00 am	Free!	Monday, March 30



Macdonald Public Recreation Commission

Role of the Commission

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

Funding Programs

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

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

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

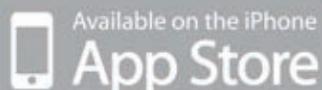
Youth Initiatives - Encouraging communities to develop recreation opportunities for Youth.

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



Download the app!

Search "RM of Macdonald" and get connected.



How does **Transportation** impact **Health**?

Cities and towns are composed of neighbourhoods, homes, schools, shopping districts, parks, and transportation networks. All of these places and spaces make up the built environment or human-made surroundings in which people live, work and play. The built environment influences the safety, health, and well-being of individuals and communities.

Transportation, one piece of the built environment, affects our everyday lives and determines to what we have (and do not have) access. Many people might not realize how transportation affects their health. Changing transportation habits can be one of the best ways to improve well-being.

Safety



In Canada, traffic collisions are a major cause of death for those aged 5 to 34. The safety of all road users can increase as more people choose active transportation. Communities can provide safe and convenient walking and bicycling networks to reduce motor vehicle traffic and vehicle speed on neighborhood streets (e.g., bicycle boulevards).



Physical Activity

Active transportation provides an opportunity to be regularly physically active, is accessible to Canadians, and increases social exchanges with neighbours and community members. Transportation infrastructure such as paths, sidewalks, and bike racks can encourage physical activity, such as walking to perform errands or biking to school.

Air Quality



Air pollution contributes to heart and lung diseases, including cancer, asthma, and bronchitis. Emissions from motor vehicles hugely contribute to air pollution. Reducing vehicles traveled can improve air quality.

Southern
Health



Santé
Sud



Noise

Noise from transportation, particularly roads and highways – can negatively affect sleep, hearing quality, stress, and energy levels. Consider walking or using a bicycle to commute to nearby places such as school, the mall, or work. Decreasing the number of trips and vehicles on the road can lower noise pollution in communities.

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. Funding is administered by Sport Manitoba's Regional Offices. Eligibility does not ensure assistance and/or amounts may be less than requested.

KIDSPORT EQUIPMENT

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

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

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.



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).

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



Macdonald Services to Seniors



Resource Coordinator - Leanne Wilson

Office located at: Riverdale Apartments
5 - 38 River Avenue, Box 283, Starbuck ROG 2P0
Office Hours: 8:30 am - 4:30 pm
Phone: 204.735.3052
Email: info@macdonaldseniors.ca
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 to be added to our mailing list!

Social Media

 Facebook

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

Foot Care Clinics

Foot care clinics are held every 8 weeks in Sanford, Starbuck and La Salle. Please contact Leanne to schedule an appointment in advance.

Events and Activities

Tuesday

Oak Bluff Shuffleboard

Location: Oak Bluff Recreation Centre

1:00 pm, Refreshments provided

Wednesday

Starbuck Floor Shuffle & Games Afternoon

Location: Starbuck Hall

1:00 pm, \$2.00/person

Includes afternoon of fun, conversation and refreshments.

Sanford Afternoon Out

Location: Mandan Manor

Every 2nd and 4th Wednesday of the month, 1:30 pm
\$1.00/person, refreshments provided



LET NO ONE BE Alone

Family Pancake Breakfast

Saturday, May 2nd Starbuck Hall

9:00 AM - 11:00 AM

Tickets Available in March

Adults - \$8.00
Children (Ages 2-10) - \$5.00
Children under 2 - Free!

You don't need to be an athlete to benefit from better flexibility.

Loosen up with some light stretching! It has a lot of great benefits!

- Reduces low back pain & arthritis
- reduces risk of falling
- helps improve poor posture
- increases blood flow and energy levels!



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.



Wednesdays starting at 12:00 pm - Starbuck Hall
 Thursdays starting at 11:45 am - Sanford Legion
 Lunch is \$10.00, please register with Leanne on the Monday prior to the program.

GEMS & LEARN

Interesting and engaging presentations have been planned on various topics that promise to keep you informed, entertained and connected. Presentations start at 1:00 pm and are free!

Thursday, April 2 11:45 am - 2:15 pm Sanford Legion	Healthy Mouth <i>Presenter: Sue Mackenzie, Active Aging in Manitoba</i> Learn the ins and outs of keeping your oral hygiene the best it can be. Understand the effects of biofilm, proper denture care, and medications that effect your mouth.
Thursday, April 23 11:45 am - 2:15 pm Sanford Legion	What You May Not Know About Funerals <i>Presenter: Erik Bardal - Neil Bardal Funeral Homes</i> There are many details to take care of when planning a funeral - and there may be some surprises along the way. Erik Bardal will talk about what you may not know about funerals, what you don't have to pay for and how not to get caught up in the sales culture.
Wednesday, May 13 12:00 pm - 2:30 pm Starbuck Hall	Let's Make Music <i>Presenter: Maria Mathews</i> Let's make music together! Group drumming is a fun & active way to enjoy popular music from the 50's, 60's & 70's. Seated and standing options will be provided to accommodate the needs of everyone. <i>No experience required! Equipment provided.</i>



Macdonald Sports



OFFICIAL SITE OF THE
**MACDONALD
 HOCKEY ASSOCIATION**

Community	Contact
President	Blake Vasko 204.294.6608 president@macdonaldhockey.ca
Vice - President	Dennis Larson 204.430.8889 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	Nicky Louttit 204.470.9343 starbuckrep@macdonaldhockey.ca
Female Hockey Representative	Eric Boyd 204.797.6149 femalehockey@macdonaldhockey.ca

Macdonald Hockey

Annual General Meeting

Thursday, April 16, 2020

7:00 pm

Oak Bluff Recreation Centre

Online Registration

June 15 - 30, 2020

Late Fees will apply after these dates. Late fees may be waived for new residents. Female Hockey available Novice to Bantam. Register online to secure your spot. Contact a community representative for more information.

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





Macdonald Ringette Annual General Meeting

April 2020, Date TBD

**Registration for the Winter 2020
Season will begin in June 2020!**

Visit our website at
macdonaldringette.ca

or our Facebook page for information
about future Come Try Ringette Events!

Be sure to follow/like us on Facebook at
 Macdonald Ringette Association

Community	Contact
La Salle/ Domain	Shelly Litynski lasalle.macringette@gmail.com
Oak Bluff/ Starbuck	Les Khan oakbluff.macringette@gmail.com
Sanford/Brunkild	Jason Jorgenson Sanford.macringette@gmail.com

www.macdonaldringette.ca



La Salle/Domain	Stephen Ceslak	lasallerep@ macdonaldminorball.ca
Sanford/Brunkild	Michelle Havixbeck	204.736.3390 sanfordrep@ macdonaldminorball.ca
Oak Bluff	Tyler Russell	204.403.8444 ball@obrc.ca
Starbuck	Kevin Nixon	204.479.3187 knixon959@gmail.com

www.macdonaldminorball.ca



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

La Salle/Domain	Melissa Dixon www.caissecc.com	melissaddixon@gmail.com
Sanford Arena	Chris & Shauna Hewitt	204.736.3465 shaunahewitt@mymts.net
Oak Bluff Arena	Allan Wilson	204.294.6547 soccer@obrc.ca
Starbuck	Kevin Nixon	204.479.3187 knixon959@gmail.com

Soccer Skills for Coaches FREE

Facilitator: Chris Hewitt

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

Location	Day(s)	Time	Fee	Registration Deadline
Sanford Collegiate	Thursday, April 23	7:00 pm - 9:00 pm	Free!	Thursday, April 16



Brunkild

Brunkild Community Facilities

Brunkild Memorial
Recreation Centre
10 Prov. Rd 305
ROG OEO



Ronda Karlowsky, President
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 for the monthly Brunkild Scoop!



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

Brunkild St. Paul's Lutheran Church



Worship at 10:00 am
Family Service with Communion
on the last Sunday of every month.

Everyone Welcome

For more information please call 204.736.4216.



DART NIGHT
Saturday, April 4, 2020
at Brunkild Hall

More info on Brunkild Rec Centre Facebook page



pop-up adventure playground

summer 2020

Coming Soon!

Travel
schedule for:

- Brunkild
- La Salle
- Oak Bluff
- Headingley
- Domain
- Sanford
- Starbuck

This playground is full of "loose parts" that will introduce children and families to natural resources, building materials, and objects that will provide children the possibility to manipulate, create, invent, evaluate, and modify their own constructions and ideas through play and imagination.



Macdonald-Headingley
RECREATION DISTRICT



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

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



Domain

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

Our group meets once a month on a Wednesday from 10 – 2 (excluding July and August). We have speakers, do crafts, go on tours, restaurant hop..... always a good time. Come try us out!

Call 204 736-4239 for more information!

We support La Salle 4-H, Domain & La Salle special events. Call Judy Cormier @ 204 736-4239 and check us out!



Saturday, April 18, 2020
Domain Hall

**For more information or to
purchase tickets:
email barb@pituraseeds.ca**



FOLLOW US ON
Instagram



@mhrd1

Domain Legion



#208

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

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

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

DOMAIN HALL

April 6
7:00 pm



PLAYOFF HOCKEY POOL

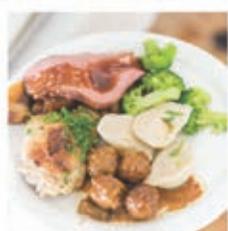
Entry fee - \$200 per 4-person team

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

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

Event sponsored by the Domain Legion Branch 208.







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(204) 771-4841
taylor@kingcolecatering.ca
www.kingcolecatering.ca

Sunday Services: Jan. to Jun. @ 11:00 AM
on the 2nd Sunday of each month
and @ 9:30 AM on all other Sundays

Sunday School for all ages, children are upstairs for the first half of the service and then retire to the basement for their classes.

Chair lift accessible.
Coffee time after morning service.

Rev. James DeBeer: 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.



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Domain, La Salle
and Osborne.



La Salle

La Salle Community Facilities

Caisse Community Centre
 Dee Romijn, Facility Manager
 204.736.2679
 204.801.7629 (cell)
 dromijn@caissecc.com
 www.caissecc.com
 David Brown, President
 davidbrown@mts.net

La Salle School
 43 Beaudry Road
 ROG OA1
 Robert Bouchard, Principal
 204.736.4366 ext. 5346
 rbouchard@srsd.ca
 www.srsd.ca



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FITNESS CLASSES

Instructor:
Dee Romijn
Sub-Instructor:
Pearl Moroz

Working out on your own can be lonely, creating the potential to lose interest and motivation over time. Try a fitness class offered at the Caisse Community Centre that is sure to keep you coming back for more!

Circuit/Interval Training:
 Interval training is a type of training that involves a series of low-to-high-intensity workouts interspersed with rest or relief periods. The high-intensity periods are typically at or close to anaerobic exercise, while the recovery periods involve activity of lower intensity. Class will include balance, cardio, core and flexibility training providing variety of low and high impact moves to get your heart pumping with functional exercises to build your strength. New strength and cardio exercises each week with different interval timers for maximum variety!

Monday/Thursday Evenings 7pm - 8pm

Come try a class for free!

Tuesday/Thursday Early Mornings 6am - 7am
 Tuesday/Thursday Mornings 9:15am - 10:15am

** Need to average 8 participants per class. Pre-registration is required. **

For information and/or to register, please visit www.caissecc.com - programs tab or contact Dee Romijn 204-736-2679 | 204-801-7629 | dromijn@caissecc.com

Fundraiser Event in support of the Caisse Community Centre

CHASE THE ACE

Every Friday
BUY TICKETS
 5:30pm - 7:45pm
 at the Caisse Community Centre
(corner of PR 247E & Hwy 330 in La Salle)
DRAW AT 8:00PM
Tickets
\$2.00 each

Bonus -
 (alternating weeks)
 ♠ ARCHIES MEATS DRAW
 ♣ 50/50 DRAW
 (weekly)
 ♠ CANDY/CHOCOLATE DONATION
 BY CHARLOTTE MORTENSON
 OF **OMG's**

Prizes:
 ♠ 10% of evening ticket sales and
 ♠ Chance to Win the "CHASE the ACE" Jackpot
Participants must be 18 Years or Older



CAISSE COMMUNITY CENTRE
www.caissecc.com

Indoor Walking

Take a break from the cold while still getting in those steps! Walking the halls is a great way to stay active and break a sweat. Certain days will also have equipment areas to use at your own pace – small weights and resistance bands! *Please wear clean indoor shoes.*

Location	Day(s)	Time	Fee	Registration Deadline
La Salle - Caisse Community Centre	Tuesdays & Thursdays, April 7 - May 28	10:30 am - 11:30 am	\$2.00/ class	Ongoing

Fluid Flow Yoga

Instructor: Ash Bourgeois

This dynamic class will take you through many formations where your body has never gone before. Explore new movements and the freedom of flow that will loosen tension in your joints and muscles, while creating ease in everyday movement. This is not your usual routine yoga practice; each class will differ and be accessible for all levels. *Please bring a yoga mat.*

Location	Day(s)	Time	Fee	Registration Deadline
La Salle - Caisse Community Centre	8 Mondays, April 6 - June 1 (No class May 18)	6:30 pm - 7:30 pm (NEW TIME!)	\$88.00	Monday, March 30
La Salle - Caisse Community Centre	8 Wednesdays, April 8 - May 27	7:15 pm - 8:15 pm	\$88.00	Wednesday, April 1

Beginner's Karate (Ages 7+)

Instructor: Ryan Porath

Fitness and character development for ages 7-70+. Karate is an activity that helps each student develop at their own pace but encourages constant improvement. Shotokan Karate is a non-contact martial art but teaches self-defense and perseverance through Kara, Kihon, and Kumite (3 elements of most martial arts). This class is for children and adults with both beginner and junior ranks participating. Testing for belt ranks is not necessary but encouraged if you continue training. (This is a separate fee managed by the instructor). *Please wear shorts and a t-shirt and ensure that toenails are clipped short. Family rate: \$302.50.*

Location	Day(s)	Time	Fee	Registration Deadline
La Salle - Caisse Community Centre	11 Wednesdays, April 8 - June 24	5:30 pm - 6:30 pm	\$121.00	Wednesday, April 1

Gentle Flow

Instructor: Nicole Necsefor

Restore your system with gentle and Therapeutic Yoga movements. This class will build on the fundamentals of yoga postures with a variety of movements and fine-tuning stretches. The postures and movements will focus on problem areas that tend to limit your practice. Come join to stretch and stabilize your way to a well-balanced body. *We encourage you to bring 2 yoga blocks and a strap to class.*

Location	Day(s)	Time	Fee	Registration Deadline
La Salle - Caisse Community Centre	8 Thursdays, April 9 - May 28	11:15 am - 12:15 pm	\$88.00	Thursday, April 2

Police Academy for Older Adults

Designed to inform “students” about safety and security issues that will benefit your overall well-being. Program topics include Elder Abuse, Personal Safety, Frauds & Scams, and Medication Safety. These topics will be broken down over three dates with two topics/speakers per day. *Please bring a bag lunch April 6 & 13.*

Location	Day(s)	Time	Fee	Registration Deadline
La Salle - Caisse Community Centre	3 Mondays, April 6, 13 & 20	11:00 am - 1:30 pm	\$20.00	Monday, March 30

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.*

Location	Day(s)	Time	Fee	Registration Deadline
La Salle - Caisse Community Centre Contact: Bernice Valcourt 204.272.5586	Spring: 25 Tuesdays & Thursdays April 7 - June 30	12:00 pm - 3:00 pm	\$2.00/Drop In \$10.00/Month	Ongoing
	Summer: 14 Tuesdays & Thursdays July 7 - August 27 (No program August 11 & 13)	7:30 pm - 9:30 pm	\$2.00/Drop In \$10.00/Month	Ongoing

Easter 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. *Participants need to bring a cookie tray or large container for taking the wet cookies home.*

Location	Day(s)	Time	Fee	Registration Deadline
La Salle - Caisse Community Centre	Tuesday, April 7	6:30 pm - 8:30 pm	\$33.00	Tuesday, March 31

All in One Fitness

Instructor: Clovis Se 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. *Payment may be made in installments. Please note: Friday, May 1 will take place in MPR at Caisse C.C.*

Location	Day(s)	Time	Fee	Registration Deadline
Spring: La Salle - Caisse Community Centre Monday & Wednesdays La Salle School - Fridays	34 Classes, Monday, Wednesday & Friday April 6 - June 26 (No class April 10 or May 18)	6:00 pm - 7:00 pm	3/week: \$374.00 2/week: \$264.00 1/week: \$132.00	Monday, March 30
Summer: La Salle - Caisse Community Centre Monday & Wednesdays La Salle School - Fridays	20 Classes, Monday, Wednesday & Friday July 6 - August 21 (No class August 3)	6:00 pm - 7:00 pm	3/week: \$220.00 2/week: \$144.00 1/week: \$77.00	Monday, June 29



La Salle Knights of Columbus
CASH BINGO

7:00 pm - 10:00 pm
(Doors open at 6:30 pm)
Tuesday, May 5th

- large variety of games will be played -

Paper cards will be used.
Dabbers will be available.
Canteen will be open.

B I N G O

Contacts:
Jim jimlane@mts.net
Georges gjcormier@gmail.com

LA SALLE KIDZ INC.

QUIZ NIGHT



DOORS OPEN AT 7:00 PM (Cash Bar)
QUIZ NIGHT BEGINS AT 7:30 PM
\$15 PER PERSON / TABLES OF 6-8 PLAYERS

May 9

* Caisse Community Center, La Salle, MB
CONTACT: (204) 736-2520 or lasallekidz@gmail.com



Everyone
has a reason
to save.

What's yours?

TAX FREE SAVINGS ACCOUNT

caisse.biz



**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 at:
www.caissecc.com - home page - e-news registration

Contact:
Barbara Agland-O'Connor
Website Director
Caisse Community Centre
barbaraoinlasalle@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
or visit www.caissecc.com



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GRAND BEACH AREA



lasalleinsurance.com

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La Salle

1-30 Rue Principale
La Salle | 204-736-2003

Central

919 Notre Dame Ave.
Winnipeg | 204-774-4000

North

865 McGregor St.
Winnipeg | 204-334-4000

South West

3-605 Sterling Lyon Pkwy
Winnipeg | 204-488-8858

South

30-2855 Pembina Hwy.
Winnipeg | 204-261-3430

Plezia Insurance Brokers

1525 Gateway Rd.
Winnipeg | 204-669-3865

CAISSE COMMUNITY CENTRE
2020
SUMMER
JULY & AUGUST **Camp**
for kids
ages 5-12

sport camp
theme camp
field trips
games
arts and crafts
& more!

fun & educational

CAISSE COMMUNITY CENTRE
PR 247E & HWY 330, LA SALLE, MB

* online pre-registration required *

www.caissecc.com | 204-736-2679



CAISSE COMMUNITY CENTRE

**School's Out
for Summer Dance**

Thursday, June 25th, 2020
6:00 pm to 8:30 pm
at the Caisse Community Centre

Elementary students (kindergarten to grade 5) and their parents are invited to celebrate this past year of school. Live DJ & dance floor lights promise to be the best way to kick off your summer break!

Canteen, Games & Prizes!

For information and/or to sponsor this event, please contact:
Dee Romijn 204-736-2679 | 204-801-7629 | dromijn@caissecc.com
Guylaine Remillard 204-487-1615 | guylaineremillard@gmail.com

\$5/child (parents free)

www.caissecc.com
- events tab



LA SALLE CURLING CLUB



www.lasallecurlingclub.ca www.facebook.com/LaSalleCurlingClub

Thank You

FROM LSCC FOR A GREAT
2019-2020 SEASON

LSCC is where fun and sport come to meet!

THANK YOU TO ALL OF OUR CURLERS
2019 - 2020 was a successful year,
with great events, bonspiels and more.
WE LOOK FORWARD TO NEXT SEASON

2020 - 2021 Leagues and Events include:

Men's League
Junior's League
Women's League
Friday Night Fun League
Learn to Curl
One Day Spiels
Curl Manitoba Events
Doubles Events

Plus more bonspiels & other events throughout the season!

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

www.lasallecurlingclub.ca

www.facebook.com/LaSalleCurlingClub

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

Also available:

Ice Rentals

Club Rentals

Corporate Advertising

Canteen and Bar

Visit our website and FB page for all the details!

See you in the fall at LSCC!!

Time for Fitness!

Come and take a look at what the Fitness Centre at the Caisse Community Centre has to offer. Open from 5am to 11pm daily. Swipe/Access Cards available.



Fee Schedule (prices do NOT include GST)

Package Term	Individual		Student		Senior		Household Add-On	
	R	NR	R	NR	R	NR	R	NR
4 Month	\$140	\$160	\$100	\$120	\$112	\$132	\$80	\$100
8 Month	\$260	\$300	\$180	\$220	\$208	\$248	\$140	\$180
Annual	\$360	\$420	\$240	\$300	\$288	\$348	\$180	\$240

R= Resident NR- Non-resident

Individual: An individual 16 years of age or older.

Student: An individual 15-25 years of age who is a full time student.

Senior: An individual 65 years of age or older.

Household Add-On: Children of individual members 15-18 years of age or children who are full time students, 25 years of age or younger (subject to proof of student status) residing at the same address as the individual member. Children under the age of 15 are not permitted in the Fitness Centre.

Contact:
Dee Romijn 204-736-2679 | 204-801-7629 | dromijn@caissecc.com



www.caissecc.com - fitness centre tab

Stay fit in 2020!

Caisse Community Centre

Before and After School Program
In-Service Day Camp Program

The Caisse Community Centre Before and After School Program provides recreational activities to children between the ages of 5 to 12 before and after regular school days. The program follows the school calendar of the Seine River School Division and will be closed on all school holidays and inclement weather days. The Caisse Community Centre In-Service Day Camp Program is offered for school holidays. Space is limited and pre-registration is required for both programs.

Before and After School Program

- runs from 7am to start of school and end of school until 6pm
- \$15 per day/per child (2 spots)
- \$7.50 per day/per child (1 spot)

In-Service Day Camp Program

- runs from 7am to 6pm
- \$30 per day/per child



online registration

Before and After School Program

In-Service Day Camp Program

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

Ages 5 to 12



For information and/or to register:
www.caissecc.com - programs tab
or email beforeandafter@caissecc.com



We welcome you to join us! We are a group of people who are learning to love like Jesus by studying the bible, worshipping God together and caring for each other and our community.

Sunday Service @ 10:30am lscf.ca
Kid's Church age 2 to Grade 6 @ 10:30am lscf.ca
Student Ministry - Grade 7 to 12 lasalleyouth.ca
La Salle VBS lasallevbs.ca

www.lscf.ca info@lscf.ca 204.736.3200

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



La Salle VBS (Vacation Bible School)

SonGames 2020

August 10 - 14, 2020
9:00 am - 12:00 pm

Caisse Community Centre

For information and/or to register,
please visit: www.lasallevbs.ca



Austin | Carman | La Salle | MacGregor
Oakville | Portage la Prairie | Treherne

www.homesteadco-op.crs

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
www.blainepedersen.com



La Salle Nursery School

Learn and play with us at
La Salle Nursery School

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

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



READY FOR SOME FUN?

LASALLE NURSERY SCHOOL GOLF TOURNAMENT FUNDRAISER!

SATURDAY MAY 23, 2020

12pm Shotgun Start
At Kingswood Golf & Country Club

\$150 per golfer/\$600 per team
(includes round of golf, cart & dinner)

Dinner Only Tickets
\$40/adult \$10/child

contact Ashley for tickets:
lasallenursery@gmail.com
or 204-330-5283



St. Hyacinthe Roman Catholic Parish

Come and join us for Sunday Mass
Everyone welcome!

Mass times: Sundays 11:00 am
Holy Week and Easter Mass: See our website.

Spaghetti Supper - Friday, April 24
5:30 pm - 7:30 pm

Caisse Community Centre

A fun night out for families! All are welcome!

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

Priest: Father Gabriel Levesque
27 Beaudry Street,
La Salle, R0G 0A1

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

CAISSE COMMUNITY CENTRE *La Salle* FALL FESTIVAL

“ ARTS - CRAFTS - GAMES -
DOOR PRIZE - PHOTO BOOTH -
INFLATABLE BOUNCERS -
SPECIALTY FESTIVAL FOOD -
WILDLIFE HAVEN REHABILITATION
CENTRE with OWL AMBASSADORS -
KIDS MOVIE and MORE!
”



**SATURDAY
SEPT 12
2020** activities
1pm - 5pm
movie
5pm - 7pm

**CAISSE
COMMUNITY
CENTRE**

corner PR247E
& Hwy 330,
La Salle MB

A fun-packed afternoon for the whole family!

For information and/or sponsorship
opportunities:
www.caissecc.com | 204-736-2679



CAISSE
COMMUNITY
CENTRE

— event subject to change —



Macdonald-Headingley
RECREATION DISTRICT

La Salle Art Club

11 Thursdays, March 5 - May 14
La Salle Community Fellowship
Church (basement)

1st & 3rd class of the month runs 1:00 - 4:00 pm
2nd & 4th class of the month runs 6:30 - 9:30 pm

**For more information,
please contact:
204.885.2444
info@mhrd.ca**

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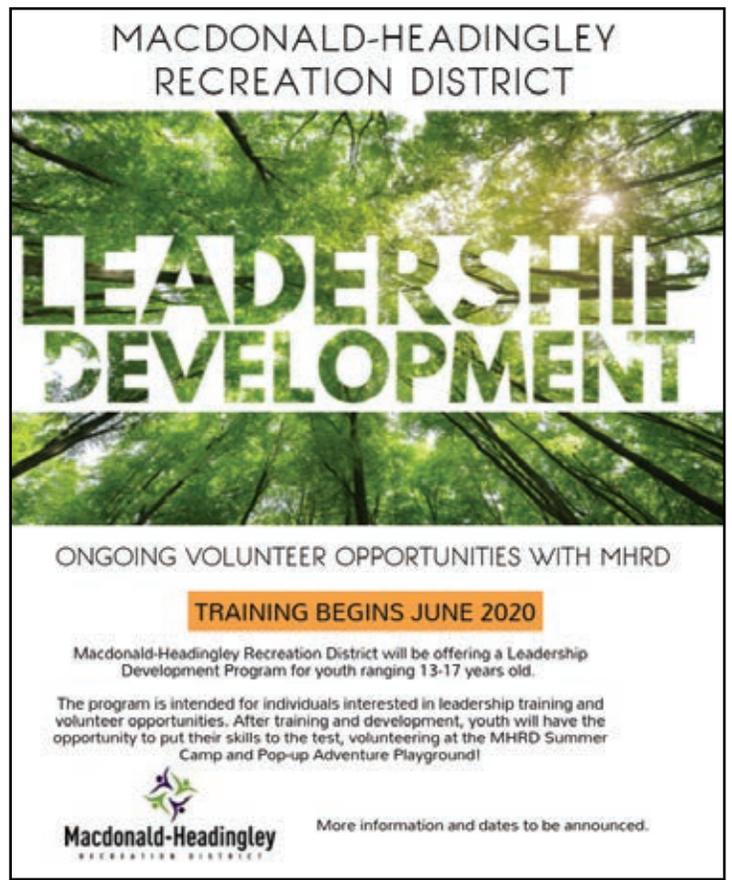
JOIN US TO LEARN HOW TO CHANGE A FLAT TIRE, KEEP YOUR BIKE CLEAN, LUBRICATED AND SPINNING SMOOTHLY

DATE AND MORE INFORMATION COMING SOON! CHECK OUR WEBSITE FOR UPDATES!

WWW.MHRD.CA 204-885-2444 INFO@MHRD.CA

for more information: www.mhrd.ca

MACDONALD-HEADINGLEY RECREATION DISTRICT



LEADERSHIP DEVELOPMENT

ONGOING VOLUNTEER OPPORTUNITIES WITH MHRD

TRAINING BEGINS JUNE 2020

Macdonald-Headingley Recreation District will be offering a Leadership Development Program for youth ranging 13-17 years old.

The program is intended for individuals interested in leadership training and volunteer opportunities. After training and development, youth will have the opportunity to put their skills to the test, volunteering at the MHRD Summer Camp and Pop-up Adventure Playground!



More information and dates to be announced.



Macdonald-Headingley RECREATION DISTRICT

Before & After School Program

Kindergarten to Grade 6

Before • After • Inservices

Full-time and part-time options available

September – June (launching September 2020)

Monday - Friday: 7:00 – 9:00 am & 3:00 – 6:00 pm

Program Sites:
 Starbuck Recreation Centre
 Oak Bluff Recreation Centre (Bussing Available)

Registration now OPEN. Call to reserve your spot.

For more information and registration:
www.mhrd.ca 204-885-2444
info@mhrd.ca



Join our email list

For access to newsletters & events!
 Call 204.885.2444 or email info@mhrd.ca to be added!



Macdonald-Headingley RECREATION DISTRICT



Macdonald-Headingley
RECREATION DISTRICT

SUMMER CAMP

JULY 6-AUGUST 31

AT OAK BLUFF REC CENTRE
101-123 MACDONALD RD
OAK BLUFF, MB

THEME WEEKS INCLUDE
BUT ARE NOT LIMITED TO
SPORTS & GAMES,
NATURE CAMP, CREATIVE CAMP,
STEAM CAMP,
AND SO MUCH MORE

AGES 5-12

INFO@MHRD.CA

LIMITED
SPACE

MONDAY TO FRIDAY;

8:30 AM - 4:30 PM

EXTENDED CARE AVAILABLE!



Oak Bluff

Oak Bluff Community Facilities

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



Brent Sadler, President
204.275.2844
president@obrcc.ca

Jeff Froese, Ice Rental
204.896.6882
icerentals@obrcc.ca

Keith Rempel, Hall Rental
204.896.6882
hallrentals@obrcc.ca
www.obrc.ca

Oak Bluff Community
School
155 Agri Park Road
R4G 0A5

Pamela Lee, Principal
204.895.0004
oakbluff@rrvsc.ca

www.obcs.rrvsc.ca



Oak Bluff Seniors Club

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



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

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

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

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

Prairie Palette Art Club



We meet the second and fourth Tuesday of each month beginning at 6:30 pm (Starting the fourth Tuesday in September and running until May) in the Science Room at Oak Bluff School. We have casual painting sessions, instructions from professional artists and demonstrations from volunteer art group members. The membership fee is \$50.00.

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

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.*

Location	Day(s)	Time	Fee	Registration Deadline
Oak Bluff Recreation Centre Contact: Bill/Lorraine 204.895.0900	6 Mondays, April 6 - May 11	1:30 pm - 3:30 pm	\$2.00/Drop In \$5.00/Month	Ongoing
Oak Bluff School Contact: Brent/Marie 204.897.1545	Wednesdays, April 8 - June 24	6:30 pm - 8:30 pm	\$2.00/Drop In \$5.00/Month	Ongoing

Yoga For Men

Instructor: Nicole Necsefor

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

Location	Day(s)	Time	Fee	Registration Deadline
Oak Bluff Recreation Centre	8 Mondays, April 6 - June 1 (No class May 18)	7:30 pm - 8:30 pm	\$88.00	Monday, March 30

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. *Please bring a yoga mat.*

Location	Day(s)	Time	Fee	Registration Deadline
Oak Bluff Recreation Centre	8 Wednesdays, April 8 - May 27	9:00 am - 10:00 am	\$88.00	Wednesday, April 1

Gentle Yoga

Instructor: Nicole Necsefor

Restore your system with gentle and Therapeutic Yoga movements. This class will build on the fundamentals of yoga postures with a variety of movements and fine-tuning stretches. The postures and movements will focus on problem areas that tend to limit your practice. Come join to stretch and stabilize your way to a well-balanced body. *We encourage you to bring 2 yoga blocks and a strap to class.*

Location	Day(s)	Time	Fee	Registration Deadline
Oak Bluff Recreation Centre	8 Mondays, April 6 - June 1 (No class May 18)	6:15 pm - 7:15 pm	\$88.00	Monday, March 30

Self Defense for Women & Girls (Ages 13+)

Instructor: Markus Erkelenz

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

Location	Day(s)	Time	Fee	Registration Deadline
Oak Bluff School	Saturday, April 25	9:30 am - 12:00 pm	\$25.00	Friday, April 18

Pilates

Instructor: Kristy Loewen

Whether you work at a computer all day or compete in triathlon's -- 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! *Please bring a yoga mat.*

Location	Day(s)	Time	Fee	Registration Deadline
Oak Bluff School - Gym	10 Tuesdays, April 7 - June 9 (DATE CHANGE)	8:00 pm - 9:00 pm	\$100.00	Tuesday, March 31

Yogalates

Instructor: Kristy Loewen

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

Location	Day(s)	Time	Fee	Registration Deadline
Oak Bluff School - Gym	10 Thursdays, April 9 - June 11	8:00 pm - 9:00 pm	\$100.00	Thursday, April 2

Mixed Media Mash-Up

Instructor: Paige Marshall

Mixed Media Class is perfect for your aspiring artists to not only recreate famous pieces, but also learn about famous artists. This class will offer a multitude of different mediums for your young artist to create, learn and experiment with different art forms!

Location	Day(s)	Time	Fee	Registration Deadline
Oak Bluff Recreation Centre	6 Wednesdays, April 1 - May 6	6:00 pm - 7:00 pm	\$90.00	Wednesday, March 25



OAK BLUFF BIBLE CHURCH

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

Currently Sunday mornings @
Oak Bluff Community School
(until June - check website to confirm location)

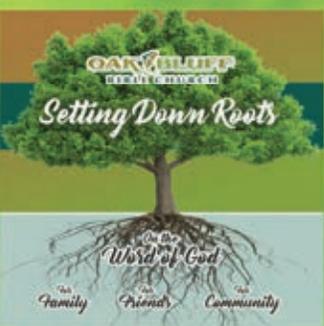
- Sunday Services
- Sunday School (ages 2-adult)
- Weekly Care Groups
- Prayer Group
- Youth Group
- Vacation Bible School
- Missions Serving Opportunities & more!

Prayer Time - 9:30 am

Sunday School - 9:45 am

Worship Service - 10:40 am

We are very excited to be setting down roots with the purchase of a building!



Address: 53 PTH 3 - Oak Bluff
OBBC Office: UNIT C
Pastor John is available to meet!
OBBC Sanctuary: UNIT A
Estimated completion - summer of 2020!

Check out our website for more details and to confirm service locations:
www.oakbluffbiblechurch.com

contactus@oakbluffbiblechurch.com
204-612-9623



OAK BLUFF BIBLE CHURCH

VBS
July 12-16, 2020
6:30-8:45 pm

Sing & Play Express - Bible Adventures - Craft Crossings
Loco Motion Games - Chew Chew Snacks - KidVid Cinema

FREE **Ages 4-12**



ROCKY RAILWAY
JESUS' POWER PULLS US THROUGH

More details about Vacation Bible School & Register @ www.oakbluffbiblechurch.com



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)

- COPP is a provincial program in association with WPS, RCMP & BPS.
 - 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.

Contact OakBluffCOPP@gmail.com to join or get more information.

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)
- Note odd behavior in the neighbourhood and report to RCMP (204-886-0358)

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Sanford

Sanford Community Facilities

Sanford Recreation/
Arena

174 Mandan Drive
R0G 2J0



Eric Boyd, President
eric@bestlandexcavation.com

Andrea Morann, Ice Rentals
amorann@mymts.net

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 or visit jacuddychildcare.blogspot.ca 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!

Like us on Facebook

Sanford Recreation Annual General Meeting

Wednesday, May 6

7:00 pm

Sanford Arena - Upstairs



Contact:

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

Ladies Auxiliary: Joyce Kasur
204-736-3734 or rjkasur@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 3rd Monday of every month at 7:00 pm.
We are actively looking for new members to join our branch.

Sanford Ladies Auxiliary:

Ladies Auxiliary meetings are held on the last Tuesday of September, October, November, April, May and June. We are actively looking for new members to join our Auxiliary.

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

Recreational Badminton (Ages 14+)

Contact: Jordan Kennedy, 204.736.3676

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

Location	Day(s)	Time	Fee	Registration Deadline
J.A. Cuddy School	8 Thursdays, April 9 - May 28	7:30 pm - 9:00 pm	\$2/Drop In	Ongoing



Babysitter's Training (Ages 12+)

Instructor: Tracy Fossay

An important course for the beginning babysitter. Learn the basics about child-care, first-aid and safety in the home. *Students must be 12 years old by June 30, 2020. Please bring lunch, water bottle, pen and paper.*

Location	Day(s)	Time	Fee	Registration Deadline
Sanford Arena - Upstairs	Saturday, April 11	9:00 am - 3:30 pm	\$45.00	Friday, April 3

Yoga- All Levels

Instructor: Emily Lenehan

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

Location	Day(s)	Time	Fee	Registration Deadline
J.A. Cuddy School	11 Mondays, April 6 - June 22 (No class May 18)	6:00 pm - 7:00 pm	\$121.00	Monday, March 30

Nordic Walking/ Urban Poling

Instructor: Lori Hildebrand

Are you looking for a new way to get active and enjoy the great outdoors? Would you like to try a fun and easy way to boost your walking & increase your workout? Urban Poling (or Nordic Walking) uses 90% more muscles than just walking and turns it into a full body workout! It improves your posture, balance and stability while burning up to 20-40% more calories than walking. Be prepared to head outdoors for a walk! *Bring your own poles or borrow ours! Please wear comfortable walking shoes and dress for the weather.*

Location	Day(s)	Time	Fee	Registration Deadline
Sanford Legion	Saturday, May 30	10:00 am - 11:00 am	Free!	Friday, May 22

Fusion Fitness

Instructor: Marci Manness/Jillian MacDonald

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

Location	Day(s)	Time	Fee	Registration Deadline
J.A. Cuddy School	15 Classes, Mondays & Thursdays April 6 - May 28 (No class May 18)	Monday 7:15 pm - 8:15 pm Thursday 6:15 pm - 7:15 pm	2/week: \$150.00 1/week: \$80.00	Monday, March 30

Exercises at Mandan

Instructor: Agnes Gousseau/ Henry Penner

Join us for these gentle exercise sessions that can help you maintain muscle, strength, and improve mobility. *Exercises may be performed seated or standing and are suitable for all abilities.*

Location	Day(s)	Time	Fee	Registration Deadline
Mandan Manor	Wednesdays, Beginning January 15	11:00 am - 12:00 pm	Free!	Ongoing

SANFORD PADDLING CLUB

Youth Paddling Program, Monday - Friday 9 am - 11 am, Please contact
Drop In nights: Tuesday and Thursday 6 pm - 8 pm, \$5/person or \$ 10/Family

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

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

Local Information:
Ellen Bestland

Email: sanfordpaddlingclub@gmail.com
Address: 130 Blythefield Sanford, Manitoba
in the student parking lot of Sanford Collegiate



Meridian
Pastoral
Charge



Starbuck - Sanford - Domain



Sanford United Church
Please join us for worship and fellowship
on Sunday mornings,
Visit our website for more details and
upcoming events.
www.meridian-pastoral-charge.ca/sanford



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Starbuck

Starbuck Community Facilities

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ROG 2P0



Kevin Nixon, President
204.479.3187
president@starbuckrecreation.com

Brenda Borley, Ice Rentals
204.479.1400
icerentals@starbuckrecreation.com
For current info and ice schedule:
www.starbuckrecreation.com

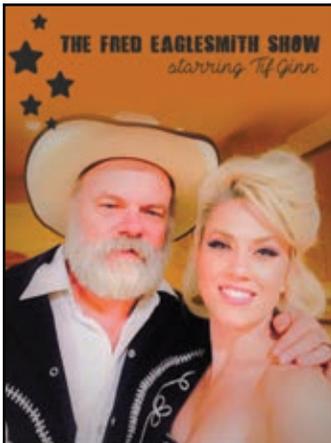
Starbuck Hall
25 Main Street
ROG 2P0

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@rrvsc.ca
https://starbuck.rrvsc.ca/



THE FRED EAGLESMITH SHOW
starring Tif Ginn

Friday, July 3, 2020
Starbuck Community Hall
25 Main Street, Starbuck, MB
Show at 8:00 PM
Doors open at 7:00 PM
Cash Bar 50/50 Draw
Tickets: \$25.00

STARBUCK RECREATION ASSOCIATION



THE HEART OF THE COMMUNITY

President - Kevin Nixon

Starbuck Recreation Association Annual General Meeting

Wednesday, May 6, 2020

7:00 pm

Starbuck Rink
Everyone Welcome

Ladies' Curling

Candice Langlois, 204.750.2537
candicejlanglois@gmail.com

Men's Curling

Mitchell Tod, 204.792.6686
mitchell_tod@yahoo.ca

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

www.starbuckrecreation.com

Pickleball

Contact: Brenda Shirliff 204.735.2880

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

Location	Day(s)	Time	Fee	Registration Deadline
Starbuck School	16 Tuesdays & Thursdays April 7 - May 28	6:30 pm - 8:30 pm	\$2.00/Drop In \$10.00/Month	Ongoing

Yoga- All Levels

Instructor: Emily Lenehan

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

Location	Day(s)	Time	Fee	Registration Deadline
Starbuck Hall	11 Mondays, April 6 - June 22 (No class May 18)	8:00 pm - 9:00 pm	\$121.00	Monday, March 30

Cardio, Core & Strength

Instructor: Jillian MacDonald

This fun 60-minute class will include strength, cardio, balance, coordination, power and mobility. All fitness levels are welcome as modifications will be given. *Please bring a yoga mat.*

Location	Day(s)	Time	Fee	Registration Deadline
Starbuck Hall	8 Tuesdays, April 7 - May 26	10:00 am - 11:00 am	\$80.00	Tuesday, March 31

Hall Walking

Contact: Maggie Crompton, 204.735.2378

Join us for indoor hall walking. Nineteen laps around the hall is one mile! *Please contact Maggie for more information.*

Location	Day(s)	Time	Fee	Registration Deadline
Starbuck Hall	Thursdays, ending June 25	10:00 am - 11:00 am	Free!	Ongoing

Exercises at Riverdale

Instructor: Liza Rasmussen

Join us for these gentle exercise sessions that can help you maintain muscle, strength, and improve mobility.

Location	Day(s)	Time	Fee	Registration Deadline
Riverdale Apartments	March 23 - June 29 (No class May 18)	10:00 am - 11:00 am	Free!	Ongoing

Home Alone (Ages 10 - 13)

Instructor: Tracy Fossay

The Home Alone program is designed to provide children with the necessary skills and knowledge to be safe and responsible when home alone for short periods of time. It will help them prevent problems, handle real - life situations, teach them to stay safe and constructively occupied. The course material covers topics such as establishing a routine, strangers, emergencies, basic first aid and Internet safety.

Please bring a lunch and water bottle. Must be 10 years old by date of program.

Location	Day(s)	Time	Fee	Registration Deadline
Starbuck Hall	Saturday, May 23	9:00 am - 1:30 pm	\$45.00	Friday, May 15

Starbuck All Charities

Donate to your Favourite Charity



Saturday, April 18th
(Storm date April 25th)
Starbuck Community Hall
9:00 am - 1:00 pm

Indoor Garage Sale/Craft Sale
Brown Bag Auction (draw at 12:30)
Bake Table



LUNCH AVAILABLE
SOUP/CHILI/HOT DOGS
PIE/COFFEE/TEA/JUICE

Community Members are encouraged
to donate 2 items for the Bake Sale
The Committee thanks you for your continued support!!

For table rentals please contact:
Susan Burns 204-735-2595
Sheryl Klassen 204-735-2852
Table cost is \$10.00 plus donation
to the Brown Bag Auction



Trinity Lutheran Church in Starbuck

Worship Sundays - 10:00 am

Sunday School - 11:00 am

Holden Evening Prayer

March through to April 14, 6:30 pm

Healing Service

April 9, 7:00 pm

Worship Service

April 10 & April 12, 10:00 am

Email: tlc118@mymts.net Phone: 204.735.2503

www.tlcstarbuck.com



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 in the basement of the Starbuck Trinity Lutheran Church (wheelchair accessible). They host an Art Show and Sale every fall at the end of October where members can show their latest paintings. New members are welcome. For more information please contact:

Joyce Nadeau 204-436-2096 gilnadeau78@gmail.com

Barbara Kaminsky 204-736-4260 barbarakaminsky@hotmail.com

John Smeulders 204-791-8663 tjsmeulders@hotmail.com

Laurel Gargan 204-735-2743 laurel_gargan@icloud.com



Springstein Mennonite Church

15 Victoria Road, Springstein

All are Welcome!

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

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

St. Paul's Roman Catholic Parish - Starbuck

&

Sacred Heart Parish - Fannystelle

Please join us for Mass, coffee & fellowship!

Everyone is welcome!

Mass Times

Sundays: 9:00 a.m. - Alternating between Starbuck and Fannystelle

Every 2nd Wednesday: 4:00 p.m. - At the Riverdale Apartments in Starbuck

Priest: Father Mario Avelino Veloso

Phone: (204) 745-2204

Email: stpaulsromancatholicparish@gmail.com

(St. Paul's Parish Contact: Kathy Rathert - (204) 735-3115)

SANFORD ARCHERY RANGE

Archery Manitoba's Sanford Range, in partnership with the Flatlanders Archery Club is the best 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 354 just south of Ferndale Road

visit www.ARCHERYMANITOBA.ca for more information



Starbuck United Church

Everyone Welcome!

Starbuck United Church and Starbuck Trinity Lutheran Church will have joint services on the second Sunday of the month at 10 am.
All other Sunday services at 11:30 am.
Join us for coffee before the 11:30 a.m. services at 10:45 am in the church basement.

Special event dates posted on our website.
www.meridian-pastoral-charge.ca

COMMUNITY SURVEY REMINDER

RM of Macdonald Recreation and Parks Master Plan

Deadline: March 23, 2020



SCATLIFF + MILLER + MURRAY

We have recently mailed out a survey notice to all homes in the RM. If you have already completed the survey, we thank you for your participation. If you have not yet completed the survey, please do so before March 23, 2020.

You can find the survey online at:

<https://www.surveymonkey.com/r/SYLW2CR>

If you don't have access to a computer, you can pick up printed copies of the survey at: 161 Mandan Drive, Sanford, MB or call the Macdonald-Headingley Recreation District Office at 1-204-885-2444 to have a copy mailed to you.

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Headingley Seniors' Services

Coordinator: Kristie Todd

Office located at: Headingley Community Centre
5353 Portage Avenue

Office Hours:

Monday & Wednesday, 9:00 am - 12:00 pm

Tuesday & Thursday 9:00 am - 12:00 pm

1:00 pm - 4:00 pm

Phone: 204-889-3132, ext. 3

Email: hdlyseniorservices@mts.net

www.headingleyseniorservices.ca

HSSI provides a number of programs 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.

Social - Lunch & games, Cribbage, Friendly visits.

Education - Lunch & Learns, and workshops.



Cribbage & Coffee

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

Pole Walking

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

Foot Care Clinics

April 2, May 14, June 25 and August 6
For an appointment contact Kristie!



ENCORE
HEALTH & FITNESS STUDIO
Your *STAGE* to Active living
Headingley Community Centre

Hours of Operation

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

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

JOIN US FOR LUNCH!

Headingley Community Centre
1st & 3rd Tuesdays,
12:00 pm - 2:00 pm

Call 204.889.3132, ext. 3 to reserve
 your space and order lunch.
 Lunch is \$10.00 per person,
 presentations are free!

Lunch & Learns give you the opportunity to engage with others, enjoy great food, friendly atmosphere, play group games, and engage in presentations on many different topics of interest.

Tuesday, April 7 12:00 pm - 2:30 pm Register by: March 31	Winnipeg Police Services (WPS) - Safety for Seniors <i>Presenter: Garnie McIntyre</i> It is important to be aware of your personal safety in all situations, including your home. Join Winnipeg Police Services to understand how every day situations can turn potentially dangerous and how to handle them. Topics include: telephone safety, service and delivery people, strangers at the door, apartment/condo safety, and tips to remember."
Tuesday, April 21 12:00 pm - 2:30 pm Register by: April 14	Arctic Presentation <i>Presenter: Dani Nowosad</i> Join Dani Nowosad, a Churchill Research Technician working in the High Arctic, to hear stories of her studies and findings on the great North. Understand how every day choices we make can effect the life and research findings in the Arctic.
Tuesday, May 19 12:00 pm - 2:30 pm Register by: May 12	Emergency Preparedness <i>Presenter: Municipal Emergency Coordinator</i> Do you know what to do if an emergency or disaster strikes? What would you do if services such as water, electricity or communications—were cut off? Learn how to deal with emergencies and disasters by following simple steps and advance preparations.



Headingley 55+ Club

Meetings are held on the second & fourth Tuesday of each month at 1:30 p.m. at the Headingley Community Centre, 5353 Portage Avenue. A social time for coffee, visits, cards & games. No registration required, new members always welcome. Attendance fee is \$2.00.

For more information please call:
Karen Saunders 204.888.3583



Headingley Senior Services
Annual General Meeting
Wednesday, May 6
7:00 pm - 9:00 pm
Headingley Community Centre
All are welcome!

Making the Most of Encore - Stretches to Prevent Injuries FREE

Instructor: Andrew Schindle
 Its important to maintain flexibility in our bodies. Proper stretching can increase our flexibility and help us to avoid injuries during exercise, or while participating in everyday activities. Participants will learn the proper techniques to perform each stretch to prevent injury.

Location	Day(s)	Time	Fee	Registration Deadline
Headingley Community Centre	Wednesday, May 20 (To be Confirmed)	1:00 pm - 2:00 pm	Free!	Wednesday, May 13

Making the Most of Encore - Feet First FREE

Instructor: Andrew Schindle
 Join Andrew Schindle to learn why you should put your "Feet First"! Did you know that weak muscles in your feet can negatively affect your knees, hips, back and even your neck? Learn the reasons why this occurs and some simple, daily exercises you can learn to prevent muscle atrophy in the feet and protect yourself against pain and injury throughout the rest of the body.

Location	Day(s)	Time	Fee	Registration Deadline
Headingley Community Centre	Wednesday, April 22 (To be Confirmed)	1:00 pm - 2:00 pm	Free!	Wednesday, April 15



Headingley Healthy Child



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

Stay n' Play (0 - 5 Years) FREE

Facilitator: 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. Parent or caregiver participation required.*

Location	Day(s)	Time	Fee	Registration Deadline
Phoenix Community Centre	8 Wednesdays, April 8 - June 3 (No class April 15)	9:45 am - 11:15 am	Free!	Ongoing

Growing Up Green (3 - 5 Years) FREE

Facilitator: 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. *Please come prepared to play outdoors! Parent or caregiver participation required.*

Location	Day(s)	Time	Fee	Registration Deadline
Phoenix Community Centre	8 Tuesdays, April 7 - May 26	10:00 am - 11:30 am	Free!	Tuesday, March 31



Dr. Suzanne M. Stockmann-Mansell, B.Sc., D.C.



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Assiniboine River view



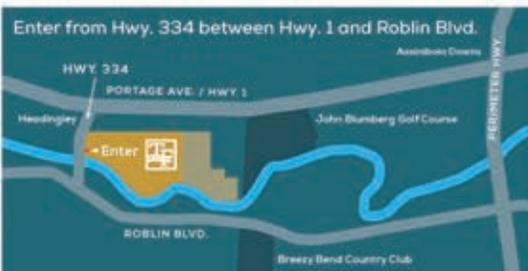
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R4H 1J9
Phoenix Community Centre
153 Seekings Street
R4J 1B1

Gail Coady, Facility Manager
204.889.3132 ext. 1
gcoady@rmofheadingley.ca
www.rmofheadingley.ca

Headingley Library
49 Alboro Street
R4J 1A3

204.888.5410
hml@mymts.net

www.headingleylibrary.ca

Phoenix School
111 Alboro St
R4J 1A3

204.889.5053
phoenix@sjasd.ca
www.sjasd.ca/school/phoenix/Contact/Pages/default.aspx



St. Charles-Headingley United Church

Come and join us for
Sunday worship at 10:30 am
Everyone welcome

Sunday School during the
service

Minister - Rev. Cathy Maxwell

110 Bridge Road

www.headingleyuc.org

204.885.6021

Coffee Morning

**Great food and chatter after Sunday Service
The second Sunday of the Month**

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



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Search "Headingley" and get connected.



Find us on Facebook!



check out **mhrd.ca** to register
for your favourite **programs!**

CPR/AED - Adult, Infant & Child

Instructor: Glen Reimer

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

Location	Day(s)	Time	Fee	Registration Deadline
Headingley Fire Hall	Thursday, April 16	6:00 pm - 10:00 pm	\$25.00	Thursday, April 9

Fit & Flex

Instructor: Andrew Schindle

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

Location	Day(s)	Time	Fee	Registration Deadline
Headingley Community Centre	23 Classes, Mondays and Wednesdays April 6 - June 24 (No class May 18)	10:00 am - 11:00 am	\$184.00 1 class/week: \$96.00	Monday, March 30

Gentle Yoga

Instructor: Lorraine Marek

This gentle yoga practice stretches the large muscles of the legs, arms and back increasing flexibility, improving circulation and reducing stress throughout the body. Using deep, slow breaths pushes fresh blood and oxygen to the brain and vital organs while holding yoga poses strengthens muscles to improve balance, flexibility and posture. Gentle yoga can be practiced from the mat or chair. 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. Please bring a yoga mat and blanket with you to class. *Classes may be held in either the Multi-purpose room or the Auditorium.*

Location	Day(s)	Time	Fee	Registration Deadline
Headingley Community Centre	10 Tuesdays, April 7 - June 9	9:30 am - 10:30 am	\$90.00	Tuesday, March 31

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. *Please note additional classes in June require you to register for them separately.*

Location	Day(s)	Time	Fee	Registration Deadline
Headingley Community Centre	8 Wednesdays, April 8 - May 27	11:10 am - 12:10 pm	\$72.00	Wednesday, April 1
Headingley Community Centre	4 Wednesdays, June 3 - June 24	11:10 am - 12:10 pm	\$36.00	Wednesday, May 27

Ukulele Jammin' (18+)

Instructor: Lorelei Goldau

Don't want your uke to get dusty or your skills to get rusty? Ukulele for Beginners was so much fun that we want to keep strumming! Let's keep practising and learning together. *Participants must have their own ukulele's and purchase WPG Uke song book for \$20.00.*

Location	Day(s)	Time	Fee	Registration Deadline
Phoenix School	6 Mondays, April 6 - June 22	6:30 pm - 8:00 pm	Free!	Register by Friday before each class

Pickleball

Contact: Sarah Fetterly, sfetterly@shaw.ca or
Brodie Blair, brodieclair@gmail.com

Have you ever played a racquet sport of any sort - even ping pong? If so, you may enjoy this sport. Pickleball is a fun, inexpensive racquet sport that is designed for all age groups and abilities. Headingley Pickleball offers on-going drop-in sessions with the opportunity for beginners to learn at any time. First time is free ... or just come to watch. Racquets provided for beginners to try the game. Day and times may vary without notice. Location & days may change. Register at any time to receive updates. Contact Brodie or Sarah for updated pickleball schedule. *Please wear clean indoor shoes.*

Location	Day(s)	Time	Fee	Registration Deadline
Headingley Community Centre	Mondays & Thursdays	6:30 pm - 9:30 pm	\$2.50/Drop In \$5/Month	Ongoing
Headingley Community Centre	Wednesdays & Sundays	1:30 pm - 4:00 pm		

Yoga Core

Instructor: Gail Paton

Yoga Core is an active, flow style class with a focus on strengthening and stretching your abdomen, back, hips, quads & hamstrings. A great practice for everyone, especially those dealing with hip and lower back issues. *Please bring a yoga mat.*

Location	Day(s)	Time	Fee	Registration Deadline
Phoenix Community Centre	10 Fridays, April 17 - June 19	9:50 am - 10:50 am	\$110.00	Friday, April 10

Abstract Painting - Acrylics for Beginners (Adults)

Instructor: Sylvia Russell

Jump in to learn lots of easy and fun ways to paint with acrylics. You will learn how to make the color wheel work for you, mix colors that "sing together", use different acrylic mediums such as gloss and modeling paste, experiment with different painting styles, and use painting tools other than brushes! *Beginners to intermediates all welcome. Students will complete and take home one 16x20 painting at the end of each week's class. Supply list provided upon confirmation - approximately \$55.00.*

Location	Day(s)	Time	Fee	Registration Deadline
St. Charles - Headingley United Church	6 Thursdays, April 30 - June 4	7:00 pm - 9:00 pm	\$138.00	Thursday, April 23

Mixed Media Kids (Grades 3 & Up)

Instructor: Sylvia Russell

Watch your child "grow" their artistic talents as they are introduced to six different approaches to having fun with watercolor and mixed media. They will learn how to collage with painted pieces, use oil pastel as a resist for flowers, tie dye with watercolor, paint trees, draw and paint with charcoal, use a paper viewfinder for painting shapes, paint with gouache watercolor and add textures to landscapes. *Each week will be a celebration of their finished pieces. Supplies are included in the cost. Please wear old clothing.*

Location	Day(s)	Time	Fee	Registration Deadline
St. Charles - Headingley United Church	6 Thursdays, April 30 - June 4	5:30 pm - 6:30 pm	\$100.00	Thursday, April 23

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
Phoenix Community Centre	10 Wednesdays, April 15 - June 17	7:00 pm - 8:00 pm	\$110.00	Wednesday, April 8

Learn to Play Soccer (4 - 6 Years)

Instructor: Nicole McDonald

Get your kicks out of this beginner soccer program. Coaches will use games & activities to teach the fundamental skills & rules of this popular game. Children should bring their own soccer ball and water bottle. *Please wear sunscreen, a hat and comfortable running shoes. Shin pads are optional.*

Location	Day(s)	Time	Fee	Registration Deadline
Phoenix School - Field	8 Tuesdays, May 5 - June 23	6:00 pm - 6:45 pm	\$45.00	Tuesday, April 28

Pound Fitness

Instructor: Kristin McCrindle

Pound fitness is a different kind of workout. We use specially designed lightly weighted drumsticks called Ripstix®. Instead of listening to music, we become the music. Pound is designed for all fitness levels and provides the perfect atmosphere for letting loose, getting energized, toning up and rocking out! It is an exhilarating full body workout that combines cardio, conditioning and strength training with yoga and Pilates inspired movements. Pound is designed for all fitness levels and is modifiable to fit with individual abilities. *Please bring a yoga mat.*

Location	Day(s)	Time	Fee	Registration Deadline
Phoenix School - Gym	9 Mondays, April 6 - June 15 (No class May 4 or 18)	7:00 pm - 8:00 pm	\$90.00	Monday, March 30

DIY Ice Cream Cone & Flip Flop 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. *Participants need to bring a cookie tray or large container for taking the wet cookies home.*

Location	Day(s)	Time	Fee	Registration Deadline
Headingley Community Centre - MPR	Monday, May 11	6:30 pm - 8:30 pm	\$33.00	Monday, May 4

Succulent Terrarium Workshop



Instructor: Gem's Plant Design

Join us for a night of fun!! You will leave with your very own succulent terrarium! An evening of plants and creativity making your own plant world! Create your own magical & mossy succulent terrarium using a lovely selection of succulents and decorative items. This workshop is a great way to connect with yourself and nature, while surrounded by positive plant vibes! Workshop includes: Guided terrarium instruction, All supplies & materials, glass container, soil, 4 tender succulents, reindeer moss, stone/pebbles and a care card.

Location	Day(s)	Time	Fee	Registration Deadline
Headingley Library	Thursday, May 21	6:30 pm - 8:00 pm	\$50.00	Thursday, May 14

Yoga Flow

Instructor: Lorraine Marek

Flow yoga class links traditional Hatha yoga postures with the breath in continuous, smooth flowing movements. The increasing warmth in your body produced by the breath and the movements will help to increase flexibility, strength and cardiovascular endurance. Wrist-free yoga poses can be incorporated. 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
Phoenix Community Centre *NEW TIME AND LOCATION	10 Thursdays, April 9 - June 11	10:00 am - 11:00 am	\$90.00	Thursday, April 2

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

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

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

Upcoming Events:

May 3 - C.V.M.G. Motorcycle Swap Meet, 11:00 am - 3:00 pm

June 6 - M.C.A.A.C. Car Show & Shine, 10:00 am - 3:00 pm

June 21 - Oldsmobile Club Show & Shine, 12 Noon - 4:00 pm

August 15 - M.C.A.A.C. Truck Swap Meet, Show & Shine,
9:00 am - 3:00 pm

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

Website - www.jimsvintagegarages.ca

Facebook - Jim's Vintage Garages

Rob Nowosad, Chairman, robnowosad@shaw.ca



Headingley FIRE DEPARTMENT

20th Annual Run for Wishes

Saturday, May 23rd
9:00 am

5 km run & 3 km walk

Entry fee \$30.00

(Early Bird registration for \$25.00 ends May 9th)

Registration can be done online through Running Room or entry forms available at RM of Headingley, Headingley Foods, Headingley Library, Headingley Community Centre.

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

Raising money for The Childrens Rehabilitation Center and Canadian Mental Health

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

Doug Hansen

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

Headingley Library



Memberships are free to Headingley residents,
\$50 to non-residents
(most municipalities reimburse a portion of this fee).

Membership includes:

- Print & electronic books & magazines
- Large print and audio books
- DVD movies
- Monthly book club
- Children's programming
- Public computer, printer, fax machine, photocopier and WiFi

49 Alboro Street

204.888.5410

hml@headingleylibrary.ca



Visit our webpage at www.headingleylibrary.ca for more information and be sure to follow us on Facebook and Instagram!

Headingley Library Children's Department



Spring 2020 Programs

To register call 204-888-5410
or email hml@headingleylibrary.ca

Baby Storytime (0 - 12 months)

April 15th – May 27th
(Wednesdays) at 11:00AM

Time for Tots (12 – 36 months)

April 16th – May 28th
(Thursdays) at 10:30AM

Preschool Storytime (3 - 5 years)

April 14th – May 26th
(Tuesdays) at 10:30AM

Siblings welcome



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Proud Headingley resident of 17 years!



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 Jean Ammeter at 204.832.1444 or ammer@mymts.net
Check <http://www.rmofheadingley.ca/> for updated information.



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 once a month at the Headingley Community Centre. Everyone is welcome. Meeting dates for the upcoming months are April 20, May 25 (AGM) and June 15.



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



Mark Your Calendars!

Family Fun Night Dates:

April 24

May 8

June 12



Detailed info on all upcoming events:
www.phoenixrec.org

PHOENIX NURSERY SCHOOL

Do you have a 3 to 5-year-old?

Registration is **NOW OPEN** for the 2020-2021 school year!

2 days a week (Tue/Thurs) 8:30am-11:30am

3 days a week (Mon/Wed/Fri) 8:30am-11:30am

Spaces are Limited, Register Now!

Program info, Registration Form and Policy Manual can be found at www.phoenixrec.org



Baseball & Softball

Boys and Girls Ages 4 - 18

Competitive and Recreational

More information on the 2020 Season will be posted at www.phoenixrec.org/baseball-softball-2

Anyone interested in coaching or umpiring please contact:
Baseball Convenor - Jack Bell - jackgbell24@gmail.com
Softball Convenor - Jana More - janaleighmore@gmail.com





We're excited to announce the dates for the **2020 ParticipACTION Community Better Challenge!** The 2nd annual challenge will be taking place June 1-21, 2020. Mark your calendar and spread the word throughout your community!

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Introducing 2 Playboxes in Headingley!

The Playbox is filled with sports equipment, activities and games to make it easier for you and your family to be active together! You can access the Playbox for free anytime.



www.mhrd.ca/playbox

For more information, and access codes to unlock, please visit us at www.mhrd.ca/playbox 204-885-2444



Locations:

Phoenix Community Centre

153 Seekings Street

(in front of South rink)

Headingley Community Centre

5353 Portage Avenue

(Near splash pad and baseball diamonds)

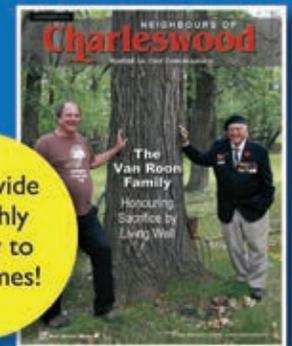


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Splash Pad Park is located at the rear of the Headingley Community Centre, 5353 Portage Avenue

Headingley Splash Pad

FREE!

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

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www.rmofheadingley.ca/p/headingley-splash-pad-

THE HEADINGLEY SPLASH PAD PARK IS AN UNSUPERVISED PLAY AREA. ALL PERSONS USING THE SPLASH PAD PARK DO SO AT THEIR OWN RISK.



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.

Join Cross Country Snow Drifters on Facebook!



crosscountrysnowdrifters.net

NEW MEMBERS ARE ALWAYS WELCOME.

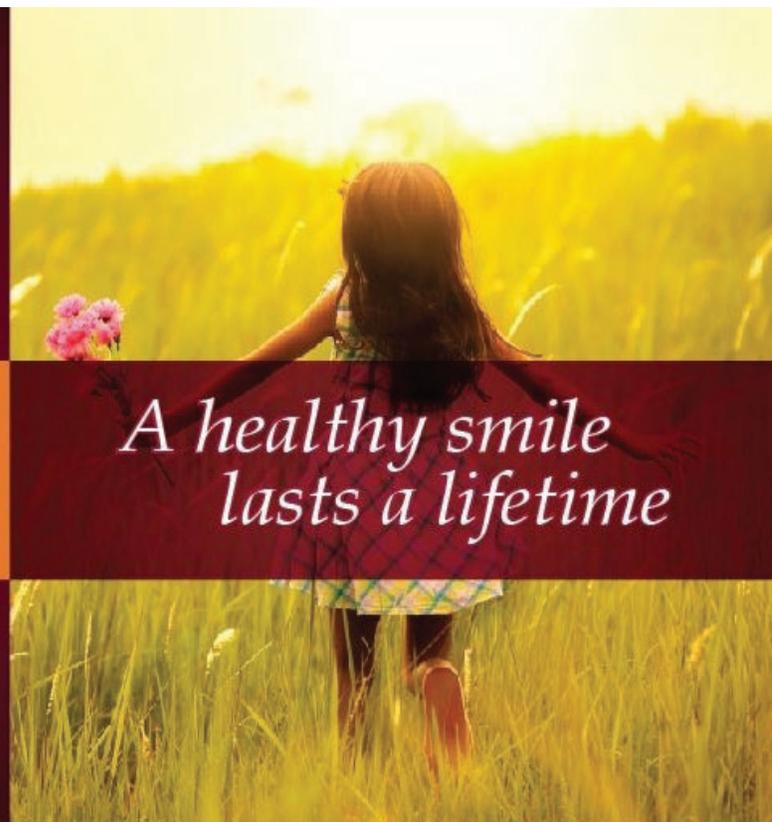


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 June 19 & 20
 
 THE RURAL MUNICIPALITY OF
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GREAT ADVENTURES WITH GRANDFRIENDS!

Headingley Community Centre
 8 Thursdays, April 16 - June 4
 10:00 am - 11:00 am
FREE!



Come join in on the fun!

You don't have to be a grandparent or have grandchildren to enjoy spending time with youngsters in the community. This program creates opportunities for older adults and children to spend time together exploring different activities and adventures that will create memorable experiences for everyone. Each week there will be a new and fun theme with related activities! You are welcome to bring your own grandchild or enjoy the company of children from Bright Beginnings Educare.

Program Partners





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.



Support your community at Chase the Ace - Headingley. There's a winner every Thursday. Watch our website for weekly Jackpot total!

SAVE THE DATE: September 25, 2020
Headingley Community Foundation Gala
The Gates on Roblin
More information to come

Giving for Good.

Want to learn more about how you can support your community? Find us at:
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hcfinfo@headingleyfoundation.ca

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www.theeastsidegroup.ca

874 Marion Street	Eastside ☎ 204.237.7111	Thrifty ☎ 204.949.7620
2535 Inkster Blvd.	Eastside ☎ 204.633.8223	Thrifty ☎ 204.949.7072
700 B Moray Street	Moray ☎ 204.885.2080	Thrifty ☎ 204.949.7620
3-1761 Wellington Ave		Thrifty ☎ 204.949.7600



Headingley Grand Trunk Trail

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

The blue birds were back in 2019! Look for the blue bird boxes along the trail. Each box is paired with a lure box to accommodate other nesting birds that make good neighbors for blue birds.



Tall Grass Prairie

Restoration of the tall grass prairie is a work in progress. Watch for new growth in the spring. The tall grass prairie is located on the south side of the trail by Alboro.



Meet Your Neighbors

- Annual General Meeting**
Monday, April 20, 2020 7:00 pm
Headingley Community Centre
- Bridge to Prairie Event**
Sunday, June 7, 2020
- Prairie Tours**
TBA



For more information or for regular email updates please go to:

www.rmofheadingley.ca/p/headingley-grand-trunk-trail

Contact us at:

headingleygrandtrunktrail@gmail.com

Or visit us on Facebook:

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



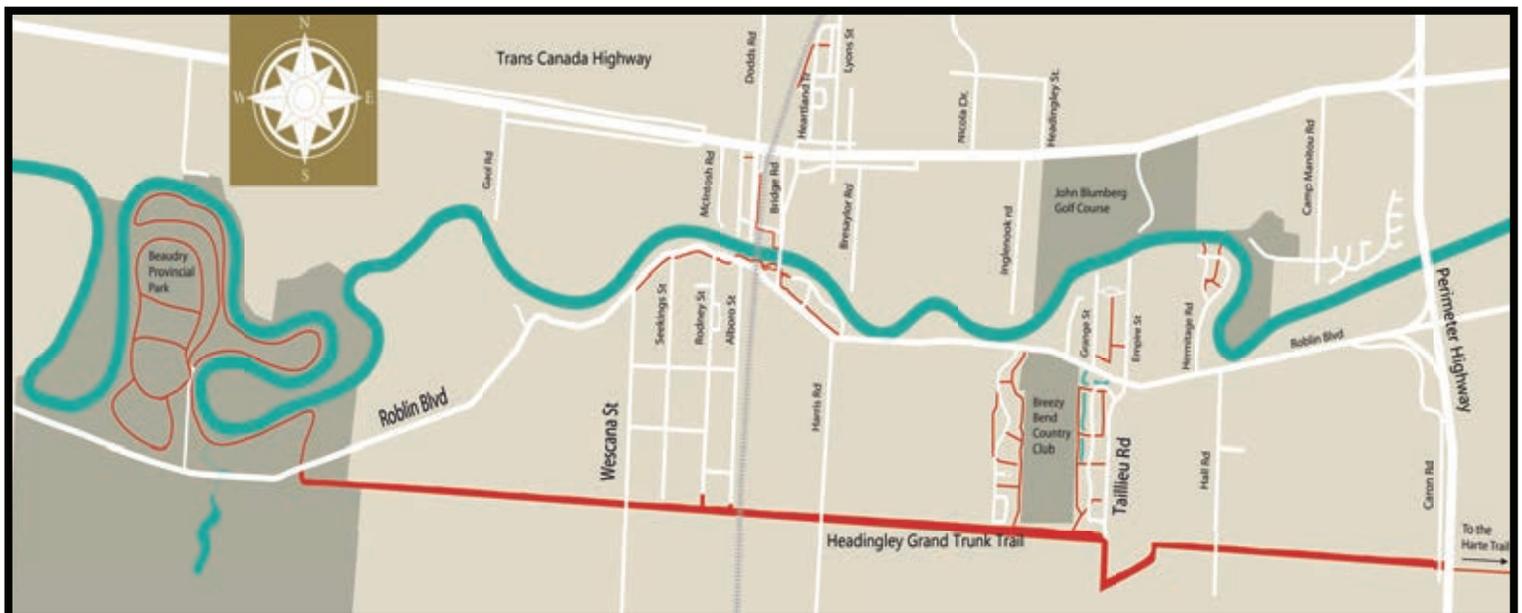
Geocaches

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



Consider Getting Involved

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





Would you like to advertise in this Program and Community Resource Guide?
Contact Macdonald - Headingley Recreation District
for advertising opportunities in 2020!



Macdonald-Headingley
RECREATION DISTRICT

Macdonald - Headingley Recreation District

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