

# Fall 2020

## *Program & Community Resource Guide*

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



**Macdonald-Headingley**  
RECREATION DISTRICT





# LIFE BEYOND THE LIMITS



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

Wider lots give you a deeper yard, increased interior light and a surprising amount of design flexibility. Plus, you'll get a good deal more for your investment – from excellent lot value to lower property taxes.

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Bluff**  
**WEST**  
EXPAND YOUR HORIZONS





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## Macdonald-Headingley

RECREATION DISTRICT

81 Alboro Street

Headingley, Manitoba R4J 1A3

Phone: 204.885.2444

Fax: 204.889.2211

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

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

**Recreation Director** - Susanne Moore

**Program Director** - Karen Lough

**Communications & Office Coordinator** - Kelsey Henderson

**Project & Program Coordinator** - Nicole McDonald

**Accounting** - Vona Guiler

## Request a Program!

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

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

## Advertise with us!

Let us help you promote your business to over 4,800 households and businesses in the municipalities of Macdonald and Headingley!

**Winter 2021 Deadline: Monday, November 2<sup>nd</sup>, 2020**

Contact us at 204.885.2444, [info@mhrd.ca](mailto:info@mhrd.ca)

# Recreate Safely

## What to expect at our programs

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



### Using Facilities

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



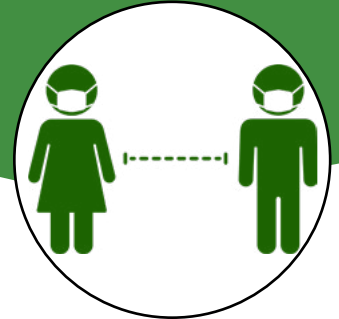
### Hand Hygiene

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



### Enhanced Cleaning

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



### Physical Distancing

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



**Macdonald-Headingley**  
RECREATION DISTRICT

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



# Registration

## WAYS TO *Register*

Go Online



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

By Phone



204.885.2444

## How to *Register* Online

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

### General Information

- All programs and schedules are subject to change in dates, location and instructors.
- Pre-registration is required for all programs.
- Participants registering 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](mailto:info@mhrd.ca) to your 'Safe Senders' list. If you are having difficulties or are not receiving our emails please give us a call at 204-885-2444.

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



### Trial Class

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

### Give us your best smile!

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

### Late Registrations & Waiting Lists

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

### Fee Assistance

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



## Method of Payment

Payment must be made prior to the first class. E-transfer is our preferred method of payment, made payable to info@mhrd.ca. If you are unable to E-Transfer, please contact our office for alternative options.

## 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. Should you be unable to attend a weekly class that you have signed up for, please un-enroll a minimum of 3 hours prior to the start time of the class. Contact our front desk at 204-885-2444 or info@mhrd.ca to cancel by phone or email. We ask that you provide as much notice as possible so that others can make use of the class spot.

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



Location	Contact Info	Events
Red River Area	<a href="https://4h.mb.ca/red-river/">https://4h.mb.ca/red-river/</a>	
La Salle 4-H Club <a href="mailto:lasalle4h@gmail.com">lasalle4h@gmail.com</a> <a href="http://www.4h.mb.ca">www.4h.mb.ca</a>	Michelle D'Souza (Head leader) 204.792.7107 Jennifer Lippens (Head leader) 204.451.3191	<b>September 14, 2020: Registration, 7:00 pm - 8:30 pm</b> <b>La Salle Community Fellowship Church</b>
Starbuck Combined 4-H Club	Sharon Masse <a href="mailto:sgmasse@gmail.com">sgmasse@gmail.com</a> 204.735.2809	<b>September 22, 2020: Registration, 7:00 pm - 8:00 pm</b> Starbuck Community Hall <i>*Due to Covid-19, this information is subject to change. Contact Sharon for current information.</i>
Headingley 4-H Club Check the RM of Headingley website for details of our events. <a href="http://www.rmofheadingley.ca">www.rmofheadingley.ca</a>	Leanne Seniuk <a href="mailto:headingley4h@gmail.com">headingley4h@gmail.com</a>	<b>Tuesday, September 15: Registration, 7:00 – 8:30 pm</b>

## Girl Guides

**La Salle Programming**  
**Visit website for up to date**  
**information about changes**  
**due to Covid-19**

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



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

**That's Girl Guides of Canada.**

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

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

[girlguides.ca/jointoday](http://girlguides.ca/jointoday)

1-800-565-8111



# Thank You

## Frontline Workers



*give it a shot!*



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

- Group events and corporate shoots
- No gun or PAL required
- Trap, skeet, and 5-stand available
- Instruction for newcomers

All guests welcome!

204.736.2779

  
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e: [info@anseeuwbrothers.com](mailto:info@anseeuwbrothers.com)

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Removal &  
Sanding**



# This holiday season **SHOP LOCAL!**

Business	Name	Find Us!
<b>Bee Boyzz Honey</b>	Julie Paseschnikoff	E: <a href="mailto:beeboyzzhoney@gmail.com">beeboyzzhoney@gmail.com</a> W: <a href="http://www.beeboyzz.com">www.beeboyzz.com</a>
Bee Boyzz is a family run apiary, honey business and meadery located in Oak Bluff, Manitoba. We are Manitoba's first bee-to-bottle meadery/honey winery producing quality mead wines. Our sweet honey varieties include creamed, liquid and several natural flavoured extract varieties as well as local bee pollen and wax.		
<b>Boisjoli Wood Art</b>	Jennifer & Chantal Boisjoli	E: <a href="mailto:boisjoliwoodart@gmail.com">boisjoliwoodart@gmail.com</a> W: <a href="https://fb.me/boisjoliwoodart">fb.me/boisjoliwoodart</a> P: 204-781-8232
Unique, hand painted wood signs and wood art. Can be customized.		
<b>Callie K Cupcakes</b>	Shannon Hood	E: <a href="mailto:calliekcupcakes@gmail.com">calliekcupcakes@gmail.com</a> W: <a href="http://www.callekcupcakes.com">www.callekcupcakes.com</a>
Baker specializing in delicious treats, with a focus on amazing cupcakes in a wide range of flavours! Also enjoy cakes, cookies, edible cookies dough, ice cream cookie sandwiches and more.		
<b>Creative Side Studios</b>	Teresa Solta	E: <a href="mailto:creativesidestudios@gmail.com">creativesidestudios@gmail.com</a> W: <a href="http://www.creativesidestudios.com/">www.creativesidestudios.com/</a>
Hand crafted items using a variety of mediums and materials. Specializing in reborn/art/therapy dolls and children's animal stools.		
<b>Custom Creations by Marie</b>	Marie Lee	E: <a href="mailto:marielee.33@hotmail.com">marielee.33@hotmail.com</a> W: <a href="https://www.facebook.com/Custom-Creations-by-Marie">https://www.facebook.com/Custom-Creations-by-Marie</a>
Personalized embroidered items such as Personalized Stuffedies, TShirts, Pillowcases, Blankets		
<b>Deb's Claze</b>	Deb Brown	E: <a href="mailto:debra.claze@gmail.com">debra.claze@gmail.com</a> W: <a href="https://www.facebook.com/DebBrownPottery">https://www.facebook.com/DebBrownPottery</a>
Handcrafted stoneware pottery. For those who enjoy celebrating the everyday moments in life. Pottery is not just for special occasions - pottery makes every occasion special!		
<b>Duggan Laser Design</b>	Simon Dugan	E: <a href="mailto:dugganlaserdesign@gmail.com">dugganlaserdesign@gmail.com</a> W: <a href="https://www.facebook.com/DugganLaserDesign">https://www.facebook.com/DugganLaserDesign</a>
Duggan Laser Design is a laser cutting service that produces custom cut products for customers. If you have an idea we can try to turn it into reality for you.		
<b>Holly's Knick Knacks</b>	Holly Enns	E: <a href="mailto:hollydawn28@gmail.com">hollydawn28@gmail.com</a> W: <a href="https://www.facebook.com/hollysknickknacks">https://www.facebook.com/hollysknickknacks</a>
Acrylic Painted décor for your home.		
<b>Iron Crow Studio</b>	James Elias	E: <a href="mailto:james@ironcrowstudio.ca">james@ironcrowstudio.ca</a> W: <a href="http://www.ironcrowstudio.ca">www.ironcrowstudio.ca</a>
CNC plasma cutting and custom metal signs, house numbers, decorative pieces, etc.		

Business	Name	Find Us!
<b>Jacked up Jill Coffee</b>	Louanne Vermette	E: <a href="mailto:louanne@jackedupjill.com">louanne@jackedupjill.com</a> W: <a href="http://www.jackedupjill.com">www.jackedupjill.com</a>
Jacked Up Jill Coffee is roasted in Headingley MB. It offers responsibly sourced, ethically traded premium beans in a variety of roast, available in grounds or beans. Come get some Fuel for your climb!		
<b>Lotus &amp; Lace Designs</b>	Kaylee Haywood	E: <a href="mailto:kayleeh1986@gmail.com">kayleeh1986@gmail.com</a> W: <a href="http://www.lotuslacedesigns.etsy.com/">http://www.lotuslacedesigns.etsy.com/</a>
Handmade gemstone jewelry (mainly bracelets). Jewelry is not only beautiful, but has healing properties as well.		
<b>LuLaRoe Clothing</b>	Jocelyn Kitchur	E: <a href="mailto:jocelyn@shopjocelyn.ca">jocelyn@shopjocelyn.ca</a> W: <a href="http://www.shopjocelyn.ca">www.shopjocelyn.ca</a>
LuLaRoe Clothing is incredibly stylish and comfortable at the same time. I offer Women's Clothing from XXS to 3XL in the boutique in my home in Domain. Check out website for all the details.		
<b>NK Photography &amp; Design</b>	Nicole Kubala	E: <a href="mailto:nkubala@yahoo.com">nkubala@yahoo.com</a> W: <a href="http://www.nkphotographydesign.com">http://www.nkphotographydesign.com</a>
I am a photographer specializing in families, young kids, newborns, and engagements/weddings. I can also create digital ads and marketing designs.		
<b>Phil's Honey</b>	Phil Veldhuis & Vona Guiler	E: <a href="mailto:vona.guiler@icloud.com">vona.guiler@icloud.com</a> W: <a href="https://www.facebook.com/PhilsHoney">https://www.facebook.com/PhilsHoney</a>
Raw local honey and Beeswax candles.		
<b>Prairie Home Designs</b>	Katie Verrier & Nicole Kubala	E: <a href="mailto:nkubala@yahoo.com">nkubala@yahoo.com</a> W: <a href="https://www.facebook.com/prairiehomedesigns/">https://www.facebook.com/prairiehomedesigns/</a>
We create hand painted wood signs using reclaimed wood and other home decor such as stained glass art, dream catchers, and plants.		
<b>Silver Stamped Jewelery</b>	Lisa Krishka	E: <a href="mailto:lisa_krishka@hotmail.com">lisa_krishka@hotmail.com</a> W: <a href="http://www.shopsilverstamped.com">www.shopsilverstamped.com</a>
<b>Sweet Bits</b>	Janet Breau	E: <a href="mailto:j.furutani.breau@live.com">j.furutani.breau@live.com</a> W: Instagram: @Sweetbitsbyjanet
Fudge, confections , baking , and savory mixes, caramel popcorn, covered pretzels with chocolate and caramels etc.		



**Macdonald-Headingley**  
RECREATION DISTRICT

***To be added to this list,  
contact MHRD at  
204.885.2444  
or [info@mhrd.ca](mailto:info@mhrd.ca)***





# Macdonald Public Recreation Commission

## Role of the Commission

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

## Funding Programs

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

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

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

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

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



Download the app!  
Search "RM of Macdonald" and get connected.



# Tips for **improving** your **Mental Health?**

Mental health is more than just the absence of mental illness. Mental health includes many different elements, and it may look different for everyone. One thing we all have in common is that we want to feel good about who we are and have a sense of balance in our lives.

Here are some tips for improving and thriving in our mental health:

- Healthy bodies = healthy minds. Exercising is a great way to relieve stress!
- Eating well is important. Fuel your body and brain with nutritious food.
- Get enough sleep. Deep sleep helps to repair and replenish brain cells. Our thoughts always seem clearer after a good night's sleep.
- Practice gratitude. Take a minute at the end of each day to write down three things you are grateful for. These can be very small things. By doing this, you will notice many positive things in your life.
- Last but not least – build a healthy support network. Surround yourself with people you love and build healthy relationships with them.

***To maintain positive mental health, we must maintain positive action.***



## **Macdonald-Headingley Public Health 2020 Seasonal Flu Clinics**

***\*masks mandatory\****

***(with the exception of 5 years of age and under)***

<b>Date</b>	<b>Time</b>	<b>Location</b>
<b>Monday, November 2/20</b>	<b>3:00 – 7:00pm</b>	<b>Meadowbrook Club House Sanford</b>
<b>Tuesday, November 3/20</b>	<b>3:00 – 7:00pm</b>	<b>Oak Bluff Recreation Center</b>
<b>Friday, November 6/20</b>	<b>1:00-7:30pm</b>	<b>Headingley Community Center</b>
<b>Monday, November 9/20</b>	<b>3:00-7:00pm</b>	<b>Caisse Community Centre La Salle</b>

***Get vaccinated. Don't spread the flu***



## **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](mailto: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](mailto:info@macdonaldseniors.ca)  
[www.macdonaldseniors.ca](http://www.macdonaldseniors.ca)

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

We can help with:

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

## Stay Connected!

### Join our mailing list!

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

### Social Media

Facebook

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

## Service Providers

### Foot Care

Karen Dingman: 204-996-2376

Leanne Maes: 204-771-4030

### Hair Care

Hair I Am Mobile Salon

Leah Macaulay: 204-470-2727

# GEMS (Greet Eat Meet for Seniors)

Everyone benefits from staying active, learning something new and connecting with others. GEMS is a lunch and social program for older adults living in the R.M. of Macdonald and surrounding areas.



**Wednesdays starting at 12:00 pm - Starbuck Hall  
Sanford: Meals On Wheels Delivered on Thursdays**

Lunch is \$10.00

Please register with Leanne on the Monday prior to the program for both in-person and delivered meals.

Monthly newsletter and calendar will be posted on

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

## **FREE** 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!

Wednesday, October 14  
1:00 pm  
Starbuck Hall

### **Advance Care Planning**

*Presenter: Brigitte Remill*

You never know what event or illness that may impact you is known. Important and informative - this session will also cover Health Care Directives and how to choose a proxy.

**CANCELLED**



## **NEW TO ZOOM?!**

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

Don't miss out on all the virtual Lunch & Learns, fitness programs and online classes offered this Fall! Book an appointment to learn the ins & outs of the Zoom online video program. Get yourself set up so you can join in on the fun from the comfort of your home! View more of our online programs starting on page 17!

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





# Macdonald Sports



OFFICIAL SITE OF THE

# MACDONALD HOCKEY ASSOCIATION

Community	Contact
President	Blake Vasko 204.294.6608 president@macdonaldhockey.ca
Vice - President	VACANT vicepresident@macdonaldhockey.ca
La Salle / Domain	Melissa Jones 204.781.9009 domainlasallerep@macdonaldhockey.ca
Sanford / Brunkild	Scott Wiens 204.997.6952 sanfordbrunkildrep@macdonaldhockey.ca
Oak Bluff	Carrie Wilson 204.887.5950 oakbluffrep@macdonaldhockey.ca
Starbuck	VACANT starbuckrep@macdonaldhockey.ca
Female Hockey Representative	Dennis Larson 204.430.8889 femalehockey@macdonaldhockey.ca

## Macdonald Hockey

Come join in the fun! Macdonald Hockey is a dynamic hockey association with both male and female hockey programs available.

New residents to the community may apply to have late fees waived.

Contact a community representative for more information.

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

# La Salle Lakers Basketball

**Members of Winnipeg Minor Basketball Association.**

## Open to all of Macdonald

**Two seasons to register for:**

Spring/Summer (April to June)

Fall/Winter (October to March)

**For more info: Kyle Fisher, Convenor**

[lasallebasketball@hotmail.com](mailto:lasallebasketball@hotmail.com)





# Wildfire

## RINGETTE

### We want you!

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

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

Visit our web page at  
[www.macdonaldringette.ca](http://www.macdonaldringette.ca) for the  
most up-to-date information on the  
2020/2021 ringette season, including  
information on ringette, registration,  
power skating and conditioning  
camps.

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

## KIDSPORT



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

### WHAT IS KIDSPORT?

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

### KIDSPORT FUNDING

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

### KIDSPORT EQUIPMENT

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

Please contact Macdonald-Headingley Recreation District or [www.kidsportcanada.ca](http://www.kidsportcanada.ca) for more information.





## Online

### #MHRDStaysHome

MHRD is offering a number of FREE online programming. Programs will provide a LIVE class through the Zoom Cloud Meetings Program as well as access to a shared file with recordings of the LIVE program to watch later on.

#### Zoom:

After registering for one of MHRD's ONLINE programs you will receive a confirmation email containing a link to access the Zoom meeting at the LIVE time as well as a MEETING ID & PASSWORD to access the LIVE class manually.

You do not need to have a ZOOM account to access our programs but you will need to download the Zoom Program Application on the device you intend to use. (Desktop, Laptop, iPhone/Android Phone, iPad/Tablet).

#### Facebook/Instagram/YouTube:

Some programming may be offered as pre-recorded videos posted on our social media pages. These can be accessed online through a computer or through apps on your smart phone or tablets. Click below for direct links to our social media pages:

**[Facebook](#)**

**[Instagram](#)**

**[YouTube](#)**

We recommend contacting a family member or friend who can help you get set up for your online class ahead of time. If you have any questions, please give our office a call, 204.885.2444.

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



# Program support provided through the Emergency Community Support Fund.

## Yoga Core

*Instructor: Kelsey Sinclair*

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. *You will need a yoga mat.*

Location	Day(s)	Time	Fee	Registration Deadline
Online - Zoom	12 Tuesdays, September 29 - December 15	10:00 am - 11:00 am	Free!	Tuesday, September 22

## Pilates

*Instructor: Kristy Loewen*

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

Location	Day(s)	Time	Fee	Registration Deadline
Online - Zoom	12 Tuesdays, September 29 - December 15	8:00 pm - 9:00 pm	Free!	Tuesday, September 22

## Mindfulness + Stress Reduction

*Instructor: Bonnie Schroeder, Integral Wellbeing*

Life can be intense but with timely support we all have the capacity to more easily rise up through it all and thrive. At home. At work. At school. Why not you? Why not now? Discover how to navigate every day mental, emotional and physical challenges with greater ease; free yourself of old patterns and habits that limit you; reduce suffering from chronic pain, anxiety, grief, depression; notice the stories racing through your mind that unconsciously guide your decisions; become a better leader inside and outside of your home; make a transition in your life with greater self-assuredness and to live a more compassionate and meaningful life. The class will include **mindfulness practices, guided meditations, dialogues about stress, how to work with it and benefit from it & rise up through it.** Consciously or unconsciously we all make choices that influence our lives. When we are in times of increased stress, we can become more resilient and aware. With greater awareness we can direct our lives towards increased compassion, deeper healing, a greater sense of peace and far more fulfilling potentials.

Location	Day(s)	Time	Fee	Registration Deadline
Online - Zoom	6 Tuesdays, October 13 - November 17	6:30 pm - 8:30 pm	Free!	Tuesday, October 6

## 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. *You will need a yoga mat.*

Location	Day(s)	Time	Fee	Registration Deadline
Online - Zoom	12 Thursdays, October 1 - December 17	8:00 pm - 9:00 pm	Free!	Thursday, September 24

## Foam Rolling 101 FREE

*Instructor: Clovis De Sousa Baptista*

Foam rolling is a self-myofascial release technique used to alleviate muscle pain and increase blood flow. It uses body weight to generate direct pressure to the "knots" or trigger points in the body. A foam roller is a great tool for anyone needing to release muscle tension (and we ALL have a bit of muscle tension from sitting too long, exercise, or general tension). *You will need a foam roller.*

Location	Day(s)	Time	Fee	Registration Deadline
Online - Zoom	Tuesday, October 6	7:00 pm - 8:00 pm	Free!	Tuesday, September 29



## 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. *You will need 1-2 sets of dumbbells.*

Location	Day(s)	Time	Fee	Registration Deadline
Online - Zoom	24 Mondays and Thursdays September 28 - December 17 (No class October 12)	7:15 pm - 8:15 pm *New Thursday TIME	Free!	Monday, September 21

## Functional Fitness

*Instructor: Shelly Paton*

Functional fitness moves focus on balance, core strength, endurance and multi-joint flexibility. Class begins with a quick 2 min. about your body's muscles. Followed by 20 mins of cardio, 20 mins of functional strength training, 10 mins. of balance training and 10 mins. of stretching. Focuses on activities of daily living. Great for all levels. *You will need a set of two lb. hand weights.*

Location	Day(s)	Time	Fee	Registration Deadline
Online - Zoom	23 Mondays & Fridays, September 28 - December 18 (No class October 12)	10:00 am - 11:00 am	Free!	Monday, September 21

## Detox Yoga Flow

*Instructor: Becky Watson*

Join us for a warming Vinyasa Flow practice - working to ignite your inner fire through strengthening poses, core work & deep twists. This practice is meant to detoxify the body, wring out the spine and cleanse your system. Leaving you feeling renewed & refreshed for your day. *You will need a yoga mat and any yoga props! If you have blocks, straps or blankets they may be handy.*

Location	Day(s)	Time	Fee	Registration Deadline
Online - Zoom	11 Wednesdays, September 30 - December 16 (No class November 11)	10:00 am - 11:00 am	Free!	Wednesday, September 23

## Facts vs. Myths of Immune Boosting Nutrition



*Instructor: Johnson Hoang, Southern Health RHA*

During the flu season and during this time living in the COVID pandemic, people may seek special foods or vitamin supplements that are believed to boost immunity. Vitamin C, Zinc, and Echinacea are popular examples. However, our immune system is very complex and influenced by many factors, not just diet alone. We will debunk some of these myths and give you the information to make informed choices on your health.

Location	Day(s)	Time	Fee	Registration Deadline
Online - Zoom	Thursday, September 17	1:00 pm - 3:00 pm	Free!	Wednesday, September 16

## Intro to Nature Photography

*Instructor: Sarah Evans Sgambato*

Do you love being outdoors and exploring all that Mother Nature has to offer? Join us to learn how to take better photos of animals, nature and landscapes. We will cover the basics of photography, from how to use, as well as camera settings, photo shooting techniques and tips for taking photos. We will also have a Q&A session and printing advice. We will have two on-location classes, where you will get to practice your skills. *Please bring you DSLR camera with battery and memory cards as well as any lenses you have. Please bring a tripod. Outdoor location will be decided by group.*

Location	Day(s)	Time	Fee	Registration Deadline
Online - Zoom	3 Wednesdays, September 30 - October 14	Wednesdays: 6:00 pm - 8:00 pm	\$40.00	Wednesday, September 23
and Outdoors	1 Saturday, October 17	Saturday: 2:00 pm - 4:00 pm		

**CANCELLED**

## Art Journaling to Navigate Stress & Anxiety

*Instructor: Jess Winnicki*

Let's talk about fear and anxiety. Fear & anxiety can dictate our emotions and behaviours. They are attempts to get our attention so that we can deal with the issues, heal, grow and move forward in life. The longer we avoid their nudging, the louder and messier they can become. Learning about fear and anxiety, and why we respond the way we do, can help us put into context what we may be experiencing with Covid-19 or what we have experienced in the past. Creative practices like art or writing can help shift our mind, reduce stress and promote relaxation. Each class will provide time for discussion around fear and anxiety and strategies for coping. Then it's time for some creative fun with art or writing! Gentle and easy prompts & directives will be provided to help nudge you along. Group discussion will wrap up the class. Students may choose to participate at whatever level they are comfortable with. *List of suggested art supplies will be provided upon registration.*

Location	Day(s)	Time	Fee	Registration Deadline
Online - Zoom	8 Mondays, October 19 - December 7	1:00 pm - 3:00 pm	Free!	Tuesday, October 13

## Add More Plants to your Plate!



*Instructor: Carly Gabler, Southern Health RHA*

The new Canada's Food Guide emphasizes more plant based eating and researchers are finding many benefits to our health. What does plant based eating mean? What are the health benefits? How can I get more plants on my plate?

Join this free zoom lunch and learn session facilitated by a Registered Dietitian from Southern Health –Sante Sud to get the answers to these questions and more!

Location	Day(s)	Time	Fee	Registration Deadline
Online - Zoom	Thursday, October 29	1:00 pm - 2:30 pm	Free!	Thursday, October 22

## Smartphone Photography Workshop

*Instructor: PrairieView School of Photography*

Take your smartphone photography to the next level! Learn how to get the most out of your smart phone's camera settings and how to "see" with your device.

Location	Day(s)	Time	Fee	Registration Deadline
Online - Zoom	Wednesday, October 21	6:00 pm - 9:00 pm	Free!	Wednesday, October 14

## Driving Safely

*Instructor: Samantha Rodeck, Transportation Options Network*

Watch & participate from the comfort of your own home! Driving safely provides adults with information on physical, mental and functional changes that may occur as we age - some of which may affect driving abilities. We will discuss tools and strategies to support older adults in becoming more aware about their health and their driving. *This presentation is for information only and participants are not tested on their driving skills.*

Location	Day(s)	Time	Fee	Registration Deadline
Online - Zoom	Monday, October 19	10:00 am - 12:00 pm	Free!	Tuesday, October 13

## Holiday String Art for Adults Workshop

*Instructor: Mikala Mann*

Join us to learn the fun and pretty technique of string art. It's a different type of art- you get to use a hammer, nails, and string to create pieces to jazz up your home décor! *Supplies included and will be available for pickup or delivery upon confirmation of program.*

Location	Day(s)	Time	Fee	Registration Deadline
Online - Zoom	Thursday, December 10	6:00 pm - 8:00 pm	\$25.00	Thursday, December 3





## Knitting with No Needles FREE

*Instructor: Mikala Mann*

You heard right - no needles necessary! Learn how to make a variety of chunky knit items using only yarn and your hands! *Supply list provided upon confirmation of the class.*

Location	Day(s)	Time	Fee	Registration Deadline
Online - Zoom	2 Thursdays, November 12 - Chunky Knit Blanket November 26 - Chunky Knit Pillow	6:00 pm - 8:00 pm	Free!	Thursday, November 5 Thursday, November 19



## Abstract Acrylics - BC Blues

*Instructor: Sylvia Russell*

Have you been wanting to explore your artistic side or try your hand at acrylics? BC Blues is a simple, abstract landscape suitable for beginners or intermediates! *Supply list provided upon confirmation.*

Location	Day(s)	Time	Fee	Registration Deadline
Online - Zoom	Thursday, November 19	7:00 pm - 8:30 pm	Free!	Thursday, November 12

## How to Shop for Groceries Online FREE

*Instructor: Getty Stewart*

Curious about grocery store pick-up or delivery services? Wondering if they're right for you and how to use them effectively? In this session, we will walk through the Real Canadian Superstore app to make a grocery order from setting up an account to placing an order. We will cover top tips to help you save money, eat well and feel comfortable ordering your groceries online.

Location	Day(s)	Time	Fee	Registration Deadline
Online - Zoom	Thursday, November 5	1:00 pm - 2:30 pm	Free!	Thursday, October 29

## Gifts from the Kitchen FREE

*Instructor: Getty Stewart*

Get a head start on your holiday shopping with easy and affordable gifts from the kitchen. Learn how to make your own infused vinegar, dry soup mix in a jar, and a sweet cookie mix. You will get a shopping list, recipes, labels and decorating ideas. We will cover helpful tips and ideas to get you going so you can recreate these ideas for all the people on your list, or for yourself!

Location	Day(s)	Time	Fee	Registration Deadline
Online - Zoom	Thursday, November 26	6:30 pm - 8:30 pm	Free!	Thursday, November 19

## Holiday String Art for Kids Workshop (Ages 8 - 12) FREE

*Instructor: Mikala Mann*

Kids can enjoy some creative fun and create artwork that is uniquely their own! Join us to learn the fun and pretty technique of string art. It's a different type of art- you get to use a hammer, nails, and string to create pieces to jazz up your home décor! *Supplies included and will be available for pickup or delivery upon confirmation of program.*

Location	Day(s)	Time	Fee	Registration Deadline
Online - Zoom	Tuesday, December 8, 2020	6:00 pm - 8:00 pm	\$25.00	Tuesday, December 1

## Junior Einsteins Club (Ages 7 - 11)

*Instructor: Peyton Baertsoen*

Calling all curious inventors and scientists! This program will walk you through a variety of STEAM (Science, technology, engineering, art & math) activities that will enable you to experiment and put your questions to the test! *Kits included and available for pickup or delivery.*

Location	Day(s)	Time	Fee	Registration Deadline
Online - Zoom	6 Tuesdays, October 6 - November 10	5:00 pm - 6:00 pm	\$30.00	Tuesday, September 29

## Rise Up (Ages 7 - 10)

*Instructor: Taylor Hildebrand*

Find out how cool it is to be kind to ourselves and others! Gain confidence in making decisions for yourself that help you live a healthy and happy life. Participants will take part in 30-minutes of wellness discussion and games that focus on mental health awareness, with 30-minutes of physical movement and healthy living activities.

Location	Day(s)	Time	Fee	Registration Deadline
Online - Zoom	8 Tuesdays, September 29 - November 17	5:45 pm - 6:45 pm	Free!	Tuesday, September 22

## Busy Littles (Ages 2+)

*Instructor: Kirsten Petz Fraser, Headingley Healthy Child*

Let's get moving and play! Please join us on our Facebook page or YouTube channel for weekly videos featuring a variety of activities, songs and stories!

Location	Day(s)	Time	Fee	Registration Deadline
Online - Facebook, Youtube & Instagram	6 Wednesdays, October 7 - November 18 (No video November 11)	9:45 am	Free!	Ongoing

## Mixed Media Mash-Up (Ages 6 - 10 & 11 -14)

*Instructor: Paige Marshall*

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

Location	Day(s)	Time	Fee	Registration Deadline
Online - Zoom	8 Mondays, September 28 - November 23 (No class October 12)	Ages 6-10: 6:00 pm - 7:00 pm Ages 11-14: 7:15 pm - 8:15 pm	Free!	Monday, September 21

## Tiny Tots Yoga (Ages 2 - 5)

*Instructor: Caryn Suderman*

This program will walk toddlers through movements in a fun and interactive way. Participants will develop motor skills, while engaging with new friends! Parents do not have to participate in programming and movements, however, please be present to ensure your child is focusing during the program.

Location	Day(s)	Time	Fee	Registration Deadline
Online - Zoom	4 Tuesdays, September 29 - October 20	9:30 am - 10:00 am	Free!	Tuesday, September 22

## Home Alone (Ages 10 - 13)

*Instructor: Yvonne Bjornson*

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

Location	Day(s)	Time	Fee	Registration Deadline
Online - Zoom	Saturday, October 24	9:00 am - 12:00 pm	Free!	Monday, October 19



*Instructor: Brynn Sparks*

This program is for the curiously creative! Kids who love to get creative will explore different hobbies...and maybe discover something new that will spark their interest, and ignite a desire to explore more on their own. Supply Boxes will be contain a different activity for each of the 8 weeks. During the program time, parents will need to assist their child with logging into the Zoom link- our instructor will tell them which supplies they need for that class and guide them through the activity.

Location	Day(s)	Time	Fee	Registration Deadline
Online - Zoom	6 Tuesdays, October 6 - November 10	6:30 pm - 7:30 pm	\$30.00	Tuesday, September 29

## Scarecrow Starter Kit

*Register to build, decorate, and win the Macdonald-Headingley Recreation District Scarecrow Contest! Add your own unique personality to your scarecrow. (Whole scarecrow not included)*

*Delivery Date: Friday, October 23*

*Photo Deadline: 8:00 pm Monday, October 26*

*Families (1 kit per household)*

*Register by: Friday, October 16*

*Get creative, send in your photos!*

*The MHRD expert Halloween team will review and choose a winner!*

*More information can be found at [www.mhrd.ca](http://www.mhrd.ca)*



## GINGERBREAD HOLIDAY HOUSE CONTEST

*Families (1 per household)*

*Register by: Friday, November 27*

*Build a house as a family/team!*

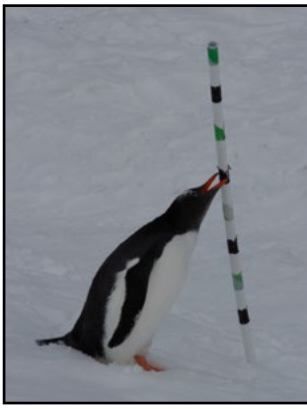
*Get creative and send in your photos!*

*MHRD Elf on the Shelf will pick a winner!*

*Photo Deadline: 8:00 pm Monday, December 7*

*More information can be found at [www.mhrd.ca](http://www.mhrd.ca)*





Photos from Journey to Antarctica presentation & Italy Travels presentation



## VIRTUAL PRESENTATIONS

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



<p>Wednesday, September 23 1:00 pm - 2:30 pm Online - Zoom Register by: September 22</p>	<p><b>Wills &amp; Estates</b> <i>Presenter: Levi Taylor</i> Make sure you have an estate plan in place to protect your assets and other personal considerations when you pass. An effective estate plan gives you peace of mind, knowing that your assets will be distributed to your beneficiaries according to your wishes. Learn the many elements of estate planning - your executors may want to attend too!</p>
<p>Wednesday, September 30 1:00 pm - 2:30 pm Online - Zoom Register by: September 29</p>	<p><b>Journey to Antarctica</b> <i>Presenter: Dawna Atamanchuk</i> This presentation will walk viewers through local hot spots, attractions, and individual experiences that Antarctica has to offer. Be ready to learn about a new area and culture as you listen to information and view stunning pictures of the area.</p>
<p>Wednesday, October 21 1:00 pm - 2:30 pm Online - Zoom Register by: October 20</p>	<p><b>Advance Care Planning</b> <i>Presenter: Brigitte Remillard, Southern Health RHA</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 Advanced Care Planning session will also cover Health Care Directives and how to choose a Health Care Proxy.</p>
<p>Tuesday, November 17 1:00 pm - 2:30 pm Online - Zoom Register by: November 16</p>	<p><b>Italy Travels</b> <i>Presenter: Sarah Evans Sgambato</i> La dolce vita... the sweet life. There isn't a better saying that sums up life in Italy! Images of beautiful places, amazing food and wine and wonderful people come to mind. You're invited to come along on a virtual tour of some of Sarah's favourite places in Italy. From popular destinations like Rome, Florence and the Amalfi Coast, to hidden gems like the regions of Umbria and Le Marche. Sarah will share her travel tips, why you should try all the food you can, and things to consider when planning your trip to Italy.</p>





# Brunkild

## Brunkild Community Facilities

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



Ronda Karlowsky, President  
[ronda.lynn.k@gmail.com](mailto:ronda.lynn.k@gmail.com)

Kim Kaminsky  
Hall Bookings & Catering  
204.736.4812

Stay Connected with Brunkild's news, events or advertisements, please contact Christel Boekhorst at [christelboek11@gmail.com](mailto:christelboek11@gmail.com) for the monthly Brunkild Scoop!



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

## Brunkild St. Paul's Lutheran Church

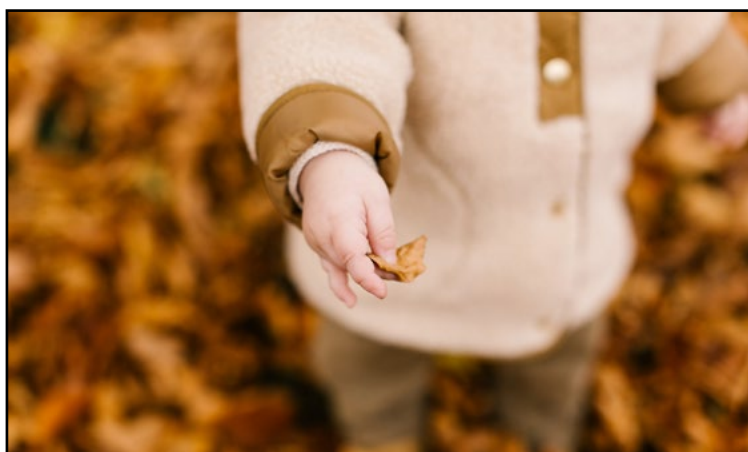


### Worship at 10:00 am

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

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

**Everyone Welcome**





# Meet the Team!

Learn the faces of MHRD behind this program guide, all the fantastic programming inside and all things recreation in Macdonald and Headingley!

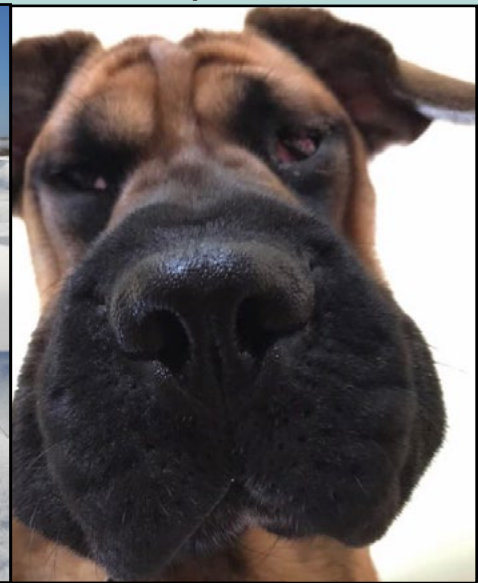
Recreation Director -  
Susanne Moore



Program Director -  
Karen Lough



Communications &  
Office Coordinator -  
Kelsey Henderson



Project & Program Coordinator -  
Nicole McDonald



Accounting - Vona Guiler





# Domain

## Domain Community Facilities

Domain Arena  
Secondary Rt-330  
R0G 0M0

Kyle Kippen, President  
204-223-9090  
kyle@elmhurstdrywall.ca

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

Domain Hall  
Box 130  
R0G 0M0

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



## Domain

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

Our group meets once a month on a Wednesday from 10 – 2 (excluding July and August). We have speakers, do crafts, go on tours, restaurant hop.... always a good time. Come try us out!  
Call 204 736-4239 for more information!  
(meetings subject to Covid-19 guidelines)

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

## Domain Arena Skate Times

*Please remember to wear a helmet!*

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

## Domain Theatre

Contact Janice Harrison for more information, to reserve tickets and to be notified when details and dates have been decided.

janiceharrison@live.com 204.736.2613



FOLLOW US ON  
*Instagram*



@mhrd1



# Domain Legion



## #208

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

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

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



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taylor@kingcolecatering.ca  
www.kingcolecatering.ca

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

Links can be found on website.

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

Rev. James DeBeer: reverendjdebeer@gmail.com

Contacts: Ron Manness 204.736.4001 or

Cliff Harrison 204.736.2613

Upcoming Events posted on our website

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



Serving the communities of  
Domain, La Salle  
and Osborne.



# La Salle

## La Salle Community Facilities

Caisse Community Centre  
Corner of PR 247E &  
Hwy 330



Dee Romijn, Facility Manager  
204.736.2679  
204.801.7629 (cell)  
dromijn@caissecc.com  
[www.caissecc.com](http://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](http://www.srsd.ca)



## Homestead

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

[www.homesteadco-op.crs](http://www.homesteadco-op.crs)

CAISSE COMMUNITY CENTRE

## FITNESS Classes with Dee Romijn

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



CAISSE  
COMMUNITY  
CENTRE

**Start Your Fitness Journey**  
(circuit/interval training)  
**Come try a class!**

For information and/or to register, please visit:  
[www.caissecc.com](http://www.caissecc.com) - programs tab  
or contact Dee Romijn:

204-736-2679 | 204-801-7629 (cell) | [dromijn@caissecc.com](mailto:dromijn@caissecc.com)

## Time for Fitness!

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

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



Fee Schedule (prices do NOT include GST)

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

R= Resident NR- Non-resident

**Individual:** An individual 16 years of age or older.

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

**Senior:** An Individual 65 years of age or older.

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

Contact:

Dee Romijn 204-736-2679 | 204-801-7629 | [dromijn@caissecc.com](mailto:dromijn@caissecc.com)



CAISSE  
COMMUNITY  
CENTRE

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

Stay fit in  
2020!

## Pickleball FREE

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. No drop-in play allowed. Contact for more information.*

Location	Day(s)	Time	Fee	Registration Deadline
La Salle - Caisse Community Centre Contact: Bernice Valcourt 204.272.5586	28 Tuesdays & Thursdays September 10 - December 17 (No class September 29)	1:00 pm - 3:00 pm	Free!	Must register with Bernice prior to play

## Fluid Flow Yoga

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

Location	Day(s)	Time	Fee	Registration Deadline
La Salle - Caisse Community Centre <i>Instructor: Mary Lou MacGregor</i>	10 Mondays, September 28 - December 14 (No class October 12 or November 9)	7:15 pm - 8:15 pm	\$50.00	Monday, September 21
La Salle - Caisse Community Centre <i>Instructor: Ash Bourgeois</i>	11 Wednesdays, September 30 - December 16 (No class November 11)	7:15 pm - 8:15 pm	\$55.00	Wednesday, September 23

## Gentle Flow

*Instructor: Ash Bourgeois*

Restore your system with gentle and Therapeutic Yoga. Focus on the fundamentals of yoga postures with a variety of movements and fine-tuning stretches. Focus on problem areas that tend to limit your practice. Come join to stretch and strengthen. *Encourage you to bring 2 yoga blocks and a strap to class.*

Location	Day(s)	Time	Fee	Registration Deadline
La Salle - Caisse Community Centre	Thursdays, October 1 - December 17	11:15 am - 12:15 pm	\$60.00	Thursday, September 24

**CANCELLED**

## Functional Fitness

*Instructor: Andrew Schindle*

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

Location	Day(s)	Time	Fee	Registration Deadline
La Salle - Caisse Community Centre	23 Tuesdays & Thursdays, October 1 - December 17	9:00 am - 10:00 am	2x/Week: \$115.00 1x/Week: \$55.00	Thursday, September 24



## 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.

Location	Day(s)	Time	Fee	Registration Deadline
La Salle - Caisse Community Centre	22 Mondays & Wednesdays September 28 - December 16 (No class October 12, November 11)	6:00 pm - 7:00 pm	2/week: \$110.00 1/week: \$55.00	Monday, September 21

## Resin Art Workshop



*Instructor: Evelyn Falk*

Join us to experience the fascinating world of resin art! No creative experience necessary! Resin pours have become very popular and pieces created can be both functional and decorative. You will have a variety of colours, metallics and glitter to choose from to match your home decor. You will complete a set of 2 boards. Early registrants will have the option of the rectangle board with small paddle set or the set of 2 paddle boards. *Your finished artwork needs to dry before transport, pieces will be available for pickup the following Monday. Register early to ensure we have sufficient supplies for the pieces of your choice!*

Location	Day(s)	Time	Fee	Registration Deadline
La Salle - Caisse Community Centre	Saturday, October 17	9:30 am - 1:00 pm	\$115.00	Friday, October 9

## Babysitter's Training (Ages 12+)



*Instructor: Tracy Fossay*

An important course for the beginning babysitter. Learn the basics about child-care, first-aid and safety in the home.

*Students must be 12 years old by December 31, 2020. Please bring lunch, water bottle, pen and paper. Registration limited to first 9 participants.*

Location	Day(s)	Time	Fee	Registration Deadline
La Salle - Caisse Community Centre	Saturday, September 26	9:00 am - 3:30 pm	\$45.00	Monday, September 21



**Macdonald-Headingley**  
R E C R E A T I O N   D I S T R I C T

# Virtual Recreation

*Online programs and activities to keep you healthy, happy and engaged. Check out our selection of virtual options starting on page 17.*



## Project G.O. - Girls Run Club (Grades 5 & 6)

*Instructor: Mikala Mann & Taylor Hildebrand*

Want to join a group of girls to test your abilities and do something that you never thought possible? Lace up your shoes and take the challenge of becoming a runner...at your own pace, in your own time. You'll have a finish line and be a winner! Combined with training, your coaches will lead discussions on a variety of topics including building confidence, healthy choices, friendships, self-respect and social media. Each week will include a 1 km run. We will team towards the ultimate goal – a 5 km Fun Run during the final session on November 11th (you have one), and a nut-free snack each week! Remember to bring supportive shoes. Coaches will meet girls at La Salle School for warm up and begin run. Program ends at Caisse Community Centre.

**CANCELLED**

Location	Time	Fee	Registration Deadline
La Salle - Caisse Community Centre 8 Mondays, September 28 - November 23 (No class October 12)	4:00 pm - 5:30 pm	\$40.00	Monday, September 21

## Jolly Jamboree (Ages 6 - 10) FREE

*Instructor: Nicole McDonald*

Get your elf hats on for an evening of Holiday card making, edible tree decorating, and Shazam shenanigans!

Location	Day(s)	Time	Fee	Registration Deadline
La Salle - Caisse Community Centre	Thursday, December 17	6:00 pm - 8:00 pm	Free!	Thursday, December 10

## Halloween Cookie Decorating Class



*Instructor: Maureen Martin*

Learn tips and tricks to help you design beautiful, professional cookies. You will receive 8 baked sugar cookies and bags of Royal icing. Any extra icing may be taken home in the piping bags. Recipes and a Decorating Tips & Tricks will be sent home so you are ready to bake and decorate your own cookies. *Participants need to bring a cookie tray or large container for taking the wet cookies home.*

Location	Day(s)	Time	Fee	Registration Deadline
La Salle - Caisse Community Centre	Thursday, October 22	6:30 pm - 8:30 pm	\$37.00	Thursday, October 15

## Christmas Cookie Decorating Class



*Instructor: Maureen Martin*

Learn tips and tricks to help you design beautiful, professional cookies. You will receive 8 baked sugar cookies and bags of Royal icing. Any extra icing may be taken home in the piping bags. Recipes and a Decorating Tips & Tricks will be sent home so you are ready to bake and decorate your own cookies. *Participants need to bring a cookie tray or large container for taking the wet cookies home.*

Location	Day(s)	Time	Fee	Registration Deadline
La Salle - Caisse Community Centre	Thursday, December 3	6:30 pm - 8:30 pm	\$37.00	Thursday, November 26



**Macdonald-Headingley**  
RECREATION DISTRICT

# La Salle Art Club

La Salle Community Fellowship Church  
6 Thursdays, 6:30 pm - 9:00 pm  
Sept. 24, Oct. 8 & 22, Nov. 5 & 19, Dec. 3

La Salle Caisse Community Centre  
5 Mondays, 9:30 am - 12:00 pm  
Sept. 28, Oct. 26, Nov. 9 & 23, Dec. 14

Check [www.mhrd.ca](http://www.mhrd.ca)  
for more information



## La Salle Insurance

# FREE

*Online Quotes*

6 LOCATIONS TO SERVE YOU!

**SAVE UP TO**  
**20%** ON YOUR  
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ASK US ABOUT OUR EXCLUSIVE  
**GROUP HOME INSURANCE PROGRAMS**  
FOR WINNIPEG FIRE FIGHTERS, POLICE,  
MILITARY, PARAMEDIC & COTTAGE  
OWNERS IN THE WHITESHELL &  
GRAND BEACH AREA



[lasalleinsurance.com](http://lasalleinsurance.com)

### La Salle

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

### Central

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

### NEWEST LOCATION AT SEASONS OUTLET MALL

### North

865 McGregor St.  
Winnipeg | 204-334-4000

### South West

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

### Plezia Insurance Brokers

1525 Gateway Rd.  
Winnipeg | 204-669-3865

### South

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



# Caisse Community Centre

E-News  
Registration

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

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

To register, please visit:

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

Contact:

Barbara Agland-O'Connor

Website Director

Caisse Community Centre

[barbaraaoinsalle@hotmail.com](mailto:barbaraaoinsalle@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, Dressing Rooms and Full Kitchen.

Occupancy license for:

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



CAISSE  
COMMUNITY  
CENTRE

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

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

# LA SALLE Community Fellowship

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

Sunday Service @ 10:30am

[lscf.ca](http://lscf.ca)

Kid's Church age 2 to Grade 6 @ 10:30am

[lscf.ca](http://lscf.ca)

Student Ministry - Grade 7 to 12

[lasallevbbs.ca](http://lasallevbbs.ca)

La Salle VBS

[lasallevbbs.ca](http://lasallevbbs.ca)

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

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

204.736.3200

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

# Blaine Pedersen MLA for Midland

Constituency Office Hours

Mon and Tues, 9-4 pm

Friday 9-12pm

195 Main St S - Unit 2 Carman, MB

[midlandmla@outlook.com](mailto:midlandmla@outlook.com)

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



# Caisse Community Centre

Before and After School Program  
In-Service Day Camp Program

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

## Before and After School Program

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

## In-Service Day Camp Program

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



online  
registration

Before and After School Program  
In-Service Day Camp Program

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

Ages 5 to 12



CAISSE  
COMMUNITY  
CENTRE

For information and/or to register:  
[www.caissecc.com](http://www.caissecc.com) - programs tab  
or email [beforeandafter@caissecc.com](mailto:beforeandafter@caissecc.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

\*Adjustments to the school year may be needed depending on Public Health orders.

Visit [www.lasallenursery.wix.com/lsns](http://www.lasallenursery.wix.com/lsns)  
or email at [lasallenursery@gmail.com](mailto:lasallenursery@gmail.com).





# LA SALLE CURLING CLUB



Welcome to the 2020-2021 season!!

Curling...where fun and sport come to meet!

## Registration Information

On Monday, September 14th, 7 pm - 9 pm The La Salle Curling Club is hosting a registration evening. Teams, as well as individuals, can sign up at this time. If you are unable to attend, please contact the league representatives. Registration Forms available online at [www.lasallecurlingclub.ca](http://www.lasallecurlingclub.ca).

Junior Learn to Curl (Ages 8+)	Monday 5:30 pm	Contact: Brett Spulnick - bspulnick@gmail.com	\$100 per player 14 week session
Adult Learn to Curl (Runs based on registration)	Every 2nd Monday Night 7:45 pm (1 hour program)	Contact: Dennis Gerbrandt - densan@mymts.net	\$150 per player October - March
Men's League	Tuesday/ Wednesday Night	Contact: John Enns - jenns@speceng.ca	\$265 per player October - March
<b>JUNIOR LEAGUE</b> (Team members must be of 18 years old & younger)	Wednesday 6:00 pm (6 end games)	Contact: Brett Spulnick - bspulnick@gmail.com	\$100 per player October - March
Women's League	Thursday Night	Contact: Meghan & Alison - alisonhillier@live.ca	\$265 per player October - March
Friday Night Fun League	Friday Night	Contact: Leah M - st_leah@hotmail.com	\$400 per team per session 2 x 6 week sessions

Enter any league with a team or as an individual; LSCC does its best to place individual players with a team. Can't commit full time, join the spares list by emailing the club.

## WE APPRECIATE YOUR ONGOING SUPPORT

LSCC appreciates your ongoing support of our local curling club. We look forward to providing you with a fun and safe season ahead!

Keep an eye out for  
**EXCITING EVENTS**  
at

La Salle Curling Club  
this 2020-2021 Season!

These will include:

Curl MB Events,  
One Day Spiels,  
One Evening Events  
& More



## COVID-19 UPDATE

All leagues will run based on the guidelines provided by the government regarding COVID-19. Leagues and events are subject to change based on the ever-changing circumstances.

## YEAR AT A GLANCE

Wine Crusher One Day  
Bonspiel

Men's Bonspiel

Mickey Spiel One Day  
Bonspiel

Family Bonspiel

Mixed Bonspiel

Ladies Bonspiel

**MORE EVENTS &  
BONSPIELS TO BE  
ANNOUNCED!!!**

Check out our website:  
[www.lasallecurlingclub.ca](http://www.lasallecurlingclub.ca)

Like us on Facebook:  
[www.facebook.com/  
LaSalleCurlingClub](https://www.facebook.com/LaSalleCurlingClub)

For other inquiries,  
contact:

Club President  
Dennis Gerbrandt  
densan@mymts.net



# St. Hyacinthe Roman Catholic Parish

Our love of life and faith in Christ urges  
us on - We are with you!

Mass times: Sundays 11:00 am  
Weekday Masses: Wednesday 9:00 am  
Thursday 7:00 pm

Catechism classes held before Mass.

Please call Bernadette Lagace to register 204-736-2874 or  
email - [bernadette\\_lagace@hotmail.com](mailto:bernadette_lagace@hotmail.com)

Please see our website for the bulletin and Covid-19  
changes.

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

Ph: 204-736-2847  
[st.hyacinthe@mymts.net](mailto:st.hyacinthe@mymts.net)  
[www.sthyacinthelasalle.ca](http://www.sthyacinthelasalle.ca)

Celebrating our **33<sup>rd</sup>** Year  
of quality dance instruction!

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

La Salle  
Caisse Community Centre

Other Locations:

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

Karen Luba School of  
**DANCE** Inc.

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

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

Email us at [klsd\\_dance@hotmail.com](mailto:klsd_dance@hotmail.com)

Jazz

Ballet

Lyrical

Hip Hop

Pointe

Tap

# Snow Saw

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**MADE LOCALLY 204-771-9204**

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Condo Reserve Fund Studies*

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Ph. 204-391-5090 [debbie@prairieskyappraisal.ca](mailto:debbie@prairieskyappraisal.ca)

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Melanie Potter  
Professional Wealth Associate

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Oak Bluff, MB R4G 0B1

ph: (204) 254-3553

fx: (844) 270-3886

e: [barry@twerdunwealth.com](mailto:barry@twerdunwealth.com)

e: [melanie@twerdunwealth.com](mailto:melanie@twerdunwealth.com)

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

UNITS 1 + 2 135 OAKLAND ROAD  
OAK BLUFF, MB



We are here to promote confidence in our youth. To  
safely develop the body and minds of our kids into the  
most successful versions of themselves.

**RECREATIONAL  
REGISTRATION NOW OPEN!**

**INTRO TO CHEERLEADING**

8 WEEKS OF CLASSES

AGES 5 TO 10

SEPTEMBER 19 TO NOVEMBER 7

**RECREATIONAL  
CHEERLEADING**

1 PRACTICE PER WEEK

AGES 5 AND UP

OCTOBER TO MARCH

**PERFORMANCE CHEER**

FREESTYLE POM DANCE

AGES 8 AND UP

OCT TO MARCH

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







## OAK BLUFF BIBLE CHURCH

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

Until restrictions allow & building renovations are completed:

### Outdoor Parking Lot Services

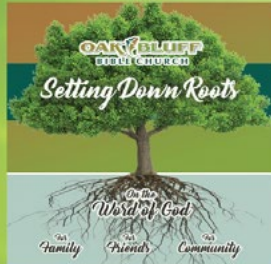
**Sundays @ 10:30 am**

(bring a lawn chair)

**Address: 53 PTH 3 - Oak Bluff**

**We invite you to join us and draw strength  
from God and community!**

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



Check our website for current details during these ever-changing times, and watch for an announcement on our 1st service in our new building - tentatively mid September 2020!

**[www.oakbluffbiblechurch.com](http://www.oakbluffbiblechurch.com)**

**[contactus@oakbluffbiblechurch.com](mailto:contactus@oakbluffbiblechurch.com)**

**204-612-9623**



CITIZENS ON PATROL PROGRAM  
PROGRAMME DE PATROUILLES DE CITOYENS

### TIRED OF PROPERTY CRIME IN OAK BLUFF?

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

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

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

#### *Tips to prevent break-ins:*

- Lock your doors (home & vehicles) and keep valuables out of sight
- If you have a monitored alarm system in your house, use it!
- Leave an outside light on at night
- Break down electronics boxes & place inside recycling bin
- If you are going on vacation don't announce it on social media sites
- Record the make, model and serial number of big-ticket items that are commonly stolen such as TVs, electronics, tools, etc. and take photos of rare and expensive items such as antiques, golf clubs, jewellery, etc. for insurance and police identification purposes
- Report crime to the RCMP (911 or 204-831-5929)
- Note odd behavior in the neighbourhood and report to RCMP (204-886-0358)







# 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](http://www.obcs.rrvsc.ca)



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

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

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

For more information please contact  
Leanne Derlago @ 204-792-6278  
or [obeydirector@live.com](mailto:obeydirector@live.com)  
[www.oakbluffearlyyears.com](http://www.oakbluffearlyyears.com)



## Macdonald-Headingley

RECREATION DISTRICT

# Virtual Recreation

Online programs and activities to keep you healthy, happy and engaged. Check out our selection of virtual options starting on page 17.

## Prairie Palette Art Club



Art Club will be cancelled for Fall 2020 due to Covid-19. We will reevaluate again for the Winter 2021 session. For any questions or more information, please contact Kathryn.

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

## Cardio, Core & Strength

*Instructor: Marci Manness*

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

Location	Day(s)	Time	Fee	Registration Deadline
Oak Bluff Recreation Centre	11 Wednesdays, September 30 - December 16 (No class November 11)	6:30 pm - 7:30 pm	\$55.00	Wednesday, September 23

## 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	11 Mondays, September 28 - December 14 (No class October 12)	7:30 pm - 8:30 pm	\$55.00	Monday, September 21

## Gentle Yoga

*Instructor: Nicole Necsefor*

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

Location	Day(s)	Time	Fee	Registration Deadline
Oak Bluff Recreation Centre	11 Mondays, September 28 - December 14 (No Class October 12)	6:00 pm - 7:00 pm	\$55.00	Monday, September 21

## 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. Register at any point to receive program updates as they arise. Day and times may vary without notice. *Please bring clean indoor shoes. No drop-in play allowed. Contact for more information.*

Location	Day(s)	Time	Fee	Registration Deadline
Oak Bluff Recreation Centre Contact: Lorraine & Bill Powell 204.895.0900	13 Mondays, September 14 - December 14 (No class October 12)	1:30 pm - 3:30 pm	Free!	Must register with Lorraine or Bill to play.
Oak Bluff Recreation Centre Contact: Marie Poole 204.897.1545	12 Tuesdays, September 22 - December 15	6:30 pm - 8:30 pm	Free!	Must register with Marie to play.



## Monsters & Mini Beasts - Pottery and Sculpture for Kids (9 - 12 Years)

*Instructor: Barb Batulla*

Join us for some messy fun while we learn to play with clay! Kids will learn the art of sculpture using hand building techniques for their first project and casting fabric on a hollow form for their second project. *Please wear old clothing that can easily be washed.*

Location	Day(s)	Time	Fee	Registration Deadline
Oak Bluff Recreation Centre	4 Thursdays, October 8 - October 29	6:30 pm - 8:00 pm	\$40.00	Thursday, October 1





# Sanford

## Sanford Community Facilities

Sanford Recreation/  
Arena  
174 Mandan Drive  
R0G 2J0



**Eric Boyd, President**  
[eric@bestlandexcavation.com](mailto:eric@bestlandexcavation.com)

**Andrea Morann, Ice Rentals**  
[amorann@mymts.net](mailto:amorann@mymts.net)

Sanford Collegiate  
130 Blythefield Road  
R0G 2J0

**Jaynie Burnell, Principal**  
204.736.2366  
[sanfordcollegiate@rrvsd.ca](mailto:sanfordcollegiate@rrvsd.ca)

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

**Scott Thomson, Principal**  
204.736.2282  
[jacuddy@rrvsd.ca](mailto:jacuddy@rrvsd.ca)

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



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

5 Main Street, Box 366 Sanford, Manitoba, R0G 2J0  
[jacuddy@mymts.net](mailto:jacuddy@mymts.net)

Call 204.736.3289 or visit [jacuddychildcare.blogspot.ca](http://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



### Contact:

**Sanford Legion:** Roy Switzer  
204-736-3744 or [royswit@mymts.net](mailto:royswit@mymts.net)

**Ladies Auxiliary:** Joyce Kasur  
204-736-3734 or [rjkasur@mymts.net](mailto:rjkasur@mymts.net)

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

**November 11: Remembrance Day Ceremony, info TBA**

**Morning Coffee:** Monday to Friday, 7:45 am - 9:00 am.

(Everyone is welcome)

Legion meetings held the 3<sup>rd</sup> Monday of every month at 7:00 pm.

We are actively looking for new members to join our branch.

**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.



**Macdonald-Headingley**  
RECREATION DISTRICT

# Virtual Recreation

*Online programs and activities to keep you healthy, happy and engaged. Check out our selection of virtual options starting on page 17.*

Meridian  
Pastoral  
Charge



Starbuck · Sanford · Domain



## Sanford United Church

Please join us for worship and fellowship on Sunday mornings,  
Visit our website for more details and upcoming events.  
[www.meridian-pastoral-charge.ca/sanford](http://www.meridian-pastoral-charge.ca/sanford)

### Learn to Skate

*Instructor: Jaime Dobrowolski*

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

Location	Day(s)	Time	Fee	Registration Deadline
Sanford Arena	8 Sundays, November 1 - December 20	Parent & Child (Ages 3-5) 1:30 pm - 2:00 pm Learn to Skate (Ages 6+) 2:15 pm - 3:00 pm	Parent & Child: \$80.00 Learn to Skate: \$96.00	Friday, October 23

### Hit the Ice

Grab a stick and join the fun! Kids can enjoy a structured warm-up and some non-competitive hockey in a fun and relaxed environment. Parents are welcome to join in the fun. *All players must supply a helmet with face protector, neck protector, gloves, shin pads & hockey stick. Hit the Ice will be following Covid-19 guidelines provided by Hockey MB.*

Location	Day(s)	Time	Fee	Registration Deadline
Sanford Arena	18 Saturdays, November 7 - March 13 (No program December 26)	6 & Under & Ages 7 - 9: 9 :00 am - 10:00 am Ages 10 - 12: 10:15 am - 11:15 am Ages 13 - 17: 11:30 am - 12:30 pm	\$266.00	Monday, November 2

### Nordic Walking/ Urban Poling FREE

*Instructor: Lori Hildebrandt*

Are you looking for a new way to get active and increase your workout? Urban Poling is a fun and easy way to boost your walking & just walking and turns it into a full body workout! It improves your posture, balance and burns more calories than walking. *Be prepared to head outdoors for a walk! Bring your own poles or use the ones provided. Wear walking shoes and dress for the weather.*

Location	Time	Fee	Registration Deadline
Sanford Legion	10:00 am - 11:00 am	Free!	Monday, September 21








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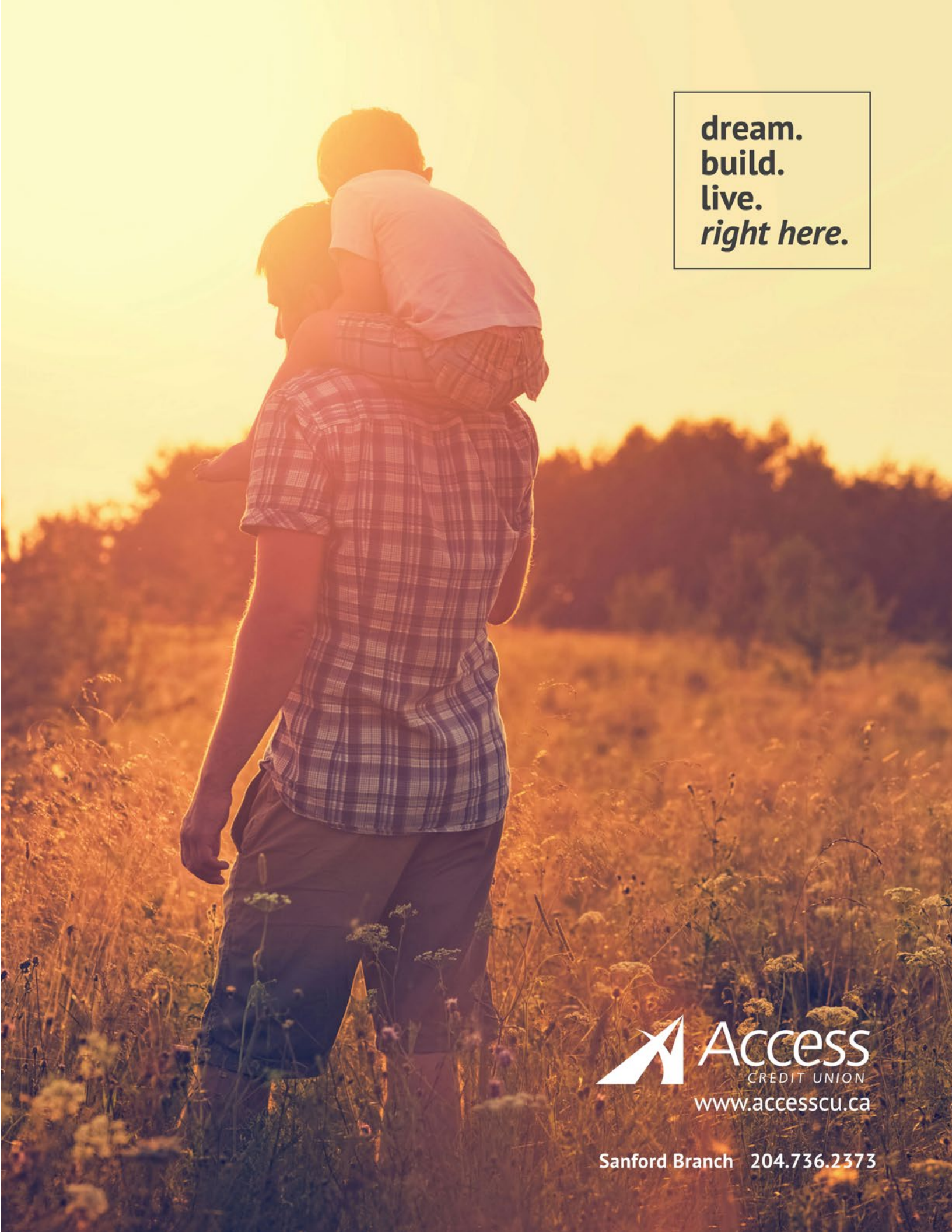
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Call 204.885.2444 or  
email [info@mhrd.ca](mailto:info@mhrd.ca)  
to be added!



**Macdonald-Headingley**  
RECREATION DISTRICT



A man in a plaid shirt is carrying a young child on his shoulders. They are standing in a field of tall, golden grass, looking towards a bright sunset. The scene is bathed in warm, orange light.

**dream.  
build.  
live.  
*right here.***

 **Access**  
CREDIT UNION  
[www.accesscu.ca](http://www.accesscu.ca)

Sanford Branch 204.736.2373



# Starbuck

## Starbuck Community Facilities

Starbuck Arena  
60 Arena Blvd.  
R0G 2P0



**Jan Morse, President**  
[president@starbuckrecreation.com](mailto:president@starbuckrecreation.com)

**Brenda Borley, Ice Rentals**  
204.479.1400  
[icerentals@starbuckrecreation.com](mailto:icerentals@starbuckrecreation.com)  
For current info and ice schedule:  
[www.starbuckrecreation.com](http://www.starbuckrecreation.com)

Starbuck Hall  
25 Main Street  
R0G 2P0

**Dan Gargan, President**  
204.735.2743

**Rental Info & Hall Bookings**  
[starbuckcommunityhall@gmail.com](mailto:starbuckcommunityhall@gmail.com)  
or call Val at 204-735-3139  
[www.starbuckrecreation.com/communityhall](http://www.starbuckrecreation.com/communityhall)

Starbuck School  
40 Arena Blvd  
R0G 2P0

**Dale Fust, Principal**  
204.735.2779  
[starbuck@rrvsc.ca](mailto:starbuck@rrvsc.ca)  
<https://starbuck.rrvsc.ca/>

## Starbuck Arena Skate Times

**Registration Required.**

Check website for up to date  
schedule and time slots.

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

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

## STARBUCK RECREATION ASSOCIATION



*THE HEART OF THE COMMUNITY*

**President - Jan Morse**

**Ladies' Curling**

President - TBD

**Men's Curling**

Mitchell Tod, 204.792.6686  
[mitchell\\_tod@yahoo.ca](mailto: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](http://www.starbuckrecreation.com)



## Starbuck United Church

**Everyone Welcome!**

Starbuck United worship services are held at Trinity  
Lutheran Church in Starbuck Sundays at 11:30.

Every second Sunday of each month, there is a joint  
service with Trinity Lutheran at 10am (ie no service at  
11:30 on the second Sunday of the month)

**September 13** - Joint Service 10 AM

**September 20** - United Church Service on  
church site - time pending

**Special event dates posted on our website.**

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



# Macdonald-Headingley

R E C R E A T I O N   D I S T R I C T

## Virtual Recreation

*Online programs and activities to keep you healthy, happy and engaged. Check out our selection of virtual options starting on page 17.*

### Yoga- All Levels

*Instructor: Emily Lenehan*

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

Location	Day(s)	Time	Fee	Registration Deadline
Starbuck Hall	11 Mondays, September 28 - December 14 (No class October 12)	8:00 pm - 9:00 pm	\$55.00	Monday, September 21

### 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, 2 sets of dumbbells (lighter & heavier), and 1 resistance band (light to medium).*

Location	Day(s)	Time	Fee	Registration Deadline
Starbuck Hall	9 Tuesdays, October 6 - December 8 (No class November 10)	10:00 am - 11:00 am	\$45.00	Tuesday, September 29

### Exercises with Liza

*Instructor: Liza Rasmussen*

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

Location	Day(s)	Time	Fee	Registration Deadline
Starbuck Hall	12 Thursdays, October 1 - December 17	10:00 am - 11:00 am	Free!	Thursday, September 24

### Babysitter's Training (Ages 12+)



*Instructor: Tracy Fossay*

An important course for the beginning babysitter. Learn the basics about child-care, first-aid and safety in the home.

*Students must be 12 years old by December 31, 2020. Please bring lunch, water bottle, pen and paper.*

Location	Day(s)	Time	Fee	Registration Deadline
Starbuck Hall	Saturday, October 17	9:00 am - 3:30 pm	\$45.00	Friday, October 9





## Trinity Lutheran Church in Starbuck

Worship Sundays - 10:00 am via Zoom

Sunday School is mailed out

For current information, please visit

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

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

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

## 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](http://www.heightsoutdoors.com) for more info.

**Sport**  
MANITOBA

**ARCHERY**  
MANITOBA



## Springstein Mennonite Church

15 Victoria Road, Springstein

**All are Welcome!**

Worship service at 10:30 am

Sunday School for all ages at 9:30 am

*Pending changes due to Covid-19*

Contact church for more information.

Pastor Randy Hildebrand

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

## St. Paul's Roman Catholic Parish - Starbuck

&

## Sacred Heart Parish - Fannystelle

Please join us for Mass, coffee & fellowship!

Everyone is welcome!

### Mass Times

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

Priest: Father Mario Avelino Veloso

Phone: (204) 745-2204

Email: [stpaulsromancatholicparish@gmail.com](mailto:stpaulsromancatholicparish@gmail.com)

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



## Starbuck 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](mailto:gilnadeau78@gmail.com)

Barbara Kaminsky 204-736-4260 [barbarakaminsky@hotmail.com](mailto:barbarakaminsky@hotmail.com)

John Smeulders 204-791-8663 [tjsmeulders@hotmail.com](mailto:tjsmeulders@hotmail.com)

Laurel Gargan 204-735-2743 [laurel\\_gargan@icloud.com](mailto:laurel_gargan@icloud.com)



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 [robnwosad@shaw.ca](mailto:robnwosad@shaw.ca)

Join Cross Country Snow Drifters on Facebook!



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

**NEW MEMBERS ARE ALWAYS WELCOME.**



# CITY REACH, *Country Ease*

With its unique and wide-ranging landscapes, Taylor Farm offers a truly progressive approach to country living. Take a tour and discover for yourself the unparalleled opportunities to design a distinctive custom home that takes full advantage of the community's natural features and nearby urban amenities.



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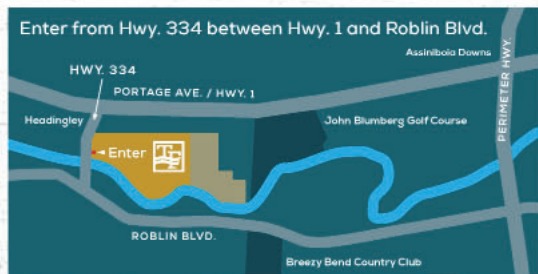
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**TAYLOR  
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# Headingley Seniors' Services

**Coordinator: Kristie Todd**

Office located at: Headingley Community Centre  
5353 Portage Avenue

**Office Hours:**

Monday, Tuesday & Thursday 8:30 am - 12:30 pm

Wednesdays 1:00 pm - 4:00 pm

Phone: 204-889-3132, ext. 3

Email: [hdlyseniorservices@mts.net](mailto:hdlyseniorservices@mts.net)

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

HSSI provides a number of programs and services to help you get more out of your community! Here are just a few examples:

**Recreation & Fitness** - Hall Walking, Encore Fitness Studio.

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

Social activities have been cancelled until further notice.



## Pole Walking

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

Want to borrow Nordic Walking Poles?  
Contact Kristie for more information!

## Foot Care Clinics

October 1, November 12

For an appointment contact Kristie!



# ENCORE

## Health & Fitness Studio

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



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

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





# NEW TO ZOOM?!

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

Don't miss out on all the virtual Lunch & Learns, fitness programs and online classes offered this Fall! Book an appointment to learn the ins & outs of the Zoom online video program. Get yourself set up so you can join in on the fun from the comfort of your home! Also check out all of our ONLINE programs on page 16.

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



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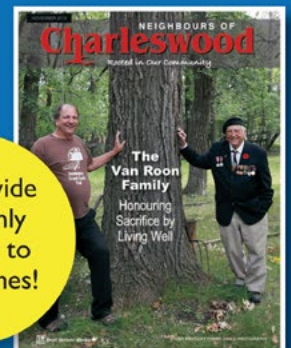
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[mhemphill@bestversionmedia.com](mailto:mhemphill@bestversionmedia.com)

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# Headingley Healthy Child



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

## Growing Up Green (3 - 5 Years)

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

Location	Day(s)	Time	Fee	Registration Deadline
Phoenix Community Centre - Outside	5 Tuesdays, September 29 - October 27	10:00 am - 11:30 am	Free!	Tuesday, September 22

## Busy Littles

**Instructor:** Kirsten Petz Fraser, Headingley Healthy Child  
Let's get moving and play! Please join us on our Facebook page or YouTube channel for weekly videos featuring a variety of activities, songs and stories!

Location	Day(s)	Time	Fee	Registration Deadline
Online - Facebook, Youtube & Instagram	6 Wednesdays, October 7 - November 18 (No video November 11)	9:45 am	Free!	Ongoing



**Bright Beginnings**  
Educare inc.

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

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School Age Site - 111 Alboro Street



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**Proud Headingley resident of 17 years!**

# Ready, Set, Kindergarten!

Ready, Set, Kindergarten is an activity-based program being hosted by Phoenix School for children born in 2017 and 2018. The 3 and 4 year-old children explore, with their parent(s), a variety of hands-on activity centers. The centers are designed to build the child's confidence and capabilities to grow their skills as they get ready to take the next steps to Kindergarten.

The sessions are planned from 4:30 to 6:00 p.m. at the school in the gym. The activities are based on a free-flowing concept. The 3 and 4 year-old children will choose the activity they are interested in and the children will decide how long they wish to stay at the center.

The centers stations emphasize the concepts of:

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

The following dates have been planned beginning in January, 2021 due to the anticipated Covid-19 restrictions:

- Thursday, January 28
- Thursday, April 29
- Thursday, February 25
- Thursday, May 27
- Thursday, March 25

This is a total of 5 sessions for the 2020-21 school year.

Ready, Set, Kindergarten! at Phoenix School has been offered for several years now. The children and their parents have thoroughly enjoyed the evening of activities.



## 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 Stephen Britton at  
204.558.3333 or email [sbritton12@gmail.com](mailto:sbritton12@gmail.com)

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





# Headingley

## Headingley Community Facilities

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



**St. Charles-Headingley United Church**

All services of worship, meetings & events are cancelled until further notice.

*Minister - Rev. Cathy Maxwell*

110 Bridge Road      <https://headingleyuc.wordpress.com>      204.885.6021

**Please consult our website**  
<https://headingleyuc.wordpress.com>  
**or contact us:** Margaret Mills at 204.888.0771 or  
 Darlene Borowski 204.255.1123



**HEADINGLEY  
RURAL CRIME  
WATCH**

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





**Macdonald-Headingley**  
RECREATION DISTRICT

**Virtual Recreation**


*Online programs and activities to keep you healthy, happy and engaged. Check out our selection of virtual options starting on page 17.*

## Kids Yoga (Ages 6-10)

*Instructor: Sally Macdonald*

Find peace as you test your balance and flexibility. Learn basic yoga positions and movements in a fun environment! This is a space to ask questions, learn a new way to be active, and help our muscles feel good and strong! *Please bring a yoga mat.*

Location	Day(s)	Time	Fee	Registration Deadline
Headingley Community Centre	7 Thursdays, October 1 - November 12	5:15 pm - 6:00 pm	\$35.00	Thursday, September 24



**Macdonald-Headingley**  
RECREATION DISTRICT

check out [mhrd.ca](http://mhrd.ca) to register  
for your favourite programs!

## Howling Halloween (6 - 10 Years)

*Instructor: Nicole McDonald*

Calling all ghosts and wicked witches! Join in on a night of howling at the moon as you make Frankenstein worms dance, eat creepy crawlies and create a spooky craft!

Location	Day(s)	Time	Fee	Registration Deadline
Headingley Community Centre	Wednesday, October 28	6:00 pm - 8:00 pm	Free!	Wednesday, October 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!

Location	Day(s)	Time	Fee	Registration Deadline
Headingley Community Centre	22 Classes, Mondays & Wednesdays September 28 - December 16 (No class October 12 or November 11)	9:30 am - 10:30 am	\$110.00 1 class/week: \$55.00	Monday, September 21

## 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! *Please wear comfortable clothing and footwear.*

Location	Day(s)	Time	Fee	Registration Deadline
Headingley Community Centre	22 Mondays & Wednesdays, September 28 - December 16 (No class October 12 or November 11)	11:00 am - 12:00 pm	\$110.00 1x/week: \$55.00	Monday, September 21

## 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
Headingley Community Centre	9 Wednesdays, October 14 - December 16 (No class November 11)	7:00 pm - 8:00 pm	\$45.00	Wednesday, October 7

## Gentle Yoga

*Instructor: Lorraine Marek*

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

Location	Day(s)	Time	Fee	Registration Deadline
Headingley Community Centre	12 Tuesdays, September 29 - December 15	10:00 am - 11:00 am	\$60.00	Tuesday, September 22

## Yoga Flow

*Instructor: Lorraine Marek*

Flow yoga class links traditional Hatha yoga postures with the breath in continuous, smooth flowing movements. The increasing warmth in your body produced by the breath and the movements will help to increase flexibility, strength and cardiovascular endurance. Wrist - free yoga poses can be incorporated. Previous yoga experience recommended as well as the ability to get down onto the floor for poses. *Please bring a yoga mat.*

Location	Day(s)	Time	Fee	Registration Deadline
Headingley Community Centre	12 Thursdays, October 1 - December 17	10:00 am - 11:00 am	\$60.00	Thursday, September 24



## Pickleball

Have you ever played a racquet sport of any sort - even ping pong? If so, you may enjoy this sport. Pickleball is a fun, inexpensive racquet sport that is designed for all age groups and abilities. First time is free! Day and times may vary without notice. Location & days may change. Register at any time to receive updates. Contact Brodie or Sarah for updated pickleball schedule. *Please wear clean indoor shoes. No drop-ins allowed. Must register prior to attending.*

Location	Day(s)	Time	Fee	Registration Deadline
Headingley Community Centre	Sunday & Wednesdays	1:30 pm - 4:00 pm	\$2.50/	Must register prior to attending.
Contact: Sarah Fetterly, <a href="mailto:sfetterly@shaw.ca">sfetterly@shaw.ca</a> or Brodie Blair, <a href="mailto:brodieclair@gmail.com">brodieclair@gmail.com</a>	Tuesday & Thursdays	6:30 pm - 9:00 pm	Drop In \$5/ Month	

## Sweet & Savory Bannock & S'mores! FREE

*Instructor: Getty Stewart*

Join us around the campfire to create heavenly sweet and savory bannock and s'mores. What better way to enjoy our beautiful Autumn evenings than watching the sunset while enjoying your perfectly toasted bannock on a stick followed by a delicious s'more. We will provide all the supplies, the recipes and a few helpful tips - you provide the labour. Will you try sweet, savoury, or both?

Location	Day(s)	Time	Fee	Registration Deadline
Phoenix Community Centre - Outside	Thursday, October 15	6:30 pm - 8:30 pm	Free!	Thursday, October 8

## Intro to Nature Photography

*Instructor: Sarah Evans Sgambato*

Do you love being outdoors and exploring all that Mother Nature has to offer? This class is for you! We will cover the basics of travel photography, as well as camera settings, photo shooting techniques and tips for taking photos outdoors. We will have two on-location classes, where you will get to practice your skills. *Please bring your DSLR camera with battery and memory cards as well as any lenses you have to include. Outdoor location will be decided by group.*

Location	Day(s)	Time	Fee	Registration Deadline
Online - Zoom	3 Wednesdays, September 30 - October 14	Wednesdays: 6:00 pm - 8:00 pm	\$40.00	Wednesday, September 23
and Outdoors	1 Saturday, October 17	Saturday: 2:00 pm - 4:00 pm		

## Exploring the Sky FREE

*Instructor: Scott Young & Mike Jensen*

Join us for an out-of-this-world event! Discover the wonders of the universe, experience the scale of the solar system and see what the sky has to offer. The indoor presentation will be followed by a live telescope viewing session (weather permitting) or pre-recorded telescope views and images from online telescopes. *Dress for the weather as we hope to be outside for part of the evening. Bring binoculars if you have them... and all of your questions about space!*

Location	Day(s)	Time	Fee	Registration Deadline
Headingley Community Centre	Friday, October 2	6:30 pm - 8:00 pm	Free!	Thursday, September 24

## Yoga for Tweens! (Ages 11+)

*Instructor: Sally Macdonald*

Find peace as you test your balance and strength in a fun environment! This is a space to ask questions, learn a new way to move! *Please bring a yoga mat.*

Location	Day(s)	Time	Fee	Registration Deadline
Headingley Community Centre	October 1 - November 12	6:30 pm - 7:30 pm	\$35.00	Thursday, September 24



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

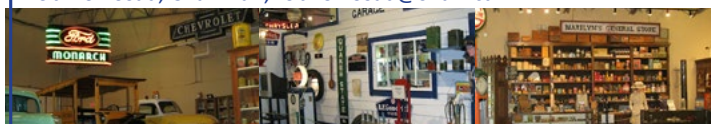
Hours of Operation: **Closed for the remainder of 2020  
Re-opening June 2021**

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

Website - [www.jimsvintagegarages.ca](http://www.jimsvintagegarages.ca)

Facebook - Jim's Vintage Garages

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



## Realizing Community Dreams Through Philanthropy

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

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

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





**On hold until further notice!**



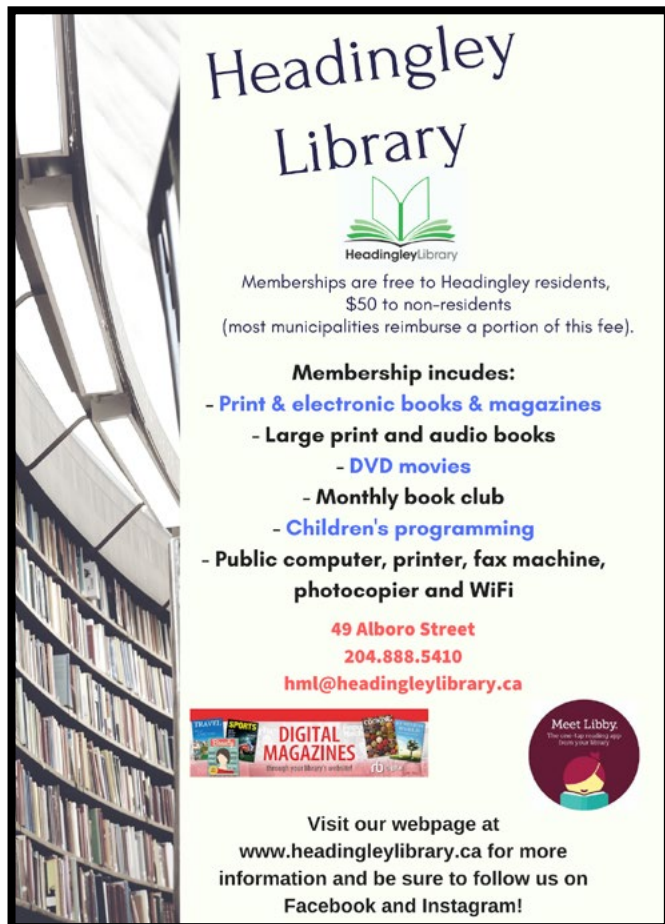
## Giving for Good.

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

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

204-889-3132 Ext. 2    
[hcfinfo@headingleyfoundation.ca](mailto:hcfinfo@headingleyfoundation.ca)





# 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](mailto:hml@headingleylibrary.ca)**

**DIGITAL MAGAZINES**

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

## Holy Trinity Anglican Church

5335 Portage Avenue, Headingley



*Please note: all worship services have been suspended until further notice.*

**We now have a lift and are fully accessible to everyone!**  
[www.holytrinityanglicanchurchandcemetery.com](http://www.holytrinityanglicanchurchandcemetery.com)


## HOLY TRINITY CEMETERY HEADINGLEY

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



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

## The sky's the limit with the *adventurer*.



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**Headingley** 5240 Portage Ave.  
**Starbuck** 21 Main St.



\*Visa International / licensed user  
1Rewards: Eligibility for rewards and/or account credit is subject to the terms and conditions of the FlexRewards program. For full terms and conditions, visit [collabriacreditcards.ca/noventis](http://collabriacreditcards.ca/noventis).  
2Insurance: Insurance coverage is underwritten by American Bankers Insurance Company of Florida (ABIC). ABIC, its subsidiaries and affiliates carry on business in Canada under the name of Assurant Solutions®. Assurant Solutions is a registered trademark of Assurant, Inc. Details of insurance coverage, including definitions, benefits, limitations and exclusions, are in the Certificate of Insurance. The Certificate of Insurance is available online at [collabriacreditcards.ca/noventis](http://collabriacreditcards.ca/noventis). Insurance coverage is subject to change.



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 2020! 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 flowers in the Fall. The tall grass prairie is located on the south side of the trail by Alboro.



### Meet Your Neighbors

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



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

[www.rmofheadingley.ca/p/headingley-grand-trunk-trail](http://www.rmofheadingley.ca/p/headingley-grand-trunk-trail)

**Contact us at:**

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

**Or visit us on Facebook:**

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



### Geocaches

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



### Consider Getting Involved

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





# PHOENIX COMMUNITY CENTRE

## Phoenix Recreation Association



*The Phoenix Recreation Association is an organization made up of volunteers who implement and maintain recreational and social activities for the residents of Headingley.*



### Our programs include:

Hockey, Baseball, Softball, Phoenix Nursery School and Community Events. Large events such as the Headingley Winter Carnival and the Halloween Howl are major fundraisers for the PRA. The funds raised from these events go towards the maintenance of existing programs and creation of new ones for our community!

Want to help out? We're always look for volunteers! Whether you want to serve on the board, coach or dedicate some time to making our events awesome, we'd love your help! For more information, email: [\*\*headingley.events@gmail.com\*\*](mailto:headingley.events@gmail.com)

Due to everchanging circumstances, the most up to date information regarding Hockey Registration, Family Fun Nights, Halloween Howl, Preschool, etc will be on the website [\*\*www.phoenixrec.com\*\*](http://www.phoenixrec.com)

### Stay Connected!



- Sign up for a monthly email of all upcoming events in Headingley:

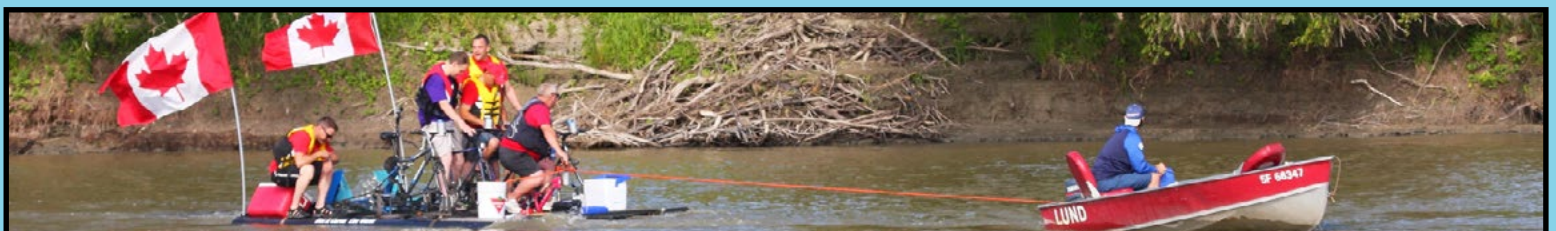
<http://bit.ly/HeadingleyEvents>



- Follow @HeadingleyCommunityEvents on Instagram



- Join the community Facebook Group: Headingley Families
- Follow @phoenixrecreationassociation on Facebook





Designed by senlypetro Freepik

Would you like to advertise in this Program and Community Resource Guide?  
Contact Macdonald - Headingley Recreation District  
for advertising opportunities in 2021!



**Macdonald-Headingley**

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