



Winter 2020

Program & Community Resource Guide

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



Macdonald-Headingley
RECREATION DISTRICT



Upstream **LIVING**

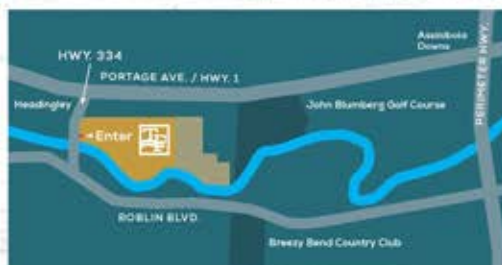
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81 Alboro Street
Headingley, Manitoba R4J 1A3
Phone: 204.885.2444
Fax: 204.889.2211
Website: mhrd.ca
Email: info@mhrd.ca

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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Propose 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!

Spring/Summer 2020 Deadline: January 31st, 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/	January 17-19, 2020: Camps at Winkler Bible Camp February 15, 2020: Red River Winter Rally and Curling Day in Winkler March 7, 2020: Red River Area Communication Event
La Salle 4-H Club 4hlsalle@mts.net www.4h.mb.ca	Michelle D'Souza (Head leader) 204.792.7107 Jennifer Lippens (Head leader) 204.736.4930	February 9, 2020: Communications Event 1:00 pm - 4:00 pm at the La Salle Community Fellowship Church. Contact Michelle or Jennifer for more information. April 25, 2020: Achievement Night More details to follow.
Starbuck Combined 4-H Club	Sharon Masse sgmasse@gmail.com 204.735.2809	January 28, 2020: Combined Communication Event February 28, 2020: Family Bingo Fundraiser - Doors open 6:30 pm, Games at 7:00 pm April 28, 2020: Starbuck Combined 4-H Club Achievement Night
Headingley 4-H Club Check the RM of Headingley website for details of our events. www.rmofheadingley.ca	Leanne Seniuk headingley4h@gmail.com	February 8, 2020: Club Communications Event 2:00pm at Headingley United Church April 22, 2020: Club Achievement Night 6:30pm at Headingley Community Centre. All welcome. 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
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Macdonald Healthy Child

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



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

Healthy Child Coalition
Central Region



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. This drop in 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> <i>Yvonne Bjornson & Danielle Mikolasek</i>	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: Brandi Noble

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
Sanford United Church	6 Tuesdays, January 14 - February 18	10:00 am - 11:00 am	Free!	Tuesday, January 7

Baby Rhyme Time (0 - 12 Months)

Facilitator: Yvonne Bjornson

Babies love songs & rhymes! Enjoy learning new and classic rhymes, action games, lap jogs and songs along with your baby. Relax and enjoy browsing rhythmically entertaining picture books. What better way to both engage your child and pass along the gift of lifelong literacy than to share stories and rhymes? *Parent or caregiver participation required.*

Location	Day(s)	Time	Fee	Registration Deadline
Oak Bluff Recreation Centre (Board Room)	6 Fridays, January 17 - February 21	10:00 am - 11:00 am	Free!	Friday, January 10

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
La Salle - Caisse Community Centre	6 Thursdays, January 9 - February 20 (No class February 13)	10:00 am - 11:00 am	Free!	Thursday, January 2

Shake, Rattle & Roll (2 - 5 Years)

Facilitator: Kirsten Petz Fraser & Yvonne Bjornson

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
Starbuck Hall	8 Mondays, January 6 - March 2 (No class February 17)	10:00 am - 11:00 am	Free!	Friday, January 3

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

For more information please contact Club
Rob Nowosad robnnowosad@shaw.ca.
Join Cross Country Snow Drifters on Facebook!



crosscountrysnowdrifters.net

NEW MEMBERS ARE ALWAYS WELCOME.



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.





Rural Municipality of Macdonald

Volunteer Service Awards

The Macdonald Volunteer Service Awards were introduced in 2006 to commemorate the 125th Anniversary of the R.M. of Macdonald. Several awards are presented annually by the Macdonald Public Recreation Commission at a special event honouring the recipients. Since its inception, 98 residents and 4 organizations have been recognized for efforts and dedication to their communities.

Who can be Nominated?

The Macdonald Volunteer Service Award will be presented to individuals who have embodied the spirit of volunteerism and have made a lasting and meaningful contribution through their volunteer activities.

- Candidate's volunteer work must have occurred in the R.M. of Macdonald.
- Individuals of any age can be nominated.

Criteria

Candidates will be judged according to the following criteria:

- Activity - What did the candidate do? How many years did he/she commit to volunteer efforts?
- Leadership - How did the candidate demonstrate leadership?
- Other volunteer involvement - What other volunteer activities has the candidate participated?
- Impact - What has the outcome of the candidate's efforts? How many people benefited? What was actually accomplished?

AWARD CATEGORIES

Youth

Recognizes young people who have made considerable contributions to their schools, organizations and community through volunteering. These young people serve as role models, encouraging other young people to give themselves for the betterment of their community and municipality.

Individual Volunteers

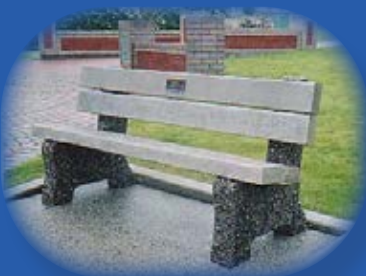
Presented to exceptional volunteers whose efforts have contributed significantly to the quality of life of their community.

Award of Merit

Awarded to an individual who has made an exemplary contribution to the municipality. Award of Merit candidates have served the wider municipality by performing multiple volunteer activities over an extended period of time providing benefit beyond their own community.

DEADLINE FOR NOMINATIONS FEBRUARY 21, 2020

Nomination forms and further information is available from
MHRD at 204.885.2444 or info@mhrd.ca.



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 R0G 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



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 - Starbuck Hall

Thursdays - Sanford Legion

Lunch is \$10.00 and starts at noon, 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, January 23 12:00 pm - 2:30 pm Sanford Legion	Speaking of Bones <i>Presenter: Alice Ptashnik, Osteoporosis Community Engagment Coordinator</i> You will learn: What osteoporosis is, whether you are at risk, how osteoporosis is diagnosed, what you can do to maintain healthy bones, the role of exercise, nutrition and lifestyle choices, how osteoporosis is treated and how to live well with osteoporosis.
Date To Be Confirmed 12:00 pm - 2:30 pm Starbuck Hall	Kidney Health <i>Presenter: MB Renal Program</i> The Manitoba Renal Program will share information on kidney health and the impact of chronic kidney disease on Manitobans. Learn about keeping your kidneys healthy and how kidney disease is diagnosed and managed.
Wendesday, February 19 12:00 pm - 2:30 pm Starbuck Hall	Managing Well with Arthritis <i>Presenter: Arthritis Society</i> Arthritis affects everyone differently- learn tips to help you live well and thrive. This presentation will also include information on medications and assistive and/or adaptive devices to make life easier.
Thursday, February 20 12:00 pm - 2:30 pm Sanford Legion	Understanding Diet Habits and Finding Balance <i>Presenter: Carly Gabler - Chronic Disease Dietitian, Southern Health-Santé Sud</i> Learn from a registered dietitian how to understand your cravings, understand connections to the body, and instill healthy habits. You will leave with a better sense of how to control cravings, where they are coming from, and end the battle with sugar!
Thursday, March 19 12:00 pm - 2:30 pm Sanford Legion	Advance Care Planning <i>Presenter: Brigitte Remillard - Regional Palliative Care, Southern Health-Santé Sud</i> You never know when you may face an unexpected event or illness that may impact your ability to make your health care decisions known. Important and informative - this Advance Care Planning session will also cover Health Care Directions and how to choose a Health Care Proxy.



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



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



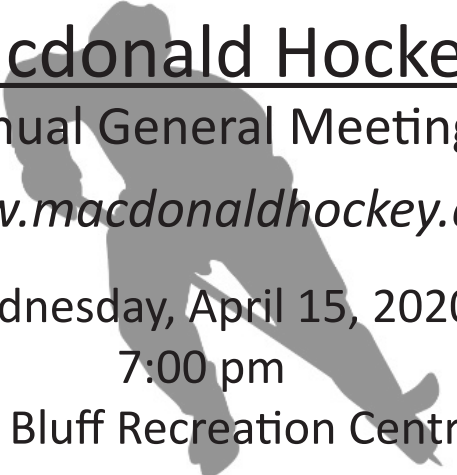
Macdonald Hockey

Annual General Meeting

www.macdonaldhockey.ca

Wednesday, April 15, 2020
7:00 pm

Oak Bluff Recreation Centre



KIDSPORT



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

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

KIDSPORT EQUIPMENT
KidSport also collects and distributes new and used sporting equipment to children who cannot afford to purchase their own. Equipment is provided, as it is available, to either individuals (for personal owned equipment) and to organizations (for club owned equipment). Please contact Macdonald-Headingley Recreation District or www.kidsportcanada.ca for more information.

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



Wildfire Ringette Clinics

Various Ringette clinics will be offered this Winter at the Oak Bluff Arena.

Player Development Rep

Shannon Russell

playerdev.macringette@gmail.com

Visit our website at

macdonaldringette.ca

for more information about these programs, to download registration forms and to confirm registration deadlines. **Don't Delay! Space is limited.**

www.macdonaldringette.ca

Macdonald Minor Ball Registration will be online this year at www.macdonaldminorball.ca

Deadline to register is Monday, March 9, 2020



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



La Salle/Domain	Melissa Dixon	melissaddixon@gmail.com <i>Registration Online February 1 - March 12</i> www.caissecc.com
Sanford Arena	Chris & Shauna Hewitt	204.736.3465 shaunahewitt@mymts.net <i>In person registration Saturday, March 7</i> <i>10:00 am - 12:00 pm</i>
Oak Bluff Arena	TBA	soccer@obrc.ca <i>In person registration Saturday, March 7</i> <i>10:00 am - 12:00 pm</i>
Starbuck	Kevin Nixon	204.479.3187 knixon959@gmail.com <i>Registration forms distributed through school.</i> <i>Due back by March 7</i>

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



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!

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.



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



Save the Date!
DART NIGHT
Coming in the Spring
to Brunkild Hall

Recipe for an active year

An active year means moving your body in lots of fun ways in all sorts of weather and environments. Try a couple of activities each season from the menu below. Remember to mix it up with a variety of activities throughout the year that get you moving on the ground, in the air, or in water or snow!

Make the most of winter

- ☐ build a snowman or snow fort
- ☐ ski - downhill or cross-country
- ☐ throw snowballs
- ☐ go for a winter hike
- ☐ shovel the walkway
- ☐ road or ice hockey
- ☐ make snow angels
- ☐ snowshoe
- ☐ ice skate
- ☐ toboggan
- ☐ curling



Spring into action

- ☐ jump in puddles
- ☐ go hiking and get muddy
- ☐ go for a bike ride
- ☐ head back to a playground
- ☐ plant a garden
- ☐ play catch
- ☐ kick a ball around
- ☐ geocaching
- ☐ scavenger hunt
- ☐ after-dinner walks
- ☐ jump rope



Make the most of winter ☐

Spring into action ☐



Summer is for air, ground and water

- ☐ play night time hide and go seek
- ☐ run through a sprinkler
- ☐ jump in a lake
- ☐ swim in a pool
- ☐ roll down a hill
- ☐ outdoor yoga
- ☐ leap over logs
- ☐ build a fort
- ☐ swing
- ☐ climb a tree
- ☐ play tag
- ☐ paddle a canoe or kayak
- ☐ bounce on a trampoline



Fall is for family activities

- ☐ rake leaves and then jump in a big pile
- ☐ take a hike to look at the fall colours
- ☐ pick up garbage at the park
- ☐ go apple picking
- ☐ walk around a Fall Fair
- ☐ help prepare the yard for winter
- ☐ obstacle course
- ☐ bike to school



☐ Summer is for air, ground and water

☐ Fall is for family activities

Physical activity doesn't need to be complicated. As you can see, there are many different and healthy ways to move your body all year long. Follow your own recipe for an active year, and before you know it, you will be on your way to being active for life!



Domain

Domain Community Facilities

Domain Arena
Secondary Rt-330
R0G 0M0

Kyle Kippen, President
kyle@elmhurstdrywall.ca

Gavin Harrison, Vice President/Ice Rentals
204.782.6027
gavin_troy7@hotmail.com

Domain Hall
Box 130
R0G 0M0

Scott Manson, President
204.736.2914
www.domain-hall.ca
Jocelyn Kitchur, Hall Rental
204.612.1983
domainhall@hotmail.ca

Domain Arena Skate Times



Fridays:

Public Skating (No sticks & pucks) 6:30 pm - 7:45 pm

13 & under scrimmage 7:45 pm - 9:00 pm

14 & up scrimmage 9:30 pm - 10:30 pm

Saturdays

Public Skating (No sticks & pucks) 12:00 pm - 3:00 pm

Sundays:

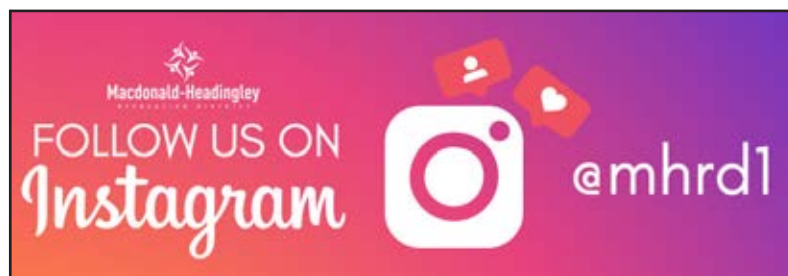
Public Skating (No sticks & pucks) 2:00 pm - 4:00 pm

Please remember to wear a helmet!



Saturday, April 18, 2020
Domain Hall

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



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 info

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

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



Virgil's Wedding Saturday Night Supper Clubs

January 25 and February 1, 2020

Bar opens at 6:00 p.m. Supper served at 6:30 p.m.

Adults - \$45, Students (K-12) - \$25

Sunday Lunch Matinees

January 26 and February 2, 2020

Lunch served at 1:30 p.m.

Adults - \$30, Students (K-12) - \$15, Preschoolers - Free

Event catered by King Cole Catering.

Shows at Domain Hall.

Tickets must be purchased in advance.

Call 204-736-2613 or email janiceharrison@live.com



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taylor@kingcolecatering.ca
www.kingcolecatering.ca

Sunday Services 9:30am

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.



Serving the
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Domain, La Salle
and Osborne.

La Salle

La Salle Community Facilities

Caisse Community Centre
Corner of PR 247E &
Hwy 330



Dee Romijn, Facility Manager
204.736.2679
204.801.7629
dromijn@caissecc.com
www.caissecc.com
David Brown, President
davidbrown@mts.net

La Salle School
43 Beaudry Road
R0G 0A1

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

www.srsd.ca



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LSCF is excited to introduce to you
Youth Pastor, Robbie Friesen.
If you are in Grades 7 - 12 and are looking for
friends, fun and someone to support you,
check out lasalleyouth.ca

- Sunday Service @ 10:30
- Kid's Church age 2 to Grade 6 @ 10:30
- Student Ministry - Grades 7 to 12
- La Salle VBS

LSCF.ca
LSCF.ca
lasalleyouth.ca
lasallebbs.ca

www.LSCF.ca info@LSCF.ca 204.736.3200

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



CAISSE
COMMUNITY
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FITNESS CLASSES

Instructors: Dee Romijn | Desiree Hunt
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!

For information and/or to register:
visit www.caissecc.com - programs tab
or call 204-736-2679

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. There are new strength and cardio exercises each week with different interval timers to allow for variety!

SilverFit:

A variety of low impact moves to get your heart pumping and some functional exercises to build your strength. Class will include balance, cardio, core and flexibility training to leave you feeling 20 years younger!

Come out and try a class for free!!

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

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 **OMIG**



CAISSE
COMMUNITY
CENTRE

www.caissecc.com

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

Participants must be 18 Years or Older

Fluid Flow Yoga

Instructor: Antia Winter

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 creates ease in your joints, tensed muscles and everyday movement. 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	10 Mondays, January 13 - March 23 (No class February 17)	7:15 pm - 8:15 pm	\$110.00	Monday, January 6
La Salle - Caisse Community Centre	11 Wednesdays, January 15 - March 25	7:15 pm - 8:15 pm	\$121.00	Wednesday, January 8

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.*

Location	Day(s)	Time	Fee	Registration Deadline
La Salle - Caisse Community Centre	11 Wednesdays, January 15 - March 25	5:30 pm - 6:30 pm	\$121.00 Family Rate: \$302.50	Wednesday, January 8

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, March 6 & 27 will take place in MPR at Caisse C.C.*

Location	Day(s)	Time	Fee	Registration Deadline
La Salle - Caisse Community Centre Monday & Wednesdays La Salle School Fridays	35 Classes, Monday, Wednesday & Friday January 6 - March 27 (No class February 17)	6:00 pm - 7:00 pm	3/week: \$385.00 2/week: \$264.00 1/week: \$132.00	Friday, January 3

Babysitter's Training (Ages 12+)

Instructor: Brenda Halstead

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
La Salle - Caisse Community Centre	Saturday, February 15	9:00 am - 3:30 pm	\$45.00	Friday, February 7

Home Alone (Ages 10 - 13)

Instructor: Brenda Halstead

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

Location	Day(s)	Time	Fee	Registration Deadline
La Salle - Caisse Community Centre	Saturday, February 29	9:00 am - 1:30 pm	\$45.00	Friday, February 21

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!

Location	Day(s)	Time	Fee	Registration Deadline
La Salle - Caisse Community Centre	Tuesdays & Thursdays, January 14 - March 19 (No program February 13)	10:30 am - 11:30 am	\$2.00/ class	Ongoing

Pickleball

Contact: Bernice Valcourt 204.272.5586

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

Location	Day(s)	Time	Fee	Registration Deadline
La Salle - Caisse Community Centre	24 Tuesdays & Thursdays January 7 - March 26 (No program February 13)	12:00 pm - 3:00 pm	\$2/ Drop In \$10/Month	Ongoing

Girls Mindfulness & Yoga (Grades 4 - 6)

Instructor: Nicole McDonald

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

Location	Day(s)	Time	Fee	Registration Deadline
La Salle - Caisse Community Centre	8 Wednesdays, January 22 - March 11	4:30 pm - 5:30 pm	\$80.00	Wednesday, January 15

Adult, Child & Infant CPR/First Aid

Instructor: Mel Babiuk, Emergency Care & Safety Institute

This course covers CPR Level C and techniques taught in an interactive environment. Course content includes preparing to respond, the EMS system, airway, breathing and circulation emergencies, including adult, child and infant choking and CPR, angina, heart attack and stroke and what to do if you suspect a heart attack. Participants will also learn how to use an AED on children and adults. *CPR manual included. Participants will receive certification upon successful completion.*

Location	Day(s)	Time	Fee	Registration Deadline
La Salle - Caisse Community Centre	Thursday, January 16	6:00 pm - 9:30 pm	\$45.00	Thursday, January 2



TAX FREE SAVINGS ACCOUNT

**Everyone
has a reason
to save.**

What's yours?

caisse.biz

Caisse
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Gentle Flow

Instructor: Antia Winter

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.

Location	Day(s)	Time	Fee	Registration Deadline
La Salle - Caisse Community Centre	10 Thursdays, January 16 - March 26 (No program February 13)	11:15 am - 12:15 pm	\$110.00	Thursday, January 9

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
Community Corner 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

barbaraao@lasalle@hotmail.com



CAISSE
COMMUNITY
CENTRE

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, Fitness Centre,
Dressing Rooms and Full Kitchen.

Occupancy license for:

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



CAISSE
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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

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La Salle | 204-736-2003

Central

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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



Winter 2019 - 2020 at the La Salle Curling Club

Friday Night Fun League

Register for the January start of the Friday Night Fun League by mid-December.

Play 6-end games with a fun twist, in a relaxed atmosphere.

Contact Steven at 204.803.1288 or
michaleski_@hotmail.com

Curl MB U18 Men's + Women's Berth Bonspiel

January 10 - 12, 2020

Watch these teams compete & enjoy food and more at LSCC.

Mickey One Day Spiel

Saturday, January 25, 2020

\$100 + 4 Mickey sized bottles/Team

Register at lasallecurlingclubmb@gmail.com

Mixed Doubles Spiel sponsored by NexusBioAg

February 7 & 8, 2020

Contact Steven at 204.803.1288 or michaleski_@hotmail.com

Mixed Spiel

March 6-8, 2020

Contact Steven at 204.803.1288 or michaleski_@hotmail.com

Family Bonspiel

March 13- 15, 2020

Registration fee is included in league fee for those curlers registered in the Learn to Curl Program, \$60 for other teams.

Contact Brett at bspulnick@gmail.com or 204-999-2576 or visit our website.

Ladies Bonspiel

March 20 - 22, 2020

Registration includes Calcutta and a meal

Contact Alison & Meagan at 204.218.9115 or alisonhillier@live.ca or visit our website.

WEEKENDS & AFTERNOONS ARE AVAILABLE FOR RENTALS.

HOST A BONSPIEL, FUNSPIEL, PRIVATE FUCTION,
CATERED EVENT, CHRISTMAS PARTY AND MORE!

The Rock Café is available to book along with your rental.

CONTACT SHELDON ABOUT AVAILABILITY AT
204.880.5653 or sheldone@kodiakseating.com.

The Rock Cafe and Bar

The MacFarlane's have returned this season! Come and try great homemade food, grab a drink and watch some live curling action or catch a Jets game on the big screen tvs! This is not just a place for curlers, the public is welcome too.

Ice Rentals Details

Ice rentals are based on availability. Cost is only \$50 per hour for 3 sheets of ice (2 hour minimum and bar/canteen available for extra cost). Contact Sheldon at 204.880.5653 or sheldone@kodiakseating.com.

Corporate Advertising

Contact Jacques at jake.jltruckrecycling@gmail.com or visit our website for more information about advertising options.

Check LSCC out at: lasallecurlingclub.ca & on Facebook @LaSalleCurlingClub

Caisse Community Centre Fitness Centre

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

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

Packages:

Individual - an individual 18 years of age or older.

Student - an individual 15 - 25 years of age who is a full time student (copy of transcript is required).

Senior - an individual 65 years of age or older.

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

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

If you have questions or would like more information, please contact Dee Romijn, Caisse Community Centre Facility Manager at 204-736-2679 or 204-801-7629 or dromijn@caissecc.com.

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



CAISSE
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Before and After School 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. This is a fun-filled and active program. Space is limited. Pre-registration is required. The Caisse Community Centre Before and After School Program follows the school calendar of the Seine River School Division. The program will be closed on all in-service days, school holidays and inclement weather days.

- Runs from 7:00 am to start of school and end of school until 6:00 pm
- Children are bused from the Caisse Community Centre to the La Salle School
- Snacks are NOT provided (snacks brought from home must be nut-free)
- Cost of the program:
 - \$15.00 per day / per child for a MONTHLY Pass which is two spots per day
 - \$7.50 per day / per child for a HALF Pass which is one spot per day

In-Service Day Camp Program

The Caisse Community Centre provides In-Service Day Camp (no school days) to children between the ages of 5 to 12. Space is limited. Pre-registration is required. Precedence given to children registered in the Caisse Community Centre Before and After School Program.

- Runs from 7:00 am to 6:00 pm
- Lunch and Snacks are NOT provided (lunch and snacks brought from home must be nut-free)
- Cost of the program:
 - \$30.00 per day / per child

We use an online system to manage the way we look after your bookings called aimyPLUS. This online software has many benefits including your very own Parent Portal where you can:

- Register and Enroll your child/children
- Book for full time, part time, or customized schedules, including in-service day camps
- Make payments
- Update your personal information
- View your bookings
- View your invoices

Information and/or to register:

visit www.caissecc.com - programs tab

or email beforeandafter@caissecc.com



CAISSE
COMMUNITY
CENTRE



Homestead

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.



LA SALLE KIDZ INC. presents

QUIZ NIGHT

Save The Date!

Saturday
May 9, 2020
7 PM

Location:

Caisse Community Center
La Salle, MB



St. Hyacinthe Roman Catholic Parish

Come and join us for Sunday Mass
Everyone welcome!

Mass times: Sundays 11:00 am

Catechism classes held before Mass.

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

Priest: Father Gabriel Levesque Ph: 204-736-2847
27 Beaudry Street, La Salle R0G 0A1 Fax: 204-736-2712
Email: st.hyacinthe@mymts.net www.sthyacinthelasalle.ca

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fx: (844) 270-3886

e: barry@twerdunwealth.com
e: melanie@twerdunwealth.com

www.twerdunwealth.com



Oak Bluff

Oak Bluff Community Facilities

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



Brent Sadler, President
204.275.2844
president@obrc.ca

Jeff Froese, Ice Rental
204.896.6881
icerentals@obrc.ca

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

Oak Bluff Community
School
155 Agri Park Road
R4G 0A5

Pamela Lee, Principal
204.895.0004
oakbluff@rrvsc.ca

www.obcs.rrvsc.ca

Oak Bluff Arena

Skate Times

Public Skating: Sunday - 12:45pm



Prairie Palette Art Club



We meet the second and fourth Tuesday of each month beginning at 6:30 pm (September to 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.



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.



**IT'S TIME
FOR
Coffee**

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

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

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



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	11 Mondays, January 6 - March 23 (No class February 17)	1:30 pm - 3:30 pm	\$2.00/Drop In \$5.00/Month	Ongoing
Oak Bluff School Contact: Brent/Marie 204.897.1545	Wednesdays, January 8 - March 25 (No class February 12 or March 4)	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, January 20 - March 16 (No class February 17)	7:30 pm - 8:30 pm	\$88.00	Monday, January 13

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	12 Wednesdays, January 8 - March 25	9:00 am - 10:00 am	\$132.00	Thursday, January 2

Gentle Yoga

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 <i>Instructor: Nicole Necsefor</i>	8 Mondays, January 20 - March 16 (No class February 17)	6:15 pm - 7:15 pm	\$88.00	Monday, January 13
Oak Bluff Recreation Centre <i>Instructor: Antia Winters</i>	11 Tuesdays, January 14 - March 24	9:00 am - 10:00 am	\$121.00	Tuesday, January 7

Adult, Child & Infant CPR/First Aid

Instructor: Mel Babiuk, Emergency Care & Safety Institute

This course covers CPR Level C and techniques taught in an interactive environment. Course content includes preparing to respond, the EMS system, airway, breathing and circulation emergencies, including adult, child and infant choking and CPR, angina, heart attack and stroke and what to do if you suspect a heart attack. Participants will also learn how to use an AED on children and adults.

CPR manual included. Participants will receive certification upon successful completion.

Location	Day(s)	Time	Fee	Registration Deadline
Oak Bluff Recreation Centre	Thursday, March 12	6:00 pm - 9:30 pm	\$45.00	Thursday, February 27

Brain, Body Nutrition

Instructor: Kristy Loewen

Learn how to properly utilize the science and connection between the brain and body in regards to nutrition. These seminars will provide the necessary tools to help you learn how to form connections between the two that can help reduce stress, curb cravings, and sustain long lasting results.

Location	Day(s)	Time	Fee	Registration Deadline
Oak Bluff School - Library	2 Tuesdays, January 14 & 21	7:00 pm - 8:00 pm	\$20.00	Tuesday, January 7

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 - Library	8 Wednesdays, January 15 - March 18 (No class February 12 or March 4)	8:00 pm - 9:00 pm	\$80.00	Wednesday, January 8

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	11 Thursdays, January 9 - March 26 (No class March 5)	8:00 pm - 9:00 pm	\$110.00	Thursday, January 2



**OAK BLUFF
BIBLE CHURCH**

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

**Join us Sundays
@ Oak Bluff Community School**

9:30 am - Prayer Meeting
9:45 am - Sunday School (all ages)
10:40 am - Church service

f WEBSITE: www.oakbluffbiblechurch.com
EMAIL: contactus@oakbluffbiblechurch.com
CHURCH OFFICE: UNIT C, 53C PTH 3E
(west side credit union bldg)
PHONE: 204-612-9623

**Oak
Bluff**



**Early
Years**

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

How Outdoor Winter Play Benefits Children!

Opportunities for better exercise and use of different muscles

Breathing Fresh Air

Avoid germs from indoors

Vitamin D Exposure



Promotes problem solving and imagination



Sanford

Sanford Community Facilities

Sanford Recreation/
Arena

174 Mandan Drive
ROG 2J0



Eric Boyd, President
eric@bestlandexcavation.com

Andrea Morann, Ice Rentals
amorann@mymts.net

Sanford Collegiate
130 Blythefield
Road
ROG 2J0

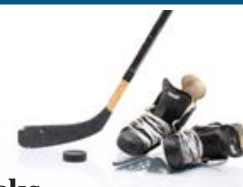
Jaynie Burnell, Principal
204.736.2366
sanfordcollegiate@rrvds.ca

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

Scott Thomson, Principal
204.736.2282
jacuddy@rrvds.ca

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

Sanford Arena Skate Times



Sticks & Pucks

12 & under - Saturdays, 7:30 pm - 8:30 pm

13 & over - Saturdays, 8:45 pm - 9:45 pm

Public Skate

Sundays, 1:30 pm - 3:00 pm

Please remember to wear a helmet!

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	23 Classes, Mondays & Thursdays January 6 - March 26 (No class February 17)	Monday 7:15 pm - 8:15 pm Thursday 6:15 pm - 7:15 pm	2/week: \$230.00 1/week: \$120.00	Monday, December 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



Floor Hockey (Ages 18+)

Contact: Jordan Kennedy, 204.736.3676

Everyone loves a good game of floor hockey. If you are looking for some exercise or just want to meet fellow community members don't be shy all skill levels welcome. We hope to see you there! *Please wear clean shoes with non-marking soles.*

Location	Day(s)	Time	Fee	Registration Deadline
J.A. Cuddy School	12 Thursdays, January 9 - March 26	7:30 pm - 9:00 pm	\$5/Drop In	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
J.A. Cuddy School	10 Mondays, January 13 - March 23 (No class February 17)	6:00 pm - 7:00 pm	\$110.00	Monday, January 6

Beginner's Karate 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 Kata, Kihon, and Kumite (3 elements of most martial arts.) This class is for children and adults with both beginner and junior ranks participating. Testing for belt ranks is not necessary but encouraged if you continue training. (This is a separate fee managed by the instructor). Please wear shorts and a T-shirt and ensure that toe nails are clipped short. *Please Note - The first 45 - 60 minutes will focus on beginners with the remaining time dedicated to intermediate students. Beginner students may leave at 8:00. Please specify at time of registration if you are a beginner or intermediate student.

Location	Day(s)	Time	Fee	Registration Deadline
J.A. Cuddy School	10 Wednesdays, January 15 - March 25 (No class January 29)	7:00 pm - 8:15 pm	\$110.00	Wednesday, January 8



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.

Meridian
Pastoral
Charge



Starbuck - Sanford - Bonala



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



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



Save the Date:
Sanford Mixed Bonspiel
March 20 - 22, 2020



2020-2021

Sanford Collegiate

Open House
& Grade 9

Registration Night

Thursday, February 20, 2020 7:00 pm

(204) 736.2366 www.sanfordcollegiate.net



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INVESTED IN YOU

With your support, we continue to invest in opportunities that create a positive impact in your local community. And our friendly, professional staff are right here to help you make the best decisions on a brighter future for you and your family.



Sanford Branch 204.736.2373



 **Access**
CREDIT UNION
www.accesscu.ca

Starbuck

Starbuck Community Facilities

Starbuck Arena
60 Arena Blvd.
R0G 2P0



Kevin Nixon, President
204.479.3187
knixon959@gmail.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
R0G 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
R0G 2P0

Dale Fust, Principal
204.735.2779
starbuck@rrvsc.ca
<https://starbuck.rrvsc.ca/>



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

STARBUCK RECREATION ASSOCIATION



THE HEART OF THE COMMUNITY

President - Kevin Nixon

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

Starbuck Ladies Bonspiel

January 17 - 18

\$160/team, theme: TBA

Guaranteed 3 games

Cash Prizes and dinner

text 204-750-2537

candicejlanglois@gmail.com

Pickleball

Contact: Brenda Shirtliff 204.735.2880

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

Location	Day(s)	Time	Fee	Registration Deadline
Starbuck School	24 Tuesdays & Thursdays January 7 - March 26	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	10 Mondays, January 13 - March 23 (No class February 17)	8:00 pm - 9:00 pm	\$110.00	Monday, January 6

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	11 Tuesdays, January 14 - March 24	10:00 am - 11:00 am	\$110.00	Tuesday, January 7

Hall Walking

Contact: Maggie Crompton, 204.735.2378

Join us for warm 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, beginning January 9	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	January 6 - June 29 (No class February 17 or May 18)	10:00 am - 11:00 am	Free!	Ongoing

Babysitter's Training (Ages 12+)

Instructor: Brenda Halstead

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
Starbuck Hall	Saturday, March 21	9:00 am - 3:30 pm	\$45.00	Friday, March 13

Save the Date!

**Neighbourhood
Players Show**

March 21st, 2020

Starbuck Hall

**Trinity Lutheran Church
in Starbuck**

Worship Sundays - 10:00 am
Sunday School - 11:00 am

Phone: 204.735.2503
Email: tlc118@mymts.net
www.tlcstarbuck.com


**Starbuck Arena
Skate Times**



Family Skate
Saturdays, 5:00 pm - 6:00 pm
Helmets required for skaters under 18 years of age.

Sticks & Pucks
12 & under - Saturdays, 6:00 pm - 8:00 pm
13 & over - Saturdays 8:00 pm - 9:00 pm

**Helmets required for all ages during
Sticks & Pucks, NO EXCEPTIONS.**



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)



ARCHERY IN THE WINTER !

During the Winter months, Archery Manitoba's Sanford Range is closed for the season, but there's a place to shoot just inside the city.

Heights Archery Academy offers a variety of sessions for kids, youth and adults of all skill levels. These affordable sessions range from 4 to 15 weeks throughout the fall, winter and spring, and are the perfect activity or gift to give someone this year!

Heights Archery Range is located at 2281 Portage Avenue (near Moray)

visit www.heightsoutdoors.com for more info.

Sport Manitoba **ARCHERY MANITOBA**



**Macdonald-Headingley
RECREATION DISTRICT**

**Want to be kept
up to date with all
thing's recreation
in Headingley &
Macdonald?**

Join our mailing list!
Send an email to info@mhrd.ca or
give us a call at 204.885.2444 to be added!

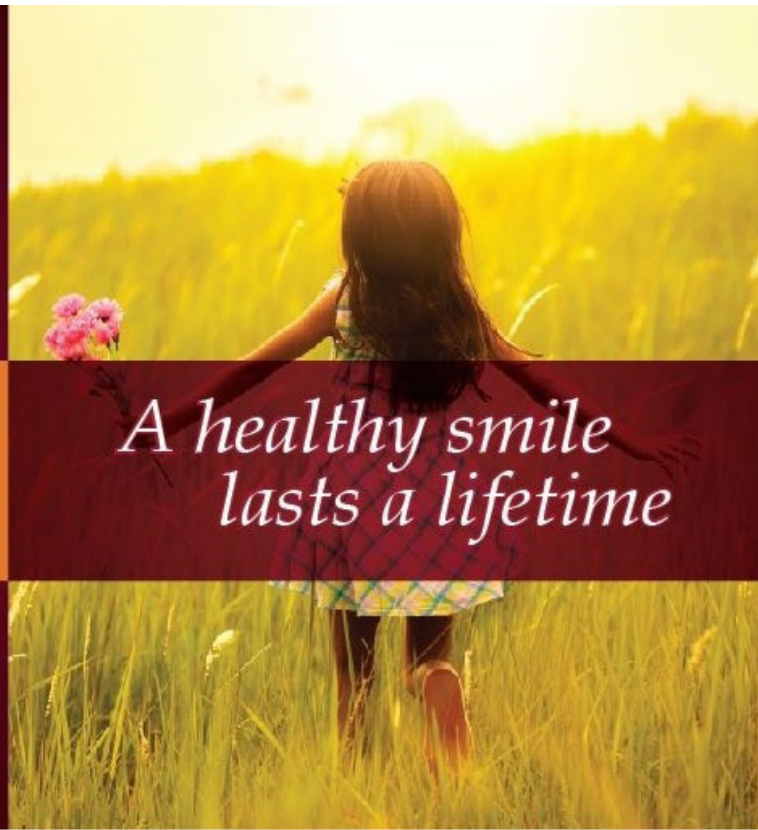


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Headingley Seniors' Services

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

January 9, February 20, April 2
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.

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

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 \$8.00 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, January 7 12:00 pm - 2:30 pm Register by: January 2	Ask the Pharmacist <i>Presenter: Fiona MacLean, Pharmacist</i> Questions about your prescriptions? Wondering about taking over the counter medications or supplements? Bring your questions and ask the pharmacist!
Tuesday, February 18 12:00 pm - 2:30 pm Register by: February 11	Finding Your Balance <i>Presenter: Lydia Baydack, Physiotherapist</i> Good balance is often taken for granted. Dizziness, vertigo, unsteadiness and falls are common symptoms of a vestibular dysfunction (sense of balance). Learn about common conditions that could affect the vestibular system and how Vestibular Rehabilitation Therapy could help improve these symptoms and your quality of life.
Tuesday, March 17 12:00 pm - 2:30 pm Register by: March 10	Advance Care Planning <i>Presenter: Brigitte Remillard, Southern Health-Santé Sud</i> You never know when you may face an unexpected event or illness that may impact your ability to make your health care decisions known. Important and informative - this Advance Care Planning session will also cover Health Care Directions and how to choose a Health Care Proxy.

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:
Rose Leclair 204.889.2288

Hearing Health Check
Monday February 3
10:00 am - 1:45 pm
Headingley Community Centre
15 minutes/ person, please sign up in advance
Contact Kristie at 204-889-3132 ext. 3

Myrna DRIEDGER
MLA for Roblin

t. (204) 885-0594
www.myrnadriedger.com



**HEADINGLEY
 RURAL CRIME
 WATCH**

For info
 contact Marian at
marian.craig52@gmail.com





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	9 Wednesdays, January 15 - March 25 (No class February 5 or 19)	9:45 am - 11:15 am	Free!	Ongoing

Wiggle Giggle (1 - 4 Years) FREE

Facilitator: Kirsten Petz Fraser

A time for parents and children to have fun together with active play. Songs, rhymes, making music, story time, crafts, life skills and messy play are all part of the fun. Gross motor activities and age appropriate games are included in every session. *Parent or caregiver participation required.*

Location	Day(s)	Time	Fee	Registration Deadline
Phoenix Community Centre	8 Tuesdays, January 7 - March 10 (No class February 4 or 18)	10:00 am - 11:00 am	Free!	Friday, January 3

Phoenix Nursery School

Looking to enhance your child's learning? Want to get your kids out for some socialization?



Phoenix Nursery School is the perfect place for children to meet new friends in the community and get their first introduction to structured learning & play!

2020/2021 Spots available

2 days a week (Tu/Th) 8:30-11:30am or

3 days a week (M/W/F) 8:30-11:30am

More info @ www.phoenixrec.org/nursery-school/

LIFE BEYOND THE LIMITS



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while all of life's more urban pursuits
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and information,
please visit our website.*

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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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Headingley

Headingley Community Facilities

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

Headingley Library
49 Alboro Street
R4J 1A3

Phoenix School
111 Alboro St
R4J 1A3

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

204.888.5410
hml@mymts.net
www.headingleylibrary.ca

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

Welcome to our new 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

Pickleball

Contact: Sarah Fetterly, sfetterly@shaw.ca or
Brodie Blair, brodiecl Blair@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		



Download the app!
Search "Headingley" and get connected.

 Find us on Facebook!

Available on the iPhone
App Store

ANDROID APP ON
Google play

Sound Bath Healing Meditation

Instructor: Sarah Picken

Treat yourself to an evening of self-care that includes guided visualization (no experience necessary) and deep relaxation. Immerse yourself in the beautiful sounds created by crystal singing bowls. Sound therapy has been around since the 12th century. The energetic vibrations of the bowls can help to facilitate healing, stress reduction, pain relief, boost the immune system, and help to balance your emotions. This is an experience for mind, body and spirit. *Please bring a yoga mat, warm blanket and pillow.*

Location	Day(s)	Time	Fee	Registration Deadline
Phoenix Community Centre	Friday, February 28	7:00 pm - 8:30 pm	\$44.00	Friday, February 21

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 January 6 - March 25 (No class February 17)	10:00 am - 11:00 am	\$184.00 1 class/week: \$96.00	Thursday, January 2

Gentle Yoga

Instructor: Karyn Astleford

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	12 Tuesdays, January 7 - March 24	9:30 am - 10:30 am	\$108.00	Friday, January 3

Cardio, Strength Fusion

Instructor: Andrew Schindle

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

Location	Day(s)	Time	Fee	Registration Deadline
Headingley Community Centre	12 Wednesdays, January 8 - March 25	11:10 am - 12:00 pm	\$108.00	Friday, January 3

Yoga Flow

Instructor: Rebecca Watson

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
Headingley Community Centre	11 Thursdays, January 9 - March 26 (No class February 6)	9:30 am - 10:30 am	\$99.00	Monday, January 6

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	11 Fridays, January 10 - March 27 (No class February 7)	9:50 am - 10:50 am	\$121.00	Friday, January 3

Girls Only with Kids Yoga (7 - 10 Years)

Instructor: Karyn Astleford & Nicole McDonald

Two instructors Nicole McDonald and Karyn Astleford work in combination to bring 30 minutes of discussion, games, and hands-on work that introduces a safe space to learn about compassion, healthy habits, and anti-bullying. The last 30 minutes consist of yoga and active meditation through games and activities. *Please bring a yoga mat.*

Location	Day(s)	Time	Fee	Registration Deadline
Phoenix Community Centre	9 Mondays, January 13 - March 23 (No class February 3 or 17)	6:00 pm - 7:00 pm	\$72.00	Monday, January 6

Yoga for Tweens & Teens (11 - 14 Years)

Instructor: Karyn Astleford

Tweens & Teens today live in a “hurry up” world with busy parents, school schedules, sports activities and the list goes on! Through posture, breath work, meditation and games, students learn to incorporate the principles of yoga (balance, focus, flexibility and strength) into everyday life. Attention is given to learning body awareness and working through muscle tightness. This class is a great way for Tweens & Teens to clear their minds of any stresses from their day, stretch out their bodies and slow down their minds. *Please bring a yoga mat.*

Location	Day(s)	Time	Fee	Registration Deadline
Phoenix Community Centre	9 Mondays, January 13 - March 23 (No class February 3 or 17)	7:15 pm - 8:00 pm	\$63.00	Monday, January 6

Yoga with Gratitude

Instructor: LeAnne Humphreys

In many recent popular psychology articles, incorporating daily gratitude practices into one's life is associated with improved health and happiness; including reports of less pain and reduced symptoms of depression, and improved sleep. The practice of gratitude is one that can have a deep and lasting impact on our wellbeing. With regular practice, gratitude can become a daily habit that permeates your life. In this session we will awaken the attitude of gratitude through a gentle yoga practice, moving in a way that celebrates our bodies, explore meditations for gratitude, and activities that can easily be integrated as a daily habit. *Please bring a yoga mat. Program support provided by Southern Health-Santé Sud.*

Location	Day(s)	Time	Fee	Registration Deadline
Phoenix Community Centre	8 Mondays, January 20 - March 23 (No class February 3 or 17)	2:00 pm - 3:30 pm	Free!	Monday, January 13

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, January 15 - March 25 (No class February 5)	7:00 pm - 8:00 pm	\$110.00	Wednesday, January 8

Babysitter's Training (Ages 12+)



Instructor: Brenda Halstead

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
Phoenix Community Centre	Saturday, January 18	9:00 am - 3:30 pm	\$45.00	Monday, January 13

Home Alone (Ages 10 - 13)



Instructor: Brenda Halstead

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

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

Location	Day(s)	Time	Fee	Registration Deadline
Phoenix Community Centre	Saturday, February 1	9:30 am - 1:30 pm	\$45.00	Monday, January 27

DIY Furniture Makeover/Village Shelf



Instructor: Evelyn Falk

Whether you want to learn how to refinish an old piece of furniture, make a new piece of furniture look old, or make those popular vintage signs, this workshop is for you. Using clay based paint, sometimes called chalk paint, and image transfers of your choice, you will see how easily and quickly this can be done. For those who do not have a specific project in mind, the village shelf is an option. Colour choices are: Cloudy Day (a vintage white), Asphalt (a medium light grey) or Driftwood (a light beige). *For those bringing their own project, the instructor will be in contact with you prior to the class, to discuss preparing your piece and the choice of images. Please dress for mess, and bring paper towel and a lunch to class.*

Location	Day(s)	Time	Fee	Registration Deadline
Phoenix Community Centre	Saturday, March 14	9:30 am - 3:30 pm	Village Shelf: \$165.00 DIY Furniture: \$121.00	Friday, March 6

DIY Kombucha

Instructor: Michelle LeClair

Understand the process behind cultivating scoby (Symbiotic Culture Of Bacteria and Yeast), that transforms sweet tea into tangy, fizzy kombucha. Have fun with flavours to create your own! *Workshop includes scoby and kombucha workbook.*

Location	Day(s)	Time	Fee	Registration Deadline
Headingley Community Centre	Tuesday, January 28	6:00 pm - 8:00 pm	\$60.00	Tuesday, January 21

Tai Chi for Beginners

Instructor: Andy Lockery

Come to class and explore the medically proven health benefits of Taoist Tai Chi! The practice of Tai Chi involves sequences of slow, controlled and low impact movements that will gently tone and strengthen your body and focus your mind. Regular practice can help to improve concentration, coordination, circulation and balance. Tai Chi can be practiced by all ages and abilities and may even be done seated. *Please wear loose, comfortable clothing and flat shoes.*

Location	Day(s)	Time	Fee	Registration Deadline
Phoenix School	10 Wednesdays, January 22 - March 25	6:30 pm - 7:30 pm	\$44.00	Wednesday, January 15

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	Thursday, February 6	6:30 pm - 8:30 pm	\$37.00	Thursday, January 30

PowHERful (10 - 13 Years)

Instructor: Nicole McDonald

Being a young woman is hard - navigating body image issues, participating in sports, speaking your mind, and tapping into your creative side, without fear of judgement from others. In addition to these individual struggles, bullying in schools and online is at an all-time high. PowHERful is a program created by women, for young women. Activities are based around healthy eating and lifestyles, positive relationships, and self-confidence. This program works to create an understanding of how the choices we make impact our lives. The girls should leave each PowHERful night feeling strong, unstoppable, knowledgeable, and valued as an individual and part of their community. Long term, the program will provide them with knowledge on how to lead a healthier overall lifestyle - both physically and emotionally.

Location	Day(s)	Time	Fee	Registration Deadline
Phoenix Community Centre	8 Tuesdays, January 14 - March 10 (No class February 4)	6:00 pm - 7:00 pm	\$80.00	Tuesday, January 7

Ukulele for Beginners (18+)

Instructor: Lorelei Goldau

Have you been putting off learning to play a stringed instrument? The ukulele is a great place to start; affordable, compact, social and a lot of fun! Come out and learn to play songs using basic chords and strumming patterns on a standard ukulele (soprano, concert or tenor). You will learn a few finger picking patterns.

Location	Day(s)	Time	Fee	Registration Deadline
Phoenix School	10 Tuesdays, January 21 - March 24	6:30 pm - 8:00 pm	\$132.00	Tuesday, January 14

Continuing Ukulele (18+)

Instructor: Lorelei Goldau

This class is for those who have taken a beginner's class and would like to continue learning. *Participants must have their own Ukulele's.*

Location	Day(s)	Time	Fee	Registration Deadline
Phoenix School	9 Mondays, January 20 - March 23 (No class February 17)	6:30 pm - 8:00 pm	\$120.00	Monday, January 13

Healthy Aging through the Arts

Instructor: Margaret Glavina (Art City Outreach)

Art is good for the heart... and soul! Art City is back with a variety of fun and creative classes to explore. Pottery, collage, drawing, painting and more. The emphasis for this session will be on developing further painting skills. *No experience is necessary, and all supplies are provided. Program support provided by Southern Health-Santé Sud.*

Location	Day(s)	Time	Fee	Registration Deadline
Headingley Community Centre	8 Thursdays, January 23 - March 12	1:00 pm - 3:00 pm	\$48.00	Thursday, January 16

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

Summer Hours (June - September):

Wednesday-Saturday, 10 am - 5 p.m.

Sundays & Holidays 12 p.m. - 5 p.m.

Groups welcome.

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

Website - www.jimsvintagegarages.ca

Facebook - Jim's Vintage Garages

Rob Nowosad, Chairman, robnosad@shaw.ca



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



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2020


New Year, New Me!

Looking for a New Year's Resolution? Try something new! Register for a program today!



www.mhrd.ca 204.885.2444 info@mhrd.ca

Macdonald-Headingley
RECREATION DISTRICT



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!

Holy Trinity Anglican Church

5335 Portage Avenue, Headingley




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

We now have a lift and are fully accessible to everyone!
www.holytrinityanglicanchurchandcemetery.com

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For information on purchasing a plot or niche, or interment, please contact Diane Trenholm, at 204-955-8116 or hctcemhly@shaw.ca

Headingley Library Children's Department

Winter Storytime

Winter 2020 Programs
To register call 204-888-5410 or email hml@headingleylibrary.ca

Baby Storytime (0-12 months)
January 15th – March 4th
(8 Wednesdays) at 11:00AM

Tots Storytime (12-36 months)
January 16th – March 5th
(8 Thursdays) at 10:30AM

Preschool Storytime (3-5 years)
January 14th – March 3rd
(7 Tuesdays) at 10:30AM

Siblings welcome



Bright Beginnings

Educare inc.

www.brightbeginningseducare.com
Phone 204.895.1147
Infant & Preschool Site - 5330 Monterey Road
School Age Site - 111 Alboro Street



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PET CARE

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Jillian@PawsitivePooch.ca
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WWW.PAWSITIVEPOOCH.CA



Phoenix Recreation Association

www.phoenixrec.org

The purpose of Phoenix Recreation is to develop and coordinate recreation programs and events that reflect the interests of the community and enhance the quality of life for all Headingley residents.

HEADINGLEY WINTER CARNIVAL

FEBRUARY 3 - 9, 2020



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Mark Your Calendars!

Family Fun Night Dates:

January 10

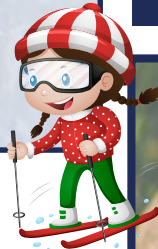
February 7 @ Winter Carnival

March 13



Visit our website for Hockey Hutch Outdoor Rink
& Canteen Hours as well as detailed info on all
upcoming events: www.phoenixrec.org

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

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

The Headingley Historical Society

Join us today



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

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

Everyone Welcome!

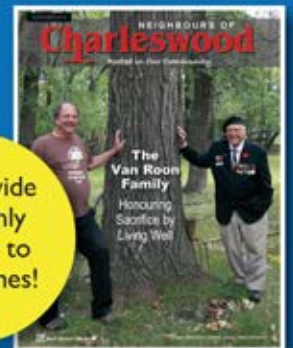
For more information contact Jean Ammeter at 204.832.1444 or ammer@mymts.net
Check <http://www.rmofheadingley.ca/> for updated information.

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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!



Thank you to everyone who supported the Endow Manitoba 24 Hour Giving Challenge!

Giving for Good.

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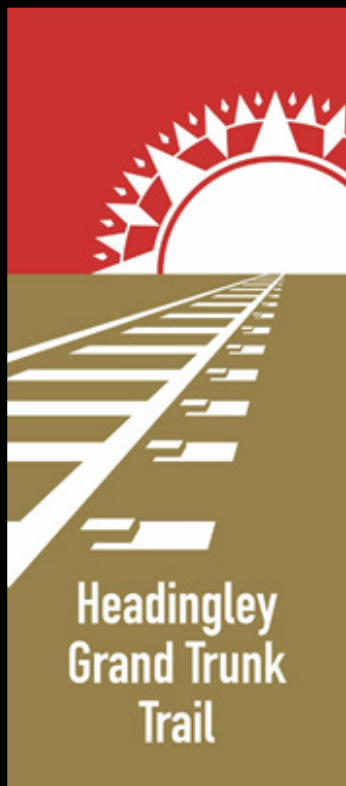
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The Headingley Grand Trunk Trail (HGTT) is the abandoned rail line that traverses the municipalities of Headingley and Cartier from the Perimeter Highway to Beaudry Park. The trail is approximately 10 km in length suitable for all forms of non-motorized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

Blue Birds

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

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



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 our blog at:

headingleygrandtrunktrails.blogspot.com/



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
81 Alboro Street
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R4J 1A3

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