



Fall 2022

Program & Community Resource Guide



Macdonald-Headingley
RECREATION DISTRICT

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

LIFE BEYOND THE LIMITS



Leave the rush of the city behind,
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are just a stone's throw away.



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OAKBLUFFWEST.CA



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.

 **Oak
Bluff**
WEST
EXPAND YOUR HORIZONS

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Request a Program!

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

Visit www.mhrd.ca and click the "Request a Program" tab at the bottom of the home page or send us an email!

Advertise with us!

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

Contact us at 204.885.2444, info@mhrd.ca



Macdonald-Headingley
RECREATION DISTRICT

179 Seekings Street

Headingley, Manitoba R4J 1B1

Phone: 204.885.2444

Fax: 204.889.2211

Website: www.mhrd.ca

Email: info@mhrd.ca

Recreation & Community Services Manager

Kathleen Low

Program Coordinator

Meghan Lemoine

Marketing & Project Coordinator

Karen Cairns

Administrative Coordinator

Brittany Hughes

Financial Coordinator

Vona Guiler

We would like to acknowledge that we are on Treaty #1 Territory, the traditional Lands of the Anishinaabeg, Cree, Oji-Cree, Dakota, and Dene as well as the birthplace of the Metis Nation and heart of the Metis Homeland.



Registration

WAYS TO *Register*

Go Online



www.mhrd.ca

By Phone



204.885.2444

By Email



info@mhrd.ca

How to *Register* Online

1. Locate the desired program by Program Name, Community, Activity or Session
2. Click [Register Online](#)
3. You will receive a registration confirmation email - please review carefully
4. Submit payment (e-Transfer)

General Information

- All programs and schedules are subject to change in dates, location & instructors.
- Registration is required for all programs and full payment (or payment arrangements) for paid programs are required at the time of the registration.
- Please avoid attending programs if you are feeling unwell.
- Participants registering in a fitness program are also required to complete a Par Q. (Physical Activity Readiness Questionnaire)
- Higher risk activities will require a signed consent form.
- It is the participant's responsibility to inform MHRD staff and program instructor of any medical information that may impact participation in a program.
- Please note that if you register online or sign up for our newsletter using a Hotmail or Outlook account you may not receive confirmations or notifications via email unless you add info@mhrd.ca to your 'Safe Senders' list. **If you are having difficulties or are not receiving our emails please give us a call.**

Payment Options

Please E-transfer payments@mhrd.ca and include each program registration ID in the e-transfer note/memo to complete your registration. Alternatively, you can contact us to arrange payment with cheque or cash. **Failure to submit payment to complete your registration may result in cancellation of your registration.** Any NSF cheques will be charged a \$25 administration fee.

Receipts

Receipts will be issued upon request.

Student Rates



Students (ages 12-17) participating in select programs will receive a 50% discount off the registration fee.

Recreation Terms & Conditions, Things to Know, and FAQ's

Please visit our website for a complete list of important program information!

Program Cancellations

All classes are subject to cancellation due to inclement weather, unforeseen circumstances or because of insufficient registration. **Please visit mhrd.ca for cancellation notifications.** Note that school division closures due to inclement weather will result in the cancellation of MHRD programs. MHRD is committed to issuing email cancellation notifications to program participants as soon as possible. Phone calls to registered participants may be made to communicate the cancellation of a program. Every attempt will be made to reschedule cancelled classes later in the session. If MHRD is unable to reschedule a cancelled class, participants will receive a refund totaling the value of the cancelled class after the program has been completed. If the rescheduled class does not suit the program participant, a refund will be provided for the class missed.

Reporting an Absence

Should you or a family member be unable to attend one or more class(es) for which you have registered, please contact us. We ask that you provide as much notice as possible.

Program Transfers

Participants may transfer from one MHRD program to another, provided there is available space. Registration may not be transferred from one participant to another or shared between one or more participants.

Withdrawals

Withdrawal requests received seven or more days prior to the program start date may be eligible for a full refund. Participants will be responsible for registration and supply fees (where appropriate) if a withdrawal is not received seven or more days in advance of the program start date.

To request to withdraw from a program, please contact us as soon as possible so that others can make use of the class spot.

Please note: Certain programs may be ineligible for a refund following the completion of a registration. Please review the program description in full to learn more!

Fee Assistance

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

Late Registrations & Wait 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 wait list and contacted if space becomes available.

Non Resident Registrations

All fees listed are the resident fee rate. Residents are people residing within the corporate limits of the Macdonald-Headingley Recreation District (Municipality of Macdonald and Municipality of Headingley). Non-residents will be required to pay an additional 20% per program registration fee. Individuals who own land or a business within the district will be exempt from the out of district fee. **Are you In-District?**

Public Health Guidelines and Recommendations

If the program for which you are registered is transferred to an online format due to changes in Public Health guidelines and recommendations, no refunds will be provided.

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.

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, social media and other promotional materials. If you object to having your child's picture taken, please let the photographer know or contact us.

"Try It" Commitment

Are you curious whether a fitness or yoga program is right for you? Give it a try! Customers are invited to attend one class of a multi-week fitness or yoga program at no charge. Please contact us to make arrangements. **Please note:** Some programs may not accommodate our "Try It" Commitment (i.e., programs reaching maximum enrollment). To guarantee your spot in a program, please register early!

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

4-H & Guides



4-H Clubs focus on fun, friends and learning new skills. Open to boys and girls Ages 6 - 25.

4-H helps develop well-rounded, responsible and independent youth.



For information visit www.4h.mb.ca

Location	Contact Info
Red River Area	https://4h.mb.ca/red-river/
La Salle 4-H Club lasalle4h@gmail.com www.4h.mb.ca	Michelle D'Souza (Head leader) 204.792.7107 Jennifer Lippens (Head leader) 204.451.3191
Starbuck Combined 4-H Club	Sharon Masse sgmasse@gmail.com 204.735.2809
Headingley 4-H Club	Estelle Bahuud headingley4h@gmail.com 204.889.8561



Girl Guides

Join Us in La Salle!

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

Sparks for girls 5-6 years old.

Brownies for girls 7-8 years old.

Guides for girls 9-12 years old.

Pathfinders for girls 12-14 years old.

Rangers for girls 15-17 years old.

For more information, please visit:



www.girlguides.ca/joinus



1.800.264.2926 | accesscu.ca

Where you need us to be.





Macdonald Public Recreation Commission

Role of the Commission

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

Funding Programs

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

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

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

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

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



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 \$1000 which includes the bench, installation, engraved plaque and ongoing maintenance of the bench. More than one person is welcome to donate to a bench. All contributions of \$100.00 or more are eligible for a tax receipt.

Commemorative Plaque

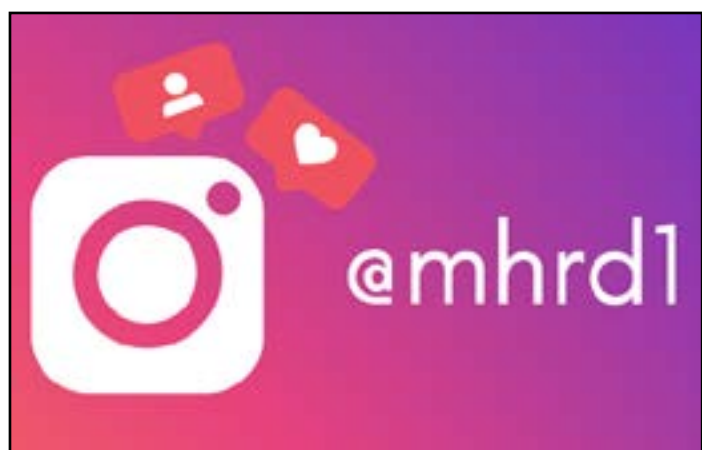
Each bench carries a different story through the words engraved on a 3" x 5" plaque. Messages can be a maximum of 7 lines of text; each line comprising of 16 characters (including punctuation and spacing).

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



Download the app!

Search "RM of Macdonald" and get connected.





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Macdonald Healthy Child

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



Areas of focus include:

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

Chairperson - Elise Johnson *Sanford* 204.736.3917

Kaylee Goerzen *Starbuck* 204.330.6463

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

Sheena Beatie *La Salle Kidz Daycare Centre* 204.736.2520

Leanne Derlago *Oak Bluff Early Years* 204.792.6278

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

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

Heidi Watermulder *Southern Health - Santé Sud* 204.736.5030

Meghan Lemoine *MHRD* 204.885.2444

Stay & Play (Ages 0 - 5)

Do you know anyone between the ages of 0 - 5 that has some energy to burn? Stay & Play is a drop-in playgroup that provides a wide variety of toys and games for children to explore with plenty of space for energetic playtime. It's a fun environment for children to develop physical, social and emotional skills, while offering parents/caregivers an opportunity to connect and network with one another.

You must register your child to attend this program.

Location	Day(s)	Time	Fee
Oak Bluff Recreation Centre Faciliator: Laura Dunphy	10 Thursdays, September 15 - November 17	5:15 pm - 6:45 pm	Free!
Starbuck Hall Faciliator: Melanie Mosset	8 Wednesdays, September 21 - November 9	9:30 am - 11:30 am	Free!
La Salle - Caisse Community Centre Faciliator: Melissa Wrixon	10 Tuesdays, September 27 - November 29	9:30 am - 11:00 am	Free!
Sanford United Church Faciliator: Candice Froese	8 Wednesdays, October 5 - November 23	9:30 am - 11:30 am	Free!

Shake, Rattle & Roll (Ages 2 - 5)

Instructor: Kirsten Petz Fraser

This Macdonald Healthy Child parent-child program to encourage early movement and coordination using simple songs, large and small apparatus and hand-held equipment. Toddlers will develop a positive attitude towards physical activity while having fun with a parent or caregiver. Parent or caregiver must participate with their child. Participants must be at least 2 years old. **You must register your child to attend this program.**

Location	Day(s)	Time	Fee
Oak Bluff Recreation Centre	6 Wednesdays, September 28 - November 9	10:00 am - 11:00 am	Free!

All Aboard the Number Train (Ages 3 & 4)

Instructor: Laura Dunphy

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

Location	Day(s)	Time	Fee
La Salle - Caisse Community Centre	6 Mondays, October 17 - November 21	10:00 am - 11:00 am	Free!

Growing Up Green (Ages 3 - 5)

Instructor: Kirsten Petz Fraser

Growing Up Green uses nature as a learning tool, and encourages parents/caregivers and preschool children to go outside and explore. Through rhymes, books and nature-based learning activities, families will experience the joy of learning together while gaining the tools to foster their connection to nature and the environment. Parental involvement required. Come prepared to play outdoors! **You must register your child to attend this program.**

Location	Day(s)	Time	Fee
Oak Bluff Estates Playground	6 Tuesdays, September 27 - November 1	10:00 am - 11:00 am	Free!

Skating with Tots (3 - 5 years)

Instructor: to be confirmed

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

Location	Day(s)	Time	Fee
Sanford Arena	6 Tuesdays, November 1 - December 6	9:00 am - 10:00 am	Free!

KidSport



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

WHAT IS KIDSPORT?

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

KIDSPORT FUNDING

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

KIDSPORT EQUIPMENT

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

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



Macdonald Services to Seniors



Resource Coordinator - Leanne Wilson

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

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

We can help with:

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

Stay Connected!

Join our mailing list!

Stay informed about upcoming events.
Email info@macdonaldseniors.ca to be added to our mailing list!

Social Media

Facebook

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



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.

Brunkild - 11:45 am

Oct 3, Nov 14, Dec 12

La Salle - 11:45 am

Sept 12, 19, 26, Oct 10, 17, 24, 31, Nov 7, 21, 28, Dec 5, 19

Starbuck - Wednesdays, 11:45 am

Sept 7, 14, 21, 28, Oct 5, 12, 19, 26, Nov 2, 9, 16, 23, 30, Dec 7, 14, 21

Sanford - Thursdays, 11:45 am

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

Please register with Leanne on the Monday (Sanford & Starbuck) or Thursday (La Salle & Brunkild) prior to the program for both in-person and delivered meals. Lunch is \$10.00. Monthly newsletter and calendar will be posted on www.macdonaldseniors.ca



Lunch & Learn Presentations

Monday, September 12, 12:45 pm La Salle - Caisse Community Centre	Police Academy - Frauds & Scams Constable Chris
Wednesday, September 7, 12:45 pm Starbuck Hall	Police Academy - Frauds & Scams Corporal Dave
Thursday, September 8, 12:45 pm Sanford Legion	Police Academy - Frauds & Scams Corporal Dave
Monday, October 31, 12:45 pm La Salle - Caisse Community Centre	Registered Dietition - Southern Health Jayne Trojack
Wednesday, November 2, 12:45 pm Starbuck Hall	Registered Dietition - Southern Health Jayne Trojack
Thursday, November 3, 12:45 pm Sanford Legion	Registered Dietition - Southern Health Jayne Trojack
November La Salle - Caisse Community Centre	NO LUNCH & LEARN
Wednesday, October 5, 12:45 pm Starbuck Hall	Osteoporosis Joanne Gross
Thursday, October 13, 12:45 pm Sanford Legion	Osteoporosis Joanne Gross

Lunch begins at 11:45 am, Presentations begin as 12:45 pm



Macdonald Sports



OFFICIAL SITE OF THE

MACDONALD HOCKEY ASSOCIATION

President	Keith Pitura 204.797.8733 president@macdonaldhockey.ca
Vice - President	Eric Boyd 204.797.6149 vicepresident@macdonaldhockey.ca
La Salle / Domain	Dustin Wiens 204.471.3276 domainlasallerep@macdonaldhockey.ca
Sanford / Brunkild	Scott Wiens 204.997.6952 sanfordbrunkildrep@macdonaldhockey.ca
Oak Bluff	Andrew/Kim McMillan oakbluffrep@macdonaldhockey.ca
Starbuck	Jan Morse 204.470.9343 starbuckrep@macdonaldhockey.ca
www.macdonaldhockey.ca	



La Salle Lakers Basketball

Members of Winnipeg Minor Basketball Association.

Open to all of Macdonald

For more info: Kyle Fisher, Convenor
lasallebasketball@hotmail.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: vacant	sanford.macringette@gmail.com
Starbuck Convenor: Alison Zulyniak	starbuck.macringette@gmail.com



Visit our website at
www.macdonaldringette.ca for the most
 up-to-date information.

www.macdonaldringette.ca





Online Programming

Photo by Jacob Lund from Noun Project

Online programs are conducted LIVE using Zoom Meetings and Google Meet. Recordings for some programs may be available to watch later on.

Using Zoom & Google Meet

When you register for an online program, you will receive a confirmation email 1-week prior to the program, containing a link to access your program. For Zoom, please download the Zoom Program Application on the device you intend to use (Desktop Computer, Laptop, iPhone/Android Phone, iPad/Tablet). For Google Meet, simply click the link to attend your program at your scheduled time.

Facebook, Instagram & YouTube

Some programming make take place through MHRD social media pages. You can access these online using a computer or your mobile device. Click below for direct links to MHRD social media pages:



Facebook



Instagram



YouTube

If you require any assistance to access your virtual program, please call our office, we are happy to help you out. 204.885.2444

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

Pilates



Instructor: Kristy Loewen

Whether you work at a computer all day or compete in triathlon - everyone can benefit from Pilates. It is a full body conditioning practice, appropriate and beneficial for all ages and fitness levels. Pilates is designed to improve physical strength, flexibility and posture. A consistent practice offers many benefits including lean 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 and a resistance band. Ask our office where you can get one!

This program will be recorded. The recording will be available for 1-week.

Location	Day(s)	Time	Fee
Online - Zoom	10 Tuesdays, October 4 - December 6	8:00 pm - 9:00 pm	\$110.00

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 benefit from 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 and resistance bands. You may use your own resistance, or contact the office to purchase.

This program will be recorded. The recording will be available for 1-week.

Location	Day(s)	Time	Fee
Online - Zoom	10 Thursdays, October 6 - December 8	8:00 pm - 9:00 pm	\$110.00

INSTRUCTOR BIO - FITNESS

Kristy Loewen

INSTRUCTOR

- PILATES (ONLINE)
- YOGALATES (ONLINE)



Kristy has been teaching fitness classes for 17 years. She has been certified in everything from pilates, yoga, resistance training, cardio, spin and anything else you can think of.

It has been a much loved hobby over the years.

She also has her Bachelor's degree in Human Nutritional Sciences and is currently getting her master's degree in Counseling Psychology. Between maintaining her own business in all of that, she has a husband and 2 little kids to keep her busy.



Crafting for Kidz! Virtual Mini Series (Ages 4 - 8)

Instructor: Alison McLean

A virtual mini series that offers a hands-on craft experience for kids ages 4-8 using a variety of fun materials and techniques. With the focus on an engaging process young artists can let their imaginations fly!

Register for one, two or all three of these fun and interactive art workshops!

Craft supplies are included! Families may be asked to provide basic supplies like scissors and paint brushes.

Classes will be recorded if you cannot make the live class!

Location	Day(s)	Craft Project	Time	Fee
Online - Zoom	October Craft: Tuesday, October 11	Wall Hanging Bat	5:00 pm - 5:45 pm	\$20.00
	November Craft: Tuesday, November 8	~craft details to come~	5:00 pm - 5:45 pm	\$20.00
	December Craft: Tuesday, December 13	~craft details to come~	5:00 pm - 5:45 pm	\$20.00



Brunkild

Brunkild Community Facilities

Brunkild Memorial
Recreation Centre
10 Prov. Rd 305
ROG OEO



Ronda Karlowsky, President
ronda.lynn.k@gmail.com
Kim Kaminsky, Treasurer
204.736.4812
Hall Bookings & Catering
204.794.4821

Stay connected on community events and information on our Facebook page: Brunkild Community Group

Stay Connected with Brunkild’s news, events or advertisements, please contact Christel Boekhorst at christelboek11@gmail.com | 431.279.2838 for the monthly Brunkild Scoop! Contact for a digital copy, or to submit an advertisement or news you would like published.



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

Brunkild St. Paul's Lutheran Church

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

Everyone Welcome

For more information please call 204.736.4216.



Domain

Domain Community Facilities

Domain Arena
Secondary Rt-330
R0G 0M0

Kyle Klippen, President
204.223.9090
kyle@elmhurstdrywall.ca

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

Domain Hall
Box 130
R0G 0M0

Jenny Pelland, President
www.domain-hall.ca

Leah Zelinsky, Hall Rental
schedulingdomainhall@hotmail.ca



Our worship services and our
Sunday school are at 9:30 AM.
We offer Sunday school from pre-
kindergarten to Grade 12, have
numerous intergenerational services
throughout the year.

www.meridian-pastoral-charge.ca
Rev. James DeBeer: reverendjdebeer@gmail.com
Contacts: Jane Manness 204.736.4072 or
Cliff Harrison 204.736.2613
Serving the communities of
Domain, La Salle and Osborne.



#208

President: Clayton Manness
204.736.2922

cmanness@mymts.net

**Membership Chairperson: Janice
Harrison**

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.



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

Brian Cornelsen, Facility President
cornelsenbrian@gmail.com

La Salle School
43 Beaudry Road
R0G 0A1

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

www.srsd.ca



Domain/La Salle

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

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

We meet monthly from September to June, with speakers, tours, crafts, food and fun. Visitors and new members are welcome!

Call Judy Cormier @ (204) 736-4239 for details.

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 - home page - e-news registration

Contact:

Barbara Agland-O'Connor
Website Director (Newsletter)
Caisse Community Centre
barbaraagoinlasalle@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
or visit www.caissecc.com

Functional Fitness

Instructor: Andrew Schindle

Everyone benefits from functional fitness! *What does functional fitness mean?* Functional fitness refers to exercises that help with you with everyday movements and activities like reaching for something in a high cupboard or looking for something under a chair. These exercises will help you to build strength, improve your coordination and balance and enhance your ability to perform normal, daily activities. This program will help you increase your range of motion, muscle strength and cardiovascular conditioning. Beginner friendly.

Location	Day(s)	Time	Fee
La Salle - Caisse Community Centre	11 Tuesdays & 11 Thursdays, September 27 to December 8	9:10 am - 10:10 am	Regular (2x/week): \$242.00 11 Tuesdays only: \$121.00 11 Thursdays only: \$121.00

Fluid Flow Yoga

Instructor: Mary Lou MacGregor

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

Location	Day(s)	Time	Fee
La Salle - Caisse Community Centre	10 Mondays, September 26 - December 5 (No class Oct 10)	6:30 pm - 7:30 pm	\$120.00

Yin Yoga

Instructor: Mary Lou MacGregor

Yin Yoga is a slower pace style of yoga that incorporates principles of traditional Chinese medicine with asanas or postures. Yin Yoga consists of fewer poses which work the connective tissue of the body; the tendons, ligaments and fascia. These are areas of our bodies we do not always consider but every healthy body needs the stretching until one reaches their place of resistance, holding still and holding for time. This creates a strong mind in that we learn to be mindful of our movements and our thoughts. Working these parts of our bodies assists individuals with arthritis, stiffness and assists with mobility issues; which includes most 55 people. Yin Yoga is a practice that helps to control breath, teaches a deeper breath which calms body and mind. Yin Yoga balances the Yoga Flow.
Please bring a yoga mat.

Location	Day(s)	Time	Fee
La Salle - Caisse Community Centre	10 Mondays, September 26 to December 5 (No class Oct 10)	7:45 pm - 8:45 pm	\$120.00



Exploring Self-Expression Through Art!

Instructor: Margaret Glavina, Art City

Did you know that art is good for the heart...and soul? Join instructors from Art City Inc., who will help you explore different mediums of self-expression! You might have a go at drawing, painting and more. Making art, whether you have previous experience or not, helps focus and calm the mind, process difficult experiences, and re calibrate yourself. There is no wrong way to do it. The key is to just try!

All art supplies will be provided!

*This program is made possible by Southern Health Public Health - Healthy Living & Healthy Together Now

Location	Day(s)	Time	Fee
La Salle - Caisse Community Centre	4 Wednesdays, October 5 - November 2 (no class Oct 26)	2:00 pm – 4:00 pm	\$50.00

La Salle Art Club - All Welcome!

Whether you are looking for a little friendly inspiration or just tired of painting on your own... La Salle Art Club might be just what you are looking for! It's BYO Art Supplies! **New and returning participants are welcomed to join any of the dates!**

Location	Day(s)	Time	Fee
La Salle Community Fellowship Church	4 Tuesdays, September 20, October 18, November 15, December 13	7:00 pm - 9:00 pm	Free!

Pom Pom Dance & Baton (Ages 5-8 / Age 9+)

Instructor: Yonatan Orlov

Participants will learn basic twirling moves with a baton while dancing, playing games, and having fun! Twirling is a sport that combines the skillful mastery of hand eye coordination with body movements incorporating dance and gymnastics. Program is taught by CBTF certified coaches, NCCP and Respect in Sport.

Indoor non-marking runner and gym clothes should be worn. Batons and pom poms will be available for use at program. If you would like to purchase either batons (\$40) or pom poms (\$16/set), that can be arranged with the instructor, Yonatan!

Location	Day(s)	Age	Time	Fee
La Salle - Caisse Community Centre	8 Wednesdays, October 5 - November 30 (no class Oct 26)	5 - 8 years	5:30 pm - 6:30 pm	\$64.00
		9+ years	6:30 pm - 7:30 pm	

Feeding Busy Families - A Meal Planning Workshop

Instructor: Shawna Lapointe, Too Busy Livin'

In this workshop, you will learn strategies and tips on how to meal plan, prep, cook and grocery shop efficiently. You'll also learn how to execute these strategies and turn them into habits so you can reduce your stress related to mealtime and have more free time to do what you want!

You will learn:

- Why you might need a meal plan and how to make one with those reasons in mind
- How to set meal planning and prepping goals to meet your family's needs
- Common habits and obstacles related to meal planning and how to solve them
- How to fight decision-fatigue (and seven templates to use to plan your meals without overthinking!)
- A 3-step low-stress planning process
- A roadmap for creating a meal plan that works
- How to make a backup plan for when life doesn't go according to plan
- How to find time in your schedule to meal prep efficiently
- 18 prep strategies to help you get ahead, save time and save money
- Questions to ask yourself when prepping to maintain a solid prepping routine



The workshop includes the 88 page Ultimate Guide (\$49.99 value) and a 52-page planner pad (\$19.99 value).

Plan to stop for groceries after the session! You will leave with a meal plan that is ready to execute!

This program is not eligible for Withdrawal or Refund

Location	Day(s)	Time	Fee
La Salle - Caisse Community Centre	Saturday, October 15	9:00 am - 11:30 am	\$90.00

Emergency First Aid CPR/AED

Instructor: Peter Mertins, Sage First Aid Training

Are you a coach or volunteer in need of an Emergency First Aid CPR C/AED certification?

This is a basic one-day course offering lifesaving first aid and cardiopulmonary resuscitation (CPR) skills for the workplace or home. Course meets legislation requirements for provincial/territorial worker safety and insurance boards and includes the latest first aid and CPR guidelines. This class consist of 6.5 hours of in-class instruction including a 15 min break in morning and afternoon, plus a 1 hour lunch.

Participants will receive a certificate from the Canadian Red Cross when course is completed. When you register, please use the name you would like on your card, as well as an email address where you would like to receive the certificate, as well as an alternative email address if you have.

A waiver must be signed prior to participation in the class. This class is for ages 12 +. Waiver must be signed by parent if participant is under 18 years.

You will need a yoga mat (for knees when doing compressions on Manikin), lunch, water bottle and pen.

This program is not eligible for Withdrawal or Refund

Location	Day(s)	Time	Fee
La Salle - Caisse Community Centre	Saturday, October 8	9:00 am - 5:00 pm	\$93.00

Pickleball Lesson for Beginners

Instructor: Rose Sawatzky, President Pickleball Manitoba

Come and learn what makes Pickleball a great activity! If you are a beginner, and would like a lesson before joining the Pickleball community group, this lesson is for you! Throughout this class we will focus on developing basic skills and implementing them into game situations. We will cover skills such as ball control, forehand/backhand drive, drive/lob serve, forehand/backhand lob, smash, and strategy. *Please bring your own paddle! Contact us if you need to borrow one (we have a limited number paddles).*

Location	Day(s)	Time	Fee
La Salle - Caisse Community Centre	Thursday, September 15	11:00 am - 1:00 pm	\$15.00



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Standard Roll Off bins - 13 to 45 cubic yards
Mini Roll Off Bin - 15 cubic yards

Shingles Concrete Dirt Demolition Renovation
Yard clean up Garage clean outs Scrap metal

Caisse in Our Communities

Caisse Financial Group is proudly involved in its communities by supporting a variety of inspiring projects and events.

To learn more or apply, please visit:
Caisse.biz/en/Community



Caisse Financial Group



LET'S CURL

**JOIN US THIS SEASON
2022-2023**

MEN'S LEAGUE

JUNIOR LEAGUE

WOMEN'S LEAGUE

LEARN TO CURL
KIDS & ADULTS

FRIDAY AFTERNOON DROP IN

BONSPIELS
AND MORE

FRIDAY NIGHT FUN LEAGUE

Registration starts in September
lasallecurlingclub.ca



St. Hyacinthe Roman Catholic Parish

Facing today's challenges with hope,
resilience and care of everyone's
wellbeing.

Mass times: Saturday 4 pm & Sunday 11 am
Weekday masses: Wednesday 9 am & Thursday 7 pm

Adoration of the Blessed Sacrament:
first Thursday of the month, following mass.
Catechism classes Sunday mornings before mass.

Visit our website for weekly bulletins, and
updated information.

Fr Gabriel Levesque, Pastor
27 Beaudry Street,
La Salle, R0G 0A1

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



CAISSE
COMMUNITY
CENTRE

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



CAISSE COMMUNITY CENTRE

Before & After School PROGRAM

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

Before & After School Program (ages 5 to 12)

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

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

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

Pre-registration required (online).

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

Information and/or to register:

**www.caissecc.com
- programs tab**



Questions?
beforeandafter@caissecc.com



CAISSE
COMMUNITY
CENTRE

STAY FIT JOIN TODAY

CAISSE COMMUNITY CENTRE Fitness Centre

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

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

Information / Fee Schedule:

**www.caissecc.com
- fitness centre tab**



Questions?

204-736-2679

dromijn@caissecc.com

A 

 **CAISSE COMMUNITY CENTRE**
www.caissecc.com - events tab

CHASE THE ACE

Every Friday BUY TICKETS from 5:30 pm to 7:45 pm
at the Caisse Community Centre

TICKETS \$2.00 EACH DRAW AT 8:00 PM

Prizes:
10% of Evening Ticket Sales AND
Chance to Win the "Chase the Ace" Jackpot
BONUS (alternating weeks):
♣ Archies Meets Draw ♠ 50/50 Draw

3 Additional "one-time" prizes of \$1,000 each for the Ace of Hearts,
Ace of Clubs and Ace of Diamonds if selected.

~ Participants must be 18 Years or Older ~

Fundraiser Event in support of the Caisse Community Centre



 **CAISSE COMMUNITY CENTRE**

 **LSFF**
LA SALLE FALL FESTIVAL

La Salle Fall Festival Social

Door Prize
Trip for 2 to Las Vegas with Flight and Hotel
Supplied by

 **La Salle Insurance**

ADMISSION \$10

**Must be in Attendance to Win

Live Music by Grant Leutschaft & Bruce Jacobs
September 9, 2022 8pm-2am
Caisse Community Centre La Salle

www.caissecc.com - events tab

 **LSFF**
LA SALLE FALL FESTIVAL

"Come Join Us for a Fun Filled Day with Events and Activities for ALL!"
Admission / Events / Activities: FREE

Family and Kids Events
September 11, 2022 11am-4pm
Caisse Community Centre La Salle

 **CAISSE COMMUNITY CENTRE**

www.caissecc.com - events tab

 **CAISSE COMMUNITY CENTRE**

LA SALLE FALL CLASSIC

SEPTEMBER 16-18 2022

3rd Annual Elite AAA Fast Pitch Tournament

U13/15/17

Join Us!

- Concession
- Beer Gardens
- Apparel
- 50/50 Draw
- No Gate Admission

Please come out to watch, volunteer and support our community fundraising event!

Stephen Ceslak
stephen.ceslak@richardson.ca
204-770-3923

Caisse Community Centre in La Salle

www.caissecc.com - sports tab

La Salle Fall Supper

Tickets sold at the door only.
No advance tickets or reservations. (come and go)
Take Out orders available.

Sunday, September 18th, 2022
from 3:00 pm to 7:00 pm
at the Caisse Community Centre

\$20/person
\$15/person (ages 6 to 11)
FREE (ages 5 & under)

For information and full details visit:
www.caissecc.com - events tab

CAISSE COMMUNITY CENTRE

Proudly organized with net proceeds going to: St. Hyacinthe Catholic Parish, Caisse Community Centre and La Salle Community Fellowship

Always looking for and accepting volunteers to help with this wonderful community event. If interested, please reach out to the community groups listed above or contact: donna@take2wininc.com

OUT'N ABOUT TRAVEL INC.

UNIT 6 / 600 Clifton Street
Windsor, MB

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1.800.254.5552

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fx: (844) 270-3886
e: barry@twerdunwealth.com
e: melanie@twerdunwealth.com

www.twerdunwealth.com

CAISSE COMMUNITY CENTRE
(corner of PR 247E & HWY 330 in La Salle)

Breakfast with Santa

Saturday
December 3rd, 2022
8:30 am - 11:00 am
\$5.00 / per person
Caisse Community Centre

Once you've eaten breakfast you and your family can make your way up to see Santa. Remember to bring your camera to take your picture with Santa!

~ Photo Booth ~
~ Silent Auction ~

Event Subject to Change without Notice

For information, please visit:
www.caissecc.com
- events tab

CO-OP Homestead

Doing business with your Co-op creates jobs locally and supports community groups close to home. Members also earn equity and cash back over time. Apply to become a member on our website or in-store.

Agro | Food | Energy | Home & Building | Pharmacy
Bulk Fuel & Lubricants

www.homesteadco-op.crs #WEARECOOP

LA SALLE Community Fellowship

Learning to love like Jesus by studying the Bible together, worshiping God together and caring for each other and our community.

Please join us Sunday morning @ 10:30 in person or online.

- Subscribe to our channel or find the link from our website home page.
- Look for updates regarding in church services on our website.

• Sunday Service @ 10:30
• Student Ministry - Grades 7 to 12

LSCF.ca
lasalle-youth.ca

www.LSCF.ca info@LSCF.ca 204.736.3200

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



FITNESS CLASSES with *Dee Romijn*

Mondays — 7pm to 8pm and/or Tuesdays / Thursdays — 6am to 7am
In-Person at the Caisse Community Centre

Description:

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

Bonus:

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

Meet the Instructor:

Dee Romijn is a graduate of the U of M with a Bachelor of Physical Education and has enhanced her knowledge and expertise over the years by continuing her education through the Manitoba Fitness Council.

Specializing in HIIT (High Intensity Interval Training) and Group Fitness, Dee has a passion for healthy living and a true passion for teaching and is currently the Facility Manager at the Caisse Community Centre.

A mother of two children, Dee and her husband reside in La Salle and have remained active in the community by volunteering on numerous boards and committees.

When not engaged in community events or teaching fitness classes, Dee enjoys spending time at the lake and socializing with friends.

She can't wait to help you start or continue with your own personal fitness journey!

For more information and/or to register:
email Dee Romijn at dromijn@caissecc.com
or visit www.caissecc.com - programs tab



HIIT
workout



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

PR247 Site (by Caisse Community Centre)

48 preschool spaces for children aged 2-6yr;
12 infant spaces for children aged 3months-2yr

Beaudry Site (by La Salle School)

32 preschool spaces for children aged 2-6yr;
8 infant spaces for children aged 3months-2yr

To add your child to our waitlist, please visit our website at www.lasallekidz.ca
or email us at lasallekidz@gmail.com

Now Accepting Registrations! **LaSalle Nursery School**

Located inside LaSalle School



3 year old and 4 year old programs

Contact us for information on registration
for the 2022-2023 school year.
Register early to ensure your spot.

Email
lasallenursery@gmail.com
to register!

PICKLEBALL - LA SALLE



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 to receive program updates as they arise!

Caisse Community Centre

Tuesdays & Thursdays

1:00 pm - 3:00 pm

Drop-in: \$2.00, Monthly: \$10.00

Equipment available for beginners to try!

To Register, Contact Bernice: 204-479-0514

Oak Bluff

Oak Bluff Community Facilities

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



Pat Brennan, President
204.793.1980
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

Jeff Latimer, Principal
204.895.0004
oakbluff@rrvsc.ca

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
www.oakbluffearlyyears.com

Introduction to the iPad

Instructor: Judy Shirtliff

This 4 week course is an introduction to the iPad. You can bring your own iPad and charger, a notepad and a pen. **If you do not have an iPad, please contact us to borrow one.**

This program is for NEW participants only. You will need to complete the iPad Knowledge Survey prior to the start of the program, in order for instructors to gauge participant's current level of skill and comfort with an iPad.

Location	Day(s)	Time	Fee
Oak Bluff Recreation Centre	4 Tuesdays, September 6 - September 27	10:00 am - 11:30 am	Free!

Cardio, Core & Strength



Instructor: Marci Manness

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

Location	Day(s)	Time	Fee
Oak Bluff Recreation Centre	10 Thursdays, October 13 - December 15	7:00 pm - 8:00 pm	\$110.00

Gentle Yoga with Nicole



Instructor: Nicole Necsefor

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

Location	Day(s)	Time	Fee
Oak Bluff Recreation Centre	10 Mondays, October 3 - December 12 (No class Oct 10)	6:00 pm - 7:00 pm	\$120.00

Yoga for Men with Nicole



Instructor: Nicole Necsefor

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

Location	Day(s)	Time	Fee
Oak Bluff Recreation Centre	10 Mondays, October 3 - December 12 (No class Oct 10)	7:30 pm - 8:30 pm	\$120.00

INSTRUCTOR BIO - FITNESS

Marci Manness

INSTRUCTOR

- FUSION FITNESS (SANFORD)
- CARDIO, CORE & STRENGTH (OAK BLUFF)



Marci has been teaching group fitness classes for 30 years. She graduated with a Bachelor of Physical Education in 1993, owned a ladies only gym in St. Vital for 19 years and now works full-time at the Reh-Fit Centre as the Program Supervisor.

Marci loves teaching fitness classes. She changes up her classes weekly so be ready to learn something new every class! Marci has a strong passion for health and fitness and wants to inspire others to be the best version of themselves.

INSTRUCTOR BIO - YOGA

Nicole Necsefor

INSTRUCTOR

- GENTLE YOGA WITH NICOLE (OAK BLUFF)



Nicole has been studying the teachings of yoga for the last ten years, completing various teacher trainings along the way. Her classes provide an inclusive and supportive space for her students to become empowered through their exploration of the practices of yoga, pranayama, and meditation.



Pastor Dave Hildebrant
Lead Pastor

Pastor John Reimer
Associate Pastor

contactus@oakbluffbiblechurch.com



OAK BLUFF BIBLE CHURCH

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

SUNDAY SERVICES 10:30 AM

PRAYER TIME 9:35 AM
SUNDAY SCHOOL 9:30 AM

Address: 53 PTH 3
Oak Bluff

204-612-9623

A place for the whole family to connect, grow, and serve!
Prayer Meetings, Care Groups, Youth Group, VBS,
Sunday School, Family Camp, Missions Opportunities,
and more!

WWW.OAKBLUFFBIBLECHURCH.COM



CITIZENS ON PATROL PROGRAM
PROGRAMME DE PATROUILLES DE CITOYENS

TIRED OF PROPERTY CRIME IN OAK BLUFF?

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

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

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

Tips to prevent break-ins:

- Lock your doors (home & vehicles) and keep valuables out of sight
- If you have a monitored alarm system in your house, use it!
- Leave an outside light on at night
- Break down electronics boxes & place inside recycling bin
- If you are going on vacation don't announce it on social media sites
- Record the make, model and serial number of big-ticket items that are commonly stolen such as TVs, electronics, tools, etc. and take photos of race 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)

LEGACY CHEERLEADING

UNITS 1 + 2 135 OAKLAND ROAD
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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.
Legacy is where experience,
education and care take
action.



**SUMMER PROGRAMS AVAILABLE
REGISTRATION OPEN MAY 1**

WEEK LONG SUMMER CAMPS

MONDAY - FRIDAY
VARIOUS AGE GROUPS AND
SKILL LEVELS
JULY AND AUGUST

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

PICKLEBALL - OAK BLUFF



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 to receive program updates as they arise!

Location to be confirmed

Wednesdays

6:30 pm - 8:30 pm

Drop-in: \$2.00, Monthly: \$5.00

Equipment available for beginners to try!

To Register, Contact Shawnda Muir: 204-479-6791



Sanford

Sanford Community Facilities

Sanford Recreation/ Arena 174 Mandan Drive R0G 2J0 	Eric Boyd, President eric@bestlandexcavation.com Andrea Morann, Ice Rentals morann.andrea@gmail.com
Sanford Collegiate 130 Blythefield Road R0G 2J0	Jaynie Burnell, Principal 204.736.2366 sanfordcollegiate@rrvsc.ca
J.A Cuddy School 5 Main Street, R0G 2J0	Scott Thomson, Principal 204.736.2282 jacuddy@rrvsc.ca https://jacuddy.rrvsc.ca/



**J.A. Cuddy
Child Care Centre Inc.**
5 Main Street, Box 366 Sanford, Manitoba, R0G 2J0
jacuddy@mymts.net
Call 204.736.3289 for more information on
the availability of child care spaces
Licensed for 77 children ages 12 weeks - 12 years
Open during all division in-services and school holidays!
Like us on Facebook



Contact:
Sanford Legion: Roy Switzer
204-736-3744 or royswit@mymts.net
Hall Rentals: Cockerill Insurance
204-736-2381

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

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

Ladies Coffee Morning Group: Held every Tuesday 9:30 am - 11:00 am. Come and enjoy meeting new friends and neighbours.
Proof of Immunization required. Masks must be worn upon entry.

***For up to date information, please contact Roy Switzer.**

Fusion Fitness



Instructor: Marci Manness

A hybrid strength and conditioning class using aerobic exercise, plyometric movements, circuit training, and yoga designed to improve posture, build whole body strength (legs, chest, back, arms and core), improve flexibility and reduce stress. *You will need 1 - 2 sets of dumbbells and a light to medium resistance band.*

Location	Day(s)	Time	Fee
J.A. Cuddy School	10 Tuesdays, October 4 - December 6	6:30 pm - 7:30 pm	\$110.00

Yoga - All Levels



Instructor: Emily Lenehan

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

Location	Day(s)	Time	Fee
J.A. Cuddy School	10 Mondays, September 26 - December 5 (no class Oct 10)	6:00 pm - 7:00 pm	\$120.00

Basketball Skills Camp (Ages 8 - 10)

Instructor: Hank Nyman

This Basketball Skills Camp is for children between the ages of 8 and 10, or grades 3 to 5! Coach Hank will work with the young players on learning the rules, developing their skills (shooting, dribbling, passing) and also teamwork skills. All skill levels are welcomed.

Come prepared with loose fitting attire ready for physical activity, non-marking shoes and a water bottle. Participants should wear shoes different than their outdoor shoes.

Location	Day(s)	Time	Fee
J.A. Cuddy School	8 Wednesdays, October 5 to November 23	6:00 pm - 7:00 pm	\$72.00

Women's Pick Up Basketball (Ages 18+)

Faciliator: Elise Pierre

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

Balls will be provided, or you can bring your own ball! Registraion is required to participate in this program.

Location	Day(s)	Time	Fee
J.A. Cuddy School	12 Tuesdays, September 20 - December 6	7:30 pm - 8:30 pm	Free!

Quilting Club
Knitters Welcome!

Sunday, September 4 (9:00 am - 4:00 pm)
Sunday, October 2 (9:00 am - 4:00 pm)

Bring your own project to work on it doesn't have to be quilting, it could be knitting or card making as well. You can bring your sewing machines or do hand work.

For more information and to confirm your attendance, please call Marlene at 204-736-4732

Bring a lunch and \$2.00 for coffee and tea!

Fall Crafting Extravaganza! (All Ages!)

Instructor: Meghan Lemoine

Fall is here and we are seeking local crafters for a Fall Crafting Extravaganza!

Join us in creating enchanting center pieces for the Macdonald Volunteer Service Awards. During one afternoon, we are inviting older adults and young people to work together on this project for the community. This inter-generational approach will give the opportunity for older adults to share their crafting expertise with the next generation of crafters, and share moments to connect with each other. Together, the group will create 1, 2, or 3 different center pieces and may even get to take one home!

This event takes place during an school in-service day. We are hoping that young people of any age attend! Children ages 5 to 8 may participate with a parent/guardian present to assist. There will be light refreshments. **You must register to participate in this program.**

Location	Day(s)	Time	Fee
Sanford Legion	Friday, October 21	1:00 pm - 4:00 pm	Free!

Introduction to the iPad

Instructor: Roy Switzer

This 4 week course is an introduction to the iPad. You can bring your own iPad and charger, a notepad and a pen. **If you do not have an iPad, please contact us to borrow one.**

This program is for NEW participants only. You will need to complete the iPad Knowledge Survey prior to the start of the program, in order for instructors to gauge participant's current level of skill and comfort with an iPad.

Location	Day(s)	Time	Fee
Sanford Legion	4 Wednesdays, September 21 - October 12	10:00 am - 11:30 am	Free!

Forest School Day Camp - Sanford (In-Service Day, November 25)

Instructor: Kirsten Petz Fraser

Providing In-Service Day Camp for children in grades K to 6. This Forest School Day will be filled with adventure! Activities will be play based and child led. The day will be filled with nature exploration, creativity, cooperation, imagination and appreciation of the land. The fun will be encouraged and supported by forest school practitioner, Kirsten.

Participants must bring a lunch, snacks, and water bottle. Come prepared with warm clothing, winter gear, and an extra pair of socks and mitts (the entire day will be spent outdoors!).

- Drop Off: 8:45AM- 9:00 AM
- Pick Up: 4:00 - 4:15 PM
- Early Drop Off: 8:00 AM - 9:00 AM (Additional \$5.00 Fee)
- Late Pick Up: 4:15 PM - 5:00 PM (Additional \$5.00 Fee)

Location	Day(s)	Time	Fee
Sanford Arena: Parking Lot Green Space	Friday, November 25	9:00 am - 4:00 pm	\$30.00



Prairie Palette Art Club

We meet the second and fourth Tuesday of each month from 6:00 pm - 9:00 pm (Starting September 27) at JA Cuddy School. We have casual painting sessions, instructions from professional artists and demonstrations from volunteer art group members. People are welcome to join at any point throughout the year. The membership fee is \$25.00.

For further information contact:
Kathryn: 204-781-9808



Meridian Pastoral Charge

Starbuck Sanford Denube

Sanford United Church

Please join us for worship and fellowship online!

Visit our website for more details and upcoming events.

www.meridian-pastoral-charge.ca/sanford

Skating Skills for Kids - Beginner Level (Ages 5+)

Instructor: Ella Manness, Kendall Manness, and Amanda Tormey

This class is for kids who are able to stand up and skate forward on their own without assistance on the first day of lessons. Instructors will focus on foundational skills, by focusing on stopping, skating backwards, gliding, and gaining confidence and speed on the ice through interactive games. Participants will be grouped according to their abilities. Age: Participant must be 5 years old by December 31st, 2022.

Equipment: Please bring skates, attire to stay warm on the ice (skivants, jacket, mitts or gloves). A CSA (Canadian Standards Association) approved helmet is required.

Location	Day(s)	Time	Fee
Sanford Arena	8 Saturdays, October 29 - December 17	10:15 am - 11:00 am	\$144

Hit the Ice Recreational Hockey (Ages 5 - 12)

Instructor: To be confirmed - Seeking volunteer parents!

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. The ice surface area will be cross ice. This is consistent with the Long Term Player Development Model developed by Sport Canada and adopted by Hockey Canada and Hockey Manitoba. This approach focuses on optimal skill development and provides each player with the best opportunity to participate, develop their skills and have fun! This program is open to kids not registered in a Hockey Manitoba or Ringette Manitoba program. Installment or postdated payments will be accepted. Individual accident/injury insurance encouraged. Age groupings are subject to change.

All players must supply a helmet with face mask, neck protector, gloves, shin pads and hockey stick. Please let us know if you are able to volunteer your time as a coach or helper. We can't run this program without you!

Age	Time
5 - 6 Years (must be 5 years of age by December 31st, 2022)	8:00 am - 9:00 am
7 - 9 Years	8:00 am - 9:00 am
10 - 12 Years	9:00 am - 10:00 am


Location	Day(s)	Fee
Sanford Arena	18 Saturdays, October 29, 2022 - March 11, 2023	Regular: \$315.00 Family Rate (3 or more): \$790.00





Starbuck

Starbuck Community Facilities

<p>Starbuck Arena 60 Arena Blvd. ROG 2P0</p> 	<p>Jan Morse, President president@starbuckrecreation.com</p> <p>Michelle Morse, Ice Rentals 204.791.9644 icerentals@starbuckrecreation.com For current info and ice schedule: www.starbuckrecreation.com</p>
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<p>Starbuck Hall 25 Main Street ROG 2P0</p>	<p>Dan Gargan, President 204.735.2743</p> <p>Rental Info & Hall Bookings starbuckcommunityhall@gmail.com or call Val at 204-735-3139 www.starbuckrecreation.com/communityhall</p>
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<p>Starbuck School 40 Arena Blvd ROG 2P0</p>	<p>Dale Fust, Principal 204.735.2779 starbuck@rrvsc.ca https://starbuck.rrvsc.ca/</p>
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St. Paul's Roman Catholic Parish - Starbuck
&
Sacred Heart Parish - Fannystelle

Contact church for up to date information.

Priest: Father Mario Avelino Veloso
 Phone: (204) 745 - 2204
 Email: stpaulsromancatholicparish@gmail.com
 (St.Paul's Parish Contact: Kathy Rathert: (204) 735-3115)

STARBUCK RECREATION ASSOCIATION



THE HEART OF THE COMMUNITY

President - Jan Morse
president@starbuckrecreation.com

Ladies' Curling
 Janice Novak
ladiescurling@starbuckrecreation.com

Men's Curling
 Colin Johnson
menscurling@starbuckrecreation.com

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

www.starbuckrecreation.com

Yoga - All Levels



Instructor: Emily Lenehan

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

Please bring a yoga mat.

Location	Day(s)	Time	Fee
Starbuck Hall	10 Mondays, September 26 - December 5 (No class Oct 10)	8:00 pm - 9:00 pm	\$120.00

INSTRUCTOR BIO - YOGA

Emily Lenehan

INSTRUCTOR
• **YOGA ALL LEVELS (SANFORD & STARBUCK)**



Emily enjoys teaching alignment based, Vinyasa Flow and Yin Yoga. She has been practicing yoga for 10+ years. She is inspired by Monica Angelatos, Amelia Barns, and Kathryn Smandcyl and has studied with Dillon and Lane Cherett.

In 2015 she graduated from a 300 hour teacher training program at Source Yoga Studios and is currently working toward the completion of a 500 hour teacher training certification. Other training includes 90 hours of Prenatal Training and 60 hours of Yin Yoga training.

Emily can be found chasing her toddler or at dog shows with her German Sheperds and American Cocker Spaniels.



Starbuck Walking Club

Come join us for an enjoyable hour and get some exercise and conversation. This group will meet once per week in the Starbuck Community Hall this Fall.

There are many benefits to joining an indoor walking club:

1. An indoor space means a climate-controlled setting, not too hot, not too cold!
2. Increased safety - using an indoor track can be safer than walking outdoors, and no worries about speeding cars.
3. Close amenities, water and washroom nearby.
4. Social interaction - a walking club is an opportunity to socialize and make new friends!
5. Medical response, having someone around can provide peace of mind in case an emergency happens.

If you are interested in volunteering for this free program, please reach out to Leanne Wilson, (204) 735-3052.

Location	Day(s)	Time	Fee
Starbuck Hall	8 Tuesdays, October 25 - December 13	10:00 am - 11:00 am	Free!

Exercises with Liza

Instructor: Liza Rasmussen

Join us for these gentle exercises that can help you maintain muscle, strength and improve mobility. *Please wear comfortable clothing and footwear.*

Location	Day(s)	Time	Fee
Riverdale Apartments	14 Thursdays, September 15 - December 15	10:00 am - 11:00 am	Free!

Forest School Day Camp - Starbuck (In-Service Day, October 7)

Instructor: Kirsten Petz Fraser

Providing In-Service Day Camp for children in grades K to 6. This Forest School Day will be filled with adventure! Activities will be play based and child led. The day will be filled with nature exploration, creativity, cooperation, imagination and appreciation of the land. The fun will be encouraged and supported by forest school practitioner, Kirsten.

Participants must bring a lunch, snacks, and water bottle. Come prepared with warm clothing, winter gear, and an extra pair of socks and mitts (the entire day will be spent outdoors!).

- Drop Off: 8:45AM- 9:00 AM

- Pick Up: 4:00 - 4:15 PM

- Early Drop Off: 8:00 AM - 9:00 AM (Additional \$5.00 Fee)

- Late Pick Up: 4:15 PM - 5:00 PM (Additional \$5.00 Fee)

Location	Day(s)	Time	Fee
Starbuck Arena: Outdoors	Friday, October 7	9:00 am - 4:00 pm	\$30.00



Babysitter's Training (Ages 12+)



Instructor: Kelly Winker

Each day, thousands of children are cared for by a babysitter. This course will cover the basics about child-care, first-aid and safety in the home. This Babysitter's Training course is aimed at youth 12 years and older to prepare them for the important job of babysitting.

Students must be 12 years old by December 31, 2022.

Location	Day(s)	Time	Fee
Starbuck Hall	Saturday, September 24	9:00 am - 3:30 pm	\$60.00

Home Alone (Ages 10 - 13)



Instructor: Kelly Winker

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. Preparing children to be home alone is a process to be implemented in gradual stages, over a period of time. This workshop is just one component of that process.

Location	Day(s)	Time	Fee
Starbuck Hall	Saturday, October 8	9:00 am - 1:00 pm	\$50.00

WALKING POLE LOAN PROGRAM



Try Walking Poles!

A FUN and simple full body
workout!

Improve posture and balance!

2 types available...

Available to residents of RM of
Macdonald & Headingley

FREE!

SNOWSHOE LOAN PROGRAM

Try Snowshoeing!

A FUN way to explore in winter...

Take the path less travelled!

4 sizes available...

Available to residents of RM of
Macdonald & Headingley

FREE!



WWW.MHRD.CA | 204.885.2444 | INFO@MHRD.CA

PICKLEBALL - STARBUCK



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 to receive program updates as they arise!

Location to be confirmed

Tuesdays

7:00 pm - 8:30 pm

Drop-in: \$3.00, Monthly: \$10.00

Equipment available for beginners to try!

To Register, Contact Brenda: 204-735-2880



RESIDENTIAL & INDUSTRIAL LIQUID WASTE REMOVAL

Ph: 204-735-2390 - Cell: 204-792-0692




Portable Toilet Rentals
We can assist you with your needs at:
Special Events, Parties and Gatherings
Construction Sites



The Cross Country Snow Drifters are a non-profit organization and are a member of Snoman Inc. We are the local snowmobile club that sign's and groom's over 300km's between Elm Creek, St Eustache, Elie, Headingley, Fannystelle, Starbuck, Sanford, Brunkild, LasSalle, Domain and St Agathe.

We have six warm up shelters scattered along the trail system and have two groomers that are used to groom the trails. We rely on the many volunteers to maintain the shelters, grooming equipment, trail signage etc. Without their help and support our club wouldn't exist. We hold monthly meetings at various locations from October to May and also have get togethers at any one of our shelters during the riding season.

If you enjoy snowmobiling and would be interested in joining our club:

- Come to a meeting
-  Join our facebook page (Cross Country Snow Drifters)
- Visit our website: crosscountrysnowdrifters.net
- Get in touch with one of us listed below.

Contact: Rob Nowasad at robnowasad@shaw.ca
or John Malcom at Rotax@mymts.net

crosscountrysnowdrifters.net

NEW MEMBERS ARE ALWAYS WELCOME.



Starbuck Art Club

The club plans to start up again when Covid restrictions ease up. We are welcoming new members. If you are interested in coming out to create art with us, please get in touch with one of our members.

For more information please contact:

Joyce Nadeau 204-745-0200 gilnadeau78@gmail.com
Laurel Gargan 204-735-2743 laurel_gargan@icloud.com
John Smeulders 204-791-8663 tjsmeulders@hotmail.com
Barbara Kaminsky 204-736-4260 barbarakaminsky@hotmail.com

Trinity Lutheran Church in Starbuck

Worship Sundays - 10:00 am

Sunday School is mailed out

For current information, please visit

www.tlcstarbuck.com

Rev. Debra Johnston

Box 118, 43 River Avenue

Starbuck, MB R0G 2P0

Email: tlc118@mymts.net Phone: 204.735.2503



Springstein Mennonite Church

15 Victoria Road, Springstein

All are Welcome!

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

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



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)

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



Headingley Seniors' Services



Coordinator: Kristie Todd

Office located at: Headingley Community Centre
5353 Portage Avenue

Office Hours:

Monday - Thursday 9:00 am - 3:00 pm

Phone: 204-889-3132, ext. 3

Email: seniors@rmofheadingley.ca

www.headingleyseniorservices.ca



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

Recreation & Fitness - Hall Walking, Encore Fitness Studio.

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

Please check our website for up to date info!

Contact us for more information on:

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



NEW TO ZOOM?!

Get help with setting up Zoom on your device!

Don't miss out on all the virtual presentations, fitness programs and online workshops we offer!
Contact us to learn the ins & outs of Zoom.

We can help you set up Zoom so you can join in on the fun from the comfort of home!

ENCORE

Health & Fitness Studio

Your Stage to Active Living
Headingley Community Centre
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;
seniors@rmofheadingley.ca
(204) 889-3132 ext. 3

Volunteers Wanted

If you're looking to get more involved with the Community, what better way than to volunteer?!

HSS has a range of opportunities sure to fit any interest and schedule.

Please contact the office for more info at (204) 889-3132 ext. 3 or seniors@rmofheadingley.ca.

CAFE BREAK



Join us every Wednesday and enjoy a home cooked, nutritious meal with friends and neighbors. Monthly menus will be posted at the Headingley Community Centre and available in the HSS monthly newsletter.

Headingley Seniors' Services looks forward to seeing you
at the Community Centre at 5353 Portage Ave!
For more details or to reserve your spot contact the office at
204.889.2132 ext. 3 or seniors@rmofheadingley.ca.

LUNCH & LEARN

Wednesday, Sept 14 1:00 pm	How to Read Nutrition Labels <i>Presenter: Kerby Sylvester, Southern Health</i>
Wednesday, Oct 5 1:00 pm	Estate Planning <i>Presenter: Desiree Katz (MLT Aikins)</i>
Wednesday, Nov 9 1:00 pm	Heart Health <i>Presenter: Kerby Sylvester, Southern Health</i>



Headingley Healthy Child

Headingley Stay & Play (Ages 0- 5)

Instructor: Kirsten Petz Fraser

Stay & Play is a drop-in playgroup that provides a wide variety of toys and games for children to explore with plenty of space for energetic play time. It's a fun environment for children to develop physical, social and emotional skills, while offering parents/caregivers an opportunity to connect and network with one another. Please register to be kept updated with cancellations or other program changes.

Location	Day(s)	Time	Fee
Headingley Community Centre	8 Mondays, September 26 - November 21 (No class Oct 10)	9:30 am - 11:30 am	Free!

Growing Up Green Headingley

Instructor: Kirsten Petz Fraser

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

Location	Day(s)	Time	Fee
Phoenix Community Centre / Parking Lot - Outdoors	6 Thursdays, September 29 - November 3	10:00 am - 11:00 am	Free!

*subject to change due to construction

The Headingley Historical Society

Join us today, everyone welcome!



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

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

For more information contact Stephen Britton at 204.558.3333 or email sbritton12@gmail.com

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

CITY REACH, *Country Ease*



Assiniboine River view



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

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

RIVER FRONT LOTS AVAILABLE

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

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



**TAYLOR
FARM**

IN HEADINGLEY
MANITOBA

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



Headingley

Headingley Community Facilities

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

Erin Warsaba,
Facility Administrator
204.889.3132 ext. 1
ewarsaba@rmofheadingley.ca
www.rmofheadingley.ca
Facility Reservations:
reservations@mhrd.ca

Headingley Library
49 Alboro Street
R4J 1A3

204.888.5410
hml@mymts.net
www.headingleylibrary.ca

Phoenix School
111 Alboro St
R4J 1A3

Principal - Mr. P Betz
204.889.5053
phoenix@sjasd.ca
www.sjasd.ca/school/phoenix/
Contact/Pages/default.aspx



Bright Beginnings
Educare inc.

www.brightbeginningseducare.com
Waitlist: <https://brightbeginnings.fastoche.ca/waitlist>
Phone 204.895.1147 | brightbeginnings@mymts.net
Infant, Preschool & School age programs (Ages 3 months - 12 years)



**St. Charles-Headingley
United Church**


Sunday Services
in-person and live streamed
at 10:30 am Sunday Morning.

All are welcome.

Minister - Rev. Cathy Maxwell


110 Bridge Road www.stcharlesheadingley.ca 204.885.6021

Please consult our website or contact us:
Margaret Mills at 204.888.0771 or
Darlene Borowski 204.255.1123
We continue to accept donations of non-perishable food and
bag lunch supplies for St Matthew Maryland
Community Ministry.



**HEADINGLEY
RURAL CRIME
WATCH**

For info
contact Marian at
marian.ctrwg52@gmail.com



Cardio-Strength Fusion



Instructor: Andrew Schindle

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

Location	Day(s)	Time	Fee
Headingley Community Centre	11 Mondays & 10 Wednesdays, September 26 - December 12 (No class Oct 10 & 26)	11:15 am - 12:15 pm	2x/week: \$231.00 Mondays: \$121.00 Wednesdays: \$110.00

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! Great for all ages. *Please wear comfortable clothing and footwear.*

Location	Day(s)	Time	Fee
Headingley Community Centre	11 Mondays & 10 Wednesdays, September 26 - December 12 (No class Oct 10 & 26)	10:00 am - 11:00 am	2x/week: \$231.00 Mondays: \$121.00 Wednesdays: \$110.00

INSTRUCTOR BIO - FITNESS

Andrew Schindle

INSTRUCTOR

- FUNCTIONAL FITNESS (LA SALLE)
- FIT & FLEX / CARDIO-STRENGTH FUSION (HEADINGLEY)



Andrew is a former personal trainer and running clinic instructor with eight years of experience in the fitness industry. He has a degree in Kinesiology from University of Winnipeg and his Active Older Adult certification through the Manitoba Fitness Council.

He serves on the Manitoba Fitness Council Board of directors and is a Program Facilitator for a government funded program that certifies older adults as group exercise instructors. He has a passion for working with older adults and teaching them exercises that will reduce their chances of injury in everyday life.

INSTRUCTOR BIO - FITNESS

Lorraine Marek

INSTRUCTOR

- GENTLE YOGA (HEADINGLEY)



Lorraine has been teaching fitness since 1992 and yoga to older adults since 2003. After attending a Fusion Fitness training session she was hooked on the mind/body approach to fitness. Since then she has furthered her education in yoga for older adults and got her certification for Fit Flow Yoga and Yin Yoga in 2016.

Lorraine is inspired to help people find more strength, confidence and flexibility through yoga! "I've seen firsthand how yoga can improve muscle tone, strength, balance, flexibility, core strength, improve breathing techniques, posture and alignment while enhancing self-awareness, concentration, and mental awareness."

Gentle Yoga with Lorraine



Instructor: Lorraine Marek

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

Location	Day(s)	Time	Fee
Headingley Community Centre	8 Tuesdays, September 27 - November 22 (No class Oct 25)	10:00 am - 11:00 am	\$96.00

Happy Feet Run Club

Faciliators: Wendy Le Breton

If you've ever tried running alone, you know it can be difficult to get the motivation to put those sneakers on. This program is for anyone who wants to kick off their running journey, return to running, or is looking for the social benefits of running in a group! This group will work on running 3KM-5KM once per week. This program is for folks who have some running experience. Lace up your sneakers, connect with your neighbours and explore new routes in Headingley!

Location	Day(s)	Time	Fee
Phoenix Community Centre Parking Lot	8 Thursdays, September 15 - November 3	6:30 pm - 7:30 pm	Free!
*subject to change due to construction			

Yoga with Karyn



Instructor: Karyn Astleford

Come as you are! Slow down and soften to soothe and nurture awareness of the mind, body + spirit. You'll be guided through long held passive poses to soften connective tissues, creating space in the hips, spine and pelvis. This practice is meditative, rejuvenating and restorative. An opportunity to melt away the stress, anxiety and tension that we carry physically, emotionally, mentally and energetically. A great practice if you suffer from symptoms of arthritis or carry a lot of tension and stiffness in your body. Class is beginner & prenatal friendly. *You will need a yoga mat, 2 blocks, 1 strap or belt, and blanket to support and enhance our practice.*

Location	Day(s)	Time	Fee
Phoenix Community Centre	10 Thursdays, September 29 - December 1	7:30 pm - 8:30 pm	\$120.00

Gentle Flow Yoga with LeAnne



Instructor: LeAnne Humphreys

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. *You will need a yoga mat. You are encouraged to bring 2 yoga blocks and a strap to class if you have.*

Location	Day(s)	Time	Fee
Headingley Community Centre	10 Thursdays, September 29 - December 1	10:00 am - 11:00 am	\$120.00

INSTRUCTOR BIO - YOGA

LeAnne Humphreys

INSTRUCTOR

• GENTLE FLOW YOGA (HEADINGLEY)



LeAnne has been studying mindfulness for over 15 years. After receiving her Yoga certification she has been incorporating mindfulness and meditation into her yoga classes. She has also developed a number of workshops and groups sessions; both guiding meditation and introducing tools and techniques of mindfulness.

"Both Yoga and meditation has helped me see life differently. I am able to slow down, de-stress and really appreciate the people and experiences life has to offer. I am honoured that I have the opportunity to share with others how wonderful life can be! Namaste"



Full Body with Rach



Instructor: Rachel Decorby

Whether you're a beginner, or a more advanced fitness enthusiast looking to push yourself to the next level, this FULL BODY circuit style class will focus on low body, upper body, cardio, and core. Individual attention from the instructor ensures everyone is encouraged to strive towards their personal goals. *You will need a yoga mat and sweat towel!*

Location	Day(s)	Time	Fee
Headingley Community Centre	10 Tuesdays, September 27 - December 6 (No class Oct 25)	6:30 pm - 7:30 pm	\$110

Parent & Baby Fitness Class!

Instructor: Rachel Decorby

Parents! Come and get your exercise in while including your little one! Get a full-body work with baby by your side or strapped on to you. This environment will allow you to tend to your child, meet new parents and enjoy the benefits of exercising in a group format. Babies should not be older than 12 months. Strollers can be brought into the hall. *Please bring a yoga mat, and sweat towel!*

Location	Day(s)	Time	Fee
Headingley Community Centre	10 Tuesdays, September 27 - December 6 (No class Oct 25)	2:00 pm - 3:00 pm	\$110

INSTRUCTOR BIO - FITNESS

Rachel Decorby

INSTRUCTOR

- FULL BODY WITH RACH (HEADINGLEY)
- PARENT AND BABY FITNESS CLASS! (HEADINGLEY)



"I am passionate about helping women feel comfortable and confident in their own skin. As a Certified Personal Trainer and Healthy Eating & Weight loss Coach, I have worked with 100s of women in many different facets to help them achieve their fitness and health goals.

MY mission is to help women LOVE their BODIES by teaching them to take CARE of their BODIES. I focus on helping women take ACTION and create positive habits that bring about real change! Healthy habits are powerful and when we take care of the one body we have to live in, it rewards us with a happy space to live, physically, mentally and emotionally."



Ukulele Jams!

Instructor: Lorelei Goldau

Come join us for 1 or all Ukulele Jam sessions this Fall, and enjoy making music with others. All levels are welcome! We will play songs from the Ukulele Club of Winnipeg songbook. For those that don't have the book, you can buy one at the jam for \$25.00. The group can be found in the MHRD office boardroom. Participants must bring their own Ukulele. *You must bring your own ukulele.*

Location	Day(s)	Time	Fee
MHRD Office: 179 Seekings Street	Tuesdays, September 6 - December 20	6:30 pm - 8:30 pm	Free!

Rise Up (Ages 11 - 14)

Facilitator: Brynn Sparks

This Fall, Rise Up facilitator will provide fun and engaging activity kits and interactive workshops that nurture self-compassion, create media awareness, and builds essential communication skills! 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.

Topics that may be covered in this workshop include Gender and Diversity, Consent, Discrimination and Oppression, Media Awareness and Self-Compassion. Each session will have 30 minutes of discussion and light games that focus on mental health awareness, followed by 30 minutes of physical activity (movement in a variety of ways). **Registration is required to attend this free program.**

Location	Day(s)	Time	Fee
Headingley Community Centre	5 Thursdays, October 20 - November 24 (no class Nov 10)	6:30 pm - 7:30 pm	Free!

Forest School Day Camp - Headingley (In-Service Day, October 21)

Instructor: Kirsten Petz Fraser

Providing In-Service Day Camp for children in grades K to 6. This Forest School Day will be filled with adventure! Activities will be play based and child led. The day will be filled with nature exploration, creativity, cooperation, imagination and appreciation of the land. The fun will be encouraged and supported by forest school practitioner, Kirsten.

Participants must bring a lunch, snacks, and water bottle. Come prepared with warm clothing, winter gear, and an extra pair of socks and mitts (the entire day will be spent outdoors!).

- Drop Off: 8:45AM- 9:00 AM
- Pick Up: 4:00 - 4:15 PM
- Early Drop Off: 8:00 AM - 9:00 AM (Additional \$5.00 Fee)
- Late Pick Up: 4:15 PM - 5:00 PM (Additional \$5.00 Fee)

Location	Day(s)	Time	Fee
Macdonald-Headingley Recreation District Office: Outdoors	Friday, October 21	9:00 am - 4:00 pm	\$30.00
*subject to change due to construction			

Babysitter's Training (Ages 12+)



Instructor: Kelly Winker

Each day, thousands of children are cared for by a babysitter. This course will cover the basics about child-care, first-aid and safety in the home. This Babysitter's Training course is aimed at youth 12 years and older to prepare them for the important job of babysitting. *Students must be 12 years old by December 31, 2022.*

Location	Day(s)	Time	Fee
Headingley Community Centre	Saturday, November 19	9:00 am - 3:30 pm	\$60.00



PICKLEBALL - HEADINGLEY



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 to receive program updates as they arise!

Headingley Community Centre
Sundays & Thursdays, 1:30 pm - 4:30 pm
Mondays & Wednesdays, 6:30 pm - 9:00 pm

Drop-in: \$2.50, Monthly: \$10.00

Equipment available for beginners to try!

To Register Contact:

Brodie Blair: brodiecblair@gmail.com

Sarah Fetterly: sfetterly@shaw.ca



HEADINGLEY LIBRARY



Join the library and read for free!

- *Latest children's and adult bestsellers at your fingertips
- *Children's and Adult Programming
- *Free wifi
- *E-books
- *DVDs and more!

Don't live in Headingley? No problem!
Non-Resident Memberships are only \$55 per year for
the whole family and most municipalities reimburse all
or a portion of this amount.

www.headingleylibrary.ca

for more information or follow us on social media for up to
the minute news, contests and more!

204-888-5410 - hml@headingleylibrary.ca



Headingley Library

Fall Storytime

Baby Storytime (0 - 12 months)

Tuesdays at 10:30AM
starting September 20th

Toddler Storytime (13 months - 2 years)

Wednesdays at 10:30AM
starting September 21st

Preschool Storytime (3 - 5 years)

Mondays and Thursdays at 10:30AM
starting September 19th

Please email us at
hml@headingleylibrary.ca or call Kathie at
204-888-5410 to register

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**Myrna
DRIEDGER**
MLA for Roblin



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



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

Hours of Operation:

Re-Opening June 2023. Visit website for more details.

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

Website - www.jimsvintagegarages.ca

Facebook - Jim's Vintage Garages

Rob Nowosad, Chairman, robnosad@shaw.ca



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.

Contact us for our 2022 Annual Report
mid October.

**To give, go to
headingleyfoundation.ca**



Giving for Good.

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

204-889-3132 Ext. 2



hcfinfo@headingleyfoundation.ca



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.

Upcoming Events:

September 9 – Family Movie Night

October 15 – Halloween Howl

November 18 – Family Movie Night

December 2 – Family Movie Night

Don't miss out on our events and programming!

Join the PRA mailing list here:

<http://bit.ly/HeadingleyEvents>

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

Due to everchanging circumstances, the most up to date information regarding Registration, upcoming Family Fun Nights, Phoenix Winter Carnival, organized sports, and more can be found on the website www.phoenixrec.org

Stay Connected!



- Follow @HeadingleyCommunityEvents on Instagram



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

Our Programs Include:

Hockey, Sportball, Baseball, Softball, 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!



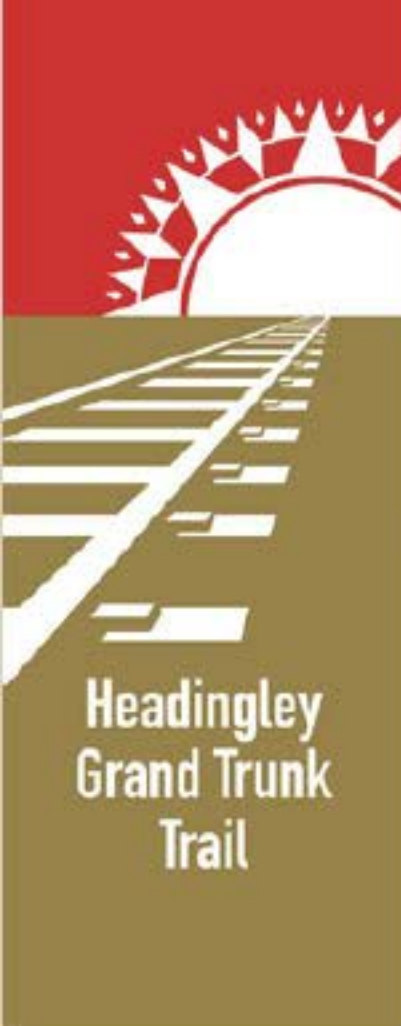
Sportball

Fall Session Sign up is Open!
www.PhoenixRec.org

Sunday Mornings @ Headingley Comm Ctr

2 age groups: 2 - 3.5 yrs & 3.5 - 5 yrs

September 18—November 27



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 bluebird box adoption program is now accepting interested nature lovers to join us. Email us for more info.



Tall Grass Prairie

The restoration of the Alboro prairie continues. We are hoping to have Prairie tours again this year. Watch our Facebook and Instagram pages for more info.



New Nature Trail

Our new nature trail will see the addition of a boardwalk and a nature playground this summer. We are looking for donations of boulders and logs. For more info, Email dianajuchnowski@gmail.com.



Geocaches

Geocaching has become an increasingly popular worldwide adventure activity.

New to the trail is the Geocaching Adventure Lab. Download the Adventure Lab app to check it out.



Perimeter Crossing

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



Contact us at:

headingleygrandtrunktrail@gmail.com

Or visit us on Facebook:

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





Would you like to advertise in this Program and Community Resource Guide?
Contact Macdonald - Headingley Recreation District
for advertising opportunities in 2023!



Macdonald-Headingley
RECREATION DISTRICT

Macdonald - Headingley Recreation District
179 Seekings Street
Headingley, Manitoba
R4J 1B1
Ph: 204.885.2444
Email: info@mhrd.ca
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