



Fall 2018

Program & Community Resource Guide

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



Macdonald-Headingley
RECREATION DISTRICT



LIFE BEYOND THE LIMITS



Leave the rush of the city behind,
while all of life's more urban pursuits
are just a stone's throw away.



*Show Homes open
year round. For hours
and information,
please visit our website.*

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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Macdonald-Headingley

R E C R E A T I O N D I S T R I C T

81 Alboro Street

Headingley, Manitoba R4J 1A3

Phone: 204.885.2444

Fax: 204.889.2211

Email: info@mhrd.ca

Recreation Director - Susanne Moore

Program Director - Karen Lough

Office & Communications

Coordinator - Kelsey Henderson

Accounting - Vona Guiler

SHARE YOUR SKILL

Macdonald-Headingley Recreation District is looking for individuals to share knowledge or special talents. If you are proficient in a talent or skill give us a call. Prior teaching experience is preferred but not required. The class outline, facility requirements and age groups are negotiated with each instructor. You propose the class you wish to teach and we provide the necessary support. Classes may be a one time workshop or a series; they can also be offered in more than one community.

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Advertise With Us!

The Macdonald-Headingley Recreation Guide is produced three times per year - Fall, Winter and Spring/Summer. It provides various advertising and promotional opportunities for not-for-profit groups and commercial businesses. Copies of the Community Resource Guide are distributed throughout the Macdonald-Headingley area reaching over 5,500 households and businesses. If you would like to advertise or submit information on recreation and community-related events, please contact 204.885.2444 or email info@mhrd.ca.

Winter Deadline: November 1st, 2018

Registration

3 WAYS TO *Register*

Go Online



www.mhrd.ca

By Phone



204.885.2444

In Person




81 Alboro Street
Headingley

How to *Register* Online


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

General Information

- All programs and schedules are subject to change in dates, location and instructors.
- Pre-registration is required for all programs.
- Participants registering in a fitness program are also required to complete a PAR Q.
- It is the participant's responsibility to inform MHRD staff and program instructor of any medical problems that may be a limiting factor to participation in a program.
- Please note that if you register online or sign up for our newsletter using a Hotmail or Outlook account you may not receive confirmations or notifications via email unless you add info@mhrd.ca to your 'Safe Senders' list. If you are having difficulties or are not receiving our emails please give us a call at 204-885-2444.

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

Student Rates

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

Trial Class

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

Give us your best smile!

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

Late Registrations & Waiting Lists

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

Fee Assistance

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

Method of Payment

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

E-Transfers

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

Receipts

Receipts will be issued upon request.

Non Resident Registrations

All fees within this guide are listed at a resident fee rate. Residents are people residing within the corporate limits of the Macdonald-Headingley Recreation District (R.M. of Macdonald and R.M. of Headingley). Non residents will be required to pay an additional 20% per program registration fee. Exceptions will be given to individuals and families residing within the designated “Starbuck Recreation Area” as defined through joint agreement by the R.M. of Macdonald and the R.M. of Cartier. Individuals who own land or a business within the District will be exempt from the “out of district” fee.

Registration Refunds

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

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

Free Classes

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

Program Cancellations:

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

Rescheduled Programs/Inclement Weather

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

Withdrawals

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

Program Transfers

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

Commitment to Inclusion

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

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



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.







Shannon Martin MLA

shannonmartin.ca (204) 736-3610
info@shannonmartin.ca  

Proudly Serving the Morris Constituency

MACDONALD VOLUNTEER SERVICE AWARDS

The RM of Macdonald and the Macdonald Public Recreation Commission wish to congratulate the 2018 winners of the Macdonald Volunteer Service Awards. These awards are given in recognition of the outstanding achievements of our community volunteers and the contributions they make to their community and the municipality.



Left to right:

Paul Pfrimmer (Councillor), Kate Kabernick, Kerry Baldwin, Lauren Kabernick, Christine Kabernick, Carson Kabernick, Julia Kabernick, Doug Erb, Mackenzie Kabernick, Chris Lippens, Stacey Enns, Enrica Herfurth, Kathryn Bartmanovich, Shannon Martin (MLA), and Brad Erb (Reeve)

The Macdonald Volunteer Service Awards were introduced in 2006 at the 125th Anniversary of the RM of Macdonald. Several awards are presented annually by the Macdonald Public Recreation Commission at a special event honouring the recipients. Since its inception, 85 residents have been recognized for efforts and dedication to their communities.

**Complete program guidelines are available from the
Macdonald-Headingley Recreation
office at 204.885.2444.**



Congratulations
to Starbuck Recreation on
winning the Canadian Parks
and Recreation Award of
Merit at the Recreation
Connections Manitoba
conference recognizing the
success of the ice plant
replacement project!

Macdonald Healthy Child

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



Areas of focus include:

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

Chairperson - Elise Johnson *Sanford* 204.736.3917
 Coordinator - Brandi Noble 204.736.4141
 Morgan Secord *La Salle* 204.736.2117
 Kaylee Goerzen *Starbuck* 204.330.6463
 Sheena Beattie *J.A. Cuddy Child Care* 204.736.3289
 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 *La Salle Public Health Unit*
 204.736.5030
 Susanne Moore *MHRD* 204.885.2444

Healthy Child Coalition
Central Region



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

Starbuck Play Group (Ages 0 - 5)

Facilitator: Melanie Mosset 204.735.3017

Children enjoy group activities, playing with toys, making crafts and sharing snack time. This provides children with an opportunity to have some fun while being physically active and learning valuable social skills. Parents or caregivers must attend and supervise the children while also having an opportunity to meet and chat.

Location	Day(s)	Time	Fee	Registration Deadline
Starbuck Hall	Wednesdays, September 12 - May 15	9:30 am - 11:30 am	Free!	Drop in

Sanford Stay 'n Play (Ages 0 - 5)

Facilitator: Brandi Noble 204.736.4141

If you are a parent with little ones and you are feeling ready to get out of the house, you'll be thrilled to hear about Sanford's Stay 'n Play! Stay 'n Play is designed to give parents a break from their normal routine, to become comfortable within their community and to allow children to socialize in a stimulating environment! There are a variety of toys for toddlers and babies and the coffee will be on!

Location	Day(s)	Time	Fee	Registration Deadline
Sanford United Church	Mondays, September 17 - May 13	10:00 am - 11:30 am	Free!	Drop in

La Salle Stay 'n Play (Ages 0 - 5)

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

Location	Day(s)	Time	Fee	Registration Deadline
LSCU Complex	Wednesdays, September 19 - May 15	9:30 am - 11:00 am	\$2.00	Drop in

Toddler Shenanigans (2 - 4 Years)

Facilitator: Brandi Noble

Children are pre-programmed to explore the world around them. Toddler Shenanigans provides little ones with the chance to explore and experience the world through messy play. Messy play allows children to use and develop their 5 senses, and to further develop their natural inquiry skills. There are no rules and guidelines, and no end result is required, allowing more freedom to explore. It is also a great opportunity for care givers to spend some quality time with their children in an open-ended manner.

Location	Day(s)	Time	Fee	Registration Deadline
Sanford United Church	6 Wednesdays, September 19 - October 24	10:00 am - 11:00 am	Free!	Wednesday, September 12

Shake, Rattle & Roll (2 - 5 Years)

A program for parents and children that encourages early movement and coordination using simple songs, large and small apparatus, and hand-held equipment. Parents and children must bring clean indoor shoes. *Parental participation required.*

Location	Day(s)	Time	Fee	Registration Deadline
Starbuck Hall	8 Fridays, October 26 - December 14	10:00 am - 11:00 am	Free!	Friday, October 19
Domain Hall (To be confirmed)	6 Wednesdays, October 24 - December 5 (No class October 31)	6:30 pm - 7:30 pm	Free!	Wednesday, October 17

Facilitator: Kirsten Petz Fraser

Facilitator: Shauna Hewitt

Music & Me (Ages 2 - 4)

Facilitator: Charlene Kubin

Is your child a natural explorer who curiously wants to fly like a bird, gallop like a horse, blast off like a rocket or row, row, row in a boat? This 6-week program will introduce participants to basic movement skills through songs, stories and imaginative play. We will explore the different ways in which animals move and people travel. This program promotes self-esteem, strengthens balance and coordination, and builds on a preschooler's natural energy and desire to be in motion. Come run, jump, skip, hop, sway, twist, and more! *Parental participation required.*

Location	Day(s)	Time	Fee	Registration Deadline
LSCU Complex - MPR	8 Thursday, September 20 - November 8	10:15 am - 11:15 am	Free!	Thursday, September 13

KIDSPORT



WHAT IS KIDSPORT?

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

KIDSPORT FUNDING

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

KIDSPORT EQUIPMENT

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

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

DEADLINE TO SUBMIT APPLICATION

The application deadline is the 15th of each month.

Exercising in
nature can bring
improvements to your
mental well-being and
self-esteem.



PARTICIPATION



CANADA

Learn To Do By Doing

4-H & Guides

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

4-H helps develop well-rounded, responsible and independent youth. For information visit www.4h.mb.ca.

Location	Contact Info	Events
La Salle 4-H Club	Julie Ann Purcha 4hlasalle@mts.net 204.736.4389 www.4h.mb.ca	La Salle 4-H Club registration Monday September 10, 2018 at the La Salle Community Fellowship 7:00 pm - 8:00 pm.
Starbuck Combined 4-H Club	Sharon Masse sgmasse@gmail.com 204.735.2809	Registration for 2018-19 Club year will be held September 12, 2018 in the Starbuck Community Hall from 7:00 pm - 8:00 pm. For further information contact Sharon Masse.
Headingley 4-H Club Equine Projects	Estelle Bahuaud headingley4h@gmail.com 204.889.9561 Rachael VanWyk rachaelvw123@gmail.com 204.292.5183	Fall 2018 Registrations: Sept 18, 2018 at the Headingley United Church, 7:00 pm - 8:30 pm, sample project books will be on display for viewing. Equine projects are available. Check the RM of Headingley website for information regarding our events www.rmofheadingley.ca



Girl Guides
of Canada
Guides
du Canada

Leaders Wanted!

La Salle Meeting - Tuesdays

La Salle School

6:00 p.m. - 7:45 p.m.

September - April

Sparks for girls 5-6 years old.

Brownies for girls 7-8 years old.

Guides for girls 9-11 years old.

Pathfinders for girls 12-14 years old.

Rangers for girls 15-17 years old.

For more info & to pre-register



www.girlguides.ca/web/mb

Girl Guides

Everything she wants to be.



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

That's Girl Guides of Canada.

When you sign your daughter up for Girl Guides, you are giving
her the opportunity to discover herself – and so much more.

She'll explore, create, learn – and shine.

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

girlguides.ca/jointoday

1-800-565-8111

Help kids develop
physical literacy
and they will be
Active for Life.

ACTIVE FOR LIFE

activeforlife.com

cut along edge of game

How to fold



Cut the game
out and place
face down.



Insert fingers



Fold all corners
to the centre.



Start playing!



You now have
a square.



Turn the square
over.



Fold corners to the
centre to make a
small square.



Like this.

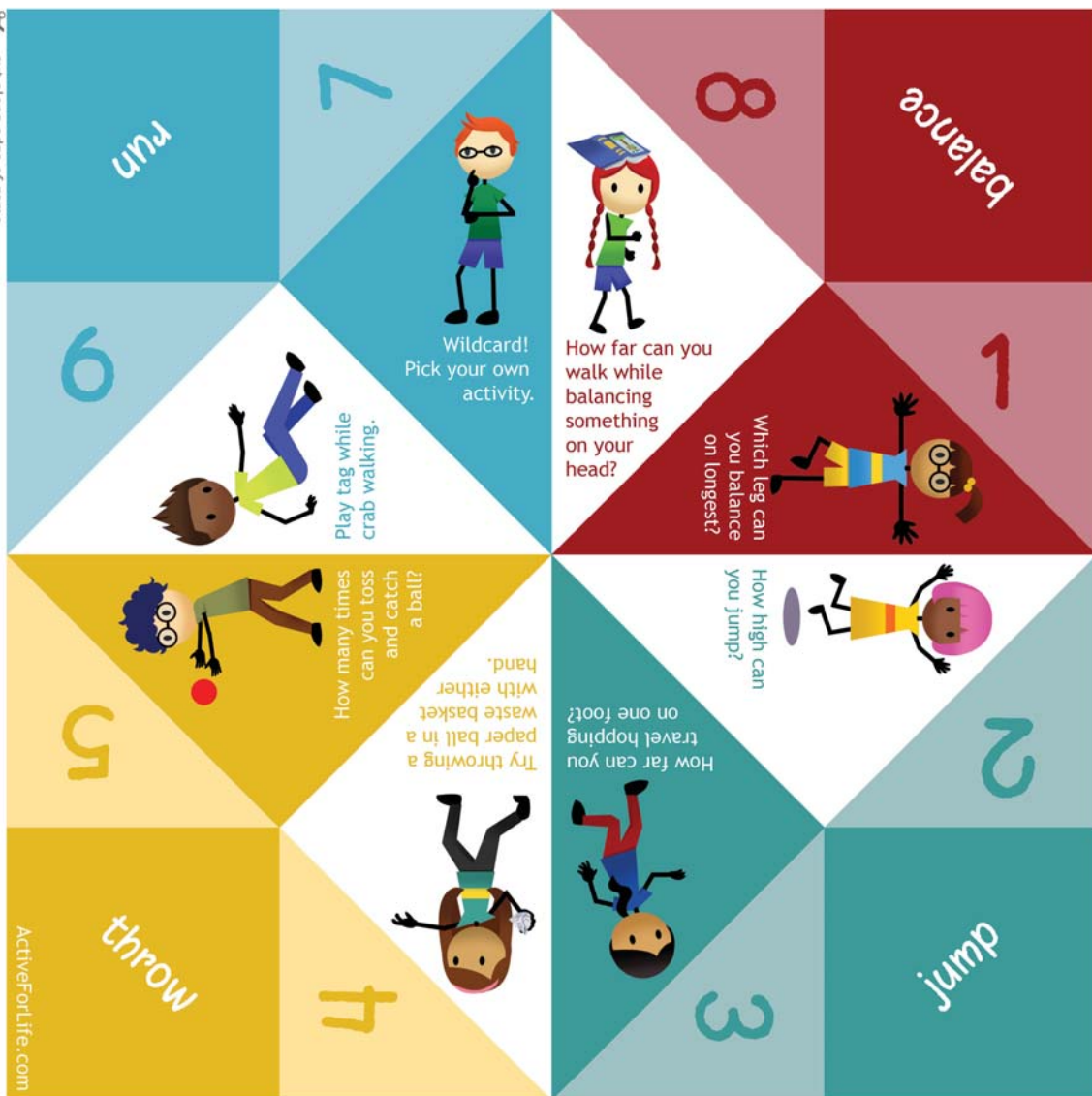


Crease the paper
lengthwise and
then widthwise.

How to play

Take our active challenge
tip: Go head to head with a friend for even more fun.

ACTIVE FOR LIFE





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
- Victoria Lifeline
- Accessing information
- Emergency Response Information Kits (ERIK)

GEMS (Greet Eat Meet for Seniors)

Everyone benefits from staying active, being intellectually stimulated and socially connected. GEMS is a lunch and social program for seniors living in the R.M. of Macdonald and surrounding areas. Sign up to receive notice on menus by email or on our website & Facebook Page. Monthly menu posted.

Wednesdays - Starbuck Hall

Thursdays - Sanford Legion

Begins at noon and is only \$8.00

Register with Leanne on the Monday prior to the program.

Frozen Meal Delivery

Enjoy healthy, hearty meals prepared by Food for Thought. Meals are delivered to homes at a cost of \$8 per meal. Check website or call Leanne for a complete listing of meal options.

Stay Connected!

Join our mailing list!

Stay informed about upcoming events. Email mssi@mymts.net to be added to our mailing list!

Social Media



Facebook

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

The time for Philips Lifeline is **before** you need help.

Information and Set up available through Leanne.

This year 1.4 million people, 65 and older will fall. If you or a loved one experience a medical emergency, time is of the essence. That's where Victoria Lifeline can help, connecting you to the right help for the situation, **24 hours a day, 365 days a year** at the push of a button.

LUNCH & LEARN

Register with Leanne on the Monday prior to the program.

Thursday, October 11
1:00 pm - Sanford Legion

Feet First

Presenter: Andrew Schindle

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

Wednesday, November 14
1:00 pm - Starbuck Hall

Mapping Abandoned Canada

Presenter: Dr. Gordon Goldsborough

Join us to learn about an 8-year project by the Manitoba Historical Society to map the locations of nearly 7000 historic sites around the province, including several now abandoned, and what they reveal about how the province has changed over the past century or more!

Thursday, November 15
1:00 pm - Sanford Legion

Tips to Understand Food Labels



Presenter: Carly Gabler R.D., PHEC - Chronic Disease Dietitian - Southern RHA

Reading nutrition labels can be confusing! But learning how to read and understand the label can help you make healthier choices - join us to learn tips and tricks to decoding all of that information!

SAVE THE DATE!

Christmas Luncheon

Friday, December 7th

Oak Bluff Hall

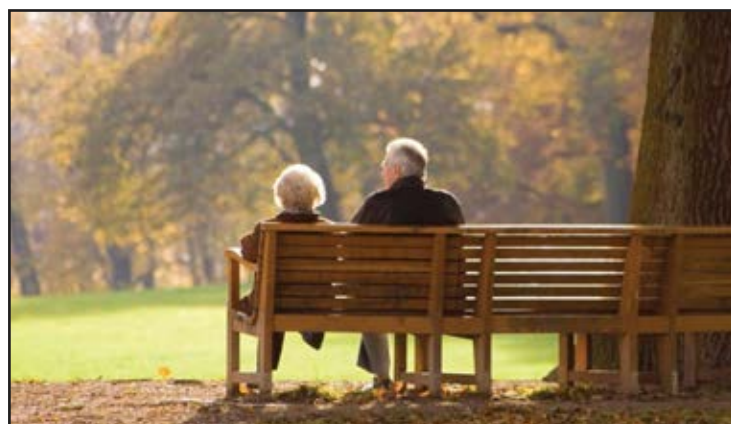
12:00 - 2:00 pm

Tickets and more information available in October!

Foot Care Clinics

Foot care clinics are held every 8 weeks in Sanford, Starbuck and La Salle.

Please contact Leanne to schedule an appointment in advance.



Exercises at Riverdale **FREE**

Instructor: Liza Rasmussen

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

Location	Day(s)	Time	Fee	Registration Deadline
Riverdale Apartments	Tuesdays, Beginning September 11	10:00 am - 11:00 am	Free!	Drop in

Macdonald Services to Seniors Events and Activities

Monday

La Salle Cards Afternoon

Location: La Salle 50+ Manor

12:45 pm, Bring some quarters to play

Tuesday

Oak Bluff Shuffleboard

Location: Oak Bluff Recreation Centre

1:00 pm, Refreshments provided

Starbuck Senior Exercise

Location: Riverdale Apartments

10:00 am

Wednesday

Starbuck Floor Shuffle & Games Afternoon **Location:**

Starbuck Hall

1:00 pm, \$2.00/person

Includes afternoon of fun, conversation and refreshments.

Sanford Afternoon Out

Location: Mandan Manor

Every 2nd and 4th Wednesday of the month, 1:30 pm

\$1.00/person, refreshments provided



Celebrations Dinner Theatre

Matinee

Tuesday, September 11, 2018

\$40.00 per person



-includes lunch, dessert, coffee, tea, or pop and a ticket to the show

Join us for a celebration of the wonderful music of ABBA, and other classic bands of the era, as we tell another tale of love lost, love found and love rediscovered. Let's take a step back to the crazy 70's when our characters first met and see how lifelong friendships began.

Call Leanne at **204-735-3052** to book your seat by August 17.

Seating is limited, don't delay! The first 31 to book and pay are guaranteed a spot!



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compassion while maintaining our
competitive pricing!**

We see cats, dogs, horses, cows, goats and much more!



Oak Bluff, MB

204-275-2038

CentralVet.ca



Jets Hockey Development offers a wide range of professional hockey development programs for players of all ages and skill levels both on and off the ice.



2018/19 FALL & WINTER PROGRAMS

Learn to Skate

- Fall and Winter Sessions (Ages 3+)

Position Specific Programs

- Forwards & Defenceman

Ice Lab Goaltending Instruction

- Private Sessions

The Hockey Academy

- Before and After School Program
Nov-Feb (Ages 8-12)

Small Group & Private Ice Sessions

Adult Hockey Program

- Fall and Winter Sessions

Focus Fitness In Season Training

- Custom Training Program

Focus Fitness

Adult Strength & Conditioning

- Daily Boot Camps

Let our professional coaching team help you **ELEVATE YOUR GAME!**



Larry Bumstead



Dean Court



Dave Cameron



Lee Stubbs



Andy Kollar

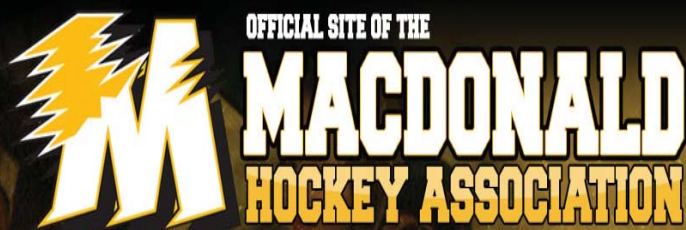


AJ Zeglen

For more information on our programs or to register please visit BellMTSIceplex.ca or contact us at JHD@tnse.com

BellMTS Iceplex

Macdonald Sports



Community

Contact

President	Mike McAulay 204.736.2190 mmcaulay5@hotmail.com
Vice - President	Blake Vasko 204.294.6608 blakevasko@gmail.com
La Salle / Domain	Melissa Jones 204.781.9009 meljay916@gmail.com
Sanford / Brunkild	Johnny Bestland 204.792.2274 jbest@mymts.net
Oak Bluff	Carrie Wilson 204.887.5950 hockey@obrc.ca
Starbuck	Vona Guiler 204.299.5218 vona.guiler@icloud.com
Female Hockey Representative	Nicky Louttit 204.470.9343 nickylouttit@gmail.com

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

2018-2019 Evaluations will be held from September 17th – September 30th.

Online registration occurred in June. Late fees will now apply. New residents to the community may apply to have late fees waived.

To access the Hockey Canada Registration website visit www.macdonaldhockey.ca

Contact your community representative directly for more information.

Contact your community representative directly if you have any questions.

www.macdonaldhockey.ca

LaSalleLakers



Basketball
Members of Winnipeg Minor
Basketball Association.
Open to all of Macdonald

Two seasons to register for:
Spring/Summer (April to June)
Fall/Winter (October to March)
For more info: Kyle Fisher, Convenor
lasallebasketball@hotmail.com



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



MACDONALD RINGETTE



Early Registration closed July 8th, but registration is still available throughout the summer! Late registration fees are waived for all

players who did not play ringette last season!

Questions concerning registration, programs, coaching, or anything else involving ringette can be directed to your area rep listed below.

Community Representative	Contact
Cam Bourre La Salle Rep	lasalle.macringette@gmail.com
Glenn Houser Oak Bluff/Starbuck Rep	oakbluff.macringette@gmail.com
Tami Trylinski Sanford/Brunkild Rep	sanford.macringette@gmail.com

Wildfire Conditioning Camp – Prepares U10 through U14 players for pre-season evaluations and tryouts. Players will work with certified Manitoba Ringette instructors. These instructors will run skating drills, on ice circuits with focus on shooting and passing skills. Visit our website to register!

Wildfire Power Skating – Power skating lessons will be available in the fall and winter sessions at Oak Bluff Arena. We will be offering beginner, intermediate and advance levels. Visit our website to register.

For information about:

- The Macdonald Ringette program for 2018/19
- Power skating
- Preconditioning camps
- Come Try Ringette

Visit our website at
macdonaldringette.ca

Ringette 4 U



If you're ages 3-7 come Join the Ringette 4 U Program where you learn to skate, build lifelong friendships, and have a lot of fun!



Full Season
Registration
only \$375

Current players who refer first time players to join R4U receive a \$50 registration discount



To learn more visit the Ringette 4 U website and www.macdonaldringette.ca to register today!



The Ringette 4U program is designed to give every child equal opportunity to learn and develop skating skills, have fun on a team, and learn the basics of ringette. By allowing every child to grow and succeed at their own pace, we aim to create a solid foundation of skills. Players of all skill levels will be able to build on this foundation as they move along in ringette and life.

Is your family new to ringette? Join us at a Come Try Ringette event in September. No equipment necessary, just a pair of skates and helmet. Our Ringette 4U program is focused on helping kids learn to skate and having fun as a team! Come check it out!

R4U Full Season
Registration only \$375



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Brunkild

Brunkild Community Facilities

Brunkild Memorial
Recreation Centre
10 Prov. Rd 305
ROG OEO



Ronda Karlowsky, President
ronda.lynn.k@gmail.com

Margret Boekhorst
Hall Bookings & Catering
204.736.3838

Stay Connected with Brunkild's news, events or advertisements, please contact Kars Boekhorst at karsboekhorst@hotmail.com or call 204.750.0587 for the monthly Brunkild Scoop!

Brunkild St. Paul's Lutheran Church



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

Everyone Welcome

For more information please call 204.736.4216.



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

Brunkild Fall Supper
October 21, 2018
5pm seating @ the Hall
Tickets sold @ Store
ticket info: Ronda – 204.794.4821

Archery Development Program Available at

Heights Archery
832-4421

TAKE
AIM!

FOR FURTHER
INFORMATION ABOUT THE
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ASSOCIATION OF MANITOBA
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EXEC.DIRECTOR@ABAM.CA

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programs for Youth to Adult

• Province wide Archery In
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Brunkild Winterfest

COME SEE OUR CRAFTERS, BAKERS,
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HOLIDAY SHOPPING NEEDS.

Saturday November 3rd 2018

9:00am - 3:00pm
At the Brunkild Memorial Rec. Center
10 Hwy 305, Brunkild, MB

Lunch will be served on site
For more info call Margret at 204-745-0863
or email at margretboekhorst@hotmail.com

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Thrifty ☎ 204.949.7072
Thrifty ☎ 204.949.7600

Domain

Domain Community Facilities

Domain Arena
Secondary Rt-330
ROG OMO

Kyle Kippen, President
kyle@elmhurstdrywall.ca

Daryle Brigg, Vice President/Ice Rentals
204.736.2161
dcbrigg@mymts.net

Domain School
Box 54
ROG OMO

Janice Dilk, Principal
204.736.4083
domain@rrvdsd.ca

Domain Hall
Box 130
ROG OMO

Scott Manson, President
204.736.2914

Jocelyn Kitchur, Hall Rental
204.612.1983
domainhall@hotmail.com

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- Strong student leadership encouraged
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- Swim and Gym program at U of M
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- Music Program
- Active parent involvement opportunities

For a tour or application, please contact us:

Domain School
Box 58
ROG OMO
Phone: 204-736-4083
Fax: 204-736-4483
mloewen@rrvdsd.ca

DOMAIN SCHOOL



*Achieving Academic Excellence in
a Nurturing Environment*

**QUIZ
NIGHT**

A fun evening full of friendly
competition!

Fundraiser for Domain Hall

**October 20th
Domain Hall**

Contact Ashley 204.736.2977,
for more information and tickets.

Let the games begin!

Sunday Services 9:30 am

Sunday School resumes September 9, for all ages.
Children are upstairs for the first half of the service and
then retire to the basement for their classes.

Chair lift accessible.

Coffee time after morning service.

**Call Marianne @ 791-2462, if you are interested in
singing in our choir 6**

Rev James DeBeer: reverendjdebeer@gmail.com

Contacts: Ron Manness 204.736.4001 or

Cliff Harrison 204.736.2613

Church Office: 204.736.2978

Upcoming Events posted on our website

www.meridian-pastoral-charge.ca



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

Domain Legion #208

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

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

Remembrance Day service

Sunday November 11th at Domain Hall

For more information please contact:

Don Johnson (President) 204-736-4270



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Kids Halloween Dance

October 26th

Keep a look out for updates on ticket prices closer to event.

Domain Hall
Canteen Open
Kids entertainment, Crafts &
Activities, Scavenger hunt!

For more information please contact
Ashley @ 204.736.2977.



Domain Players Present



THE ADDAMS FAMILY DINNER

at the Domain Hall.

Meals provided by King Cole Catering.

Supper shows:

Saturday, January 26, 2019
Friday, February 1, 2019
Saturday, February 2, 2019

Matinee:

Sunday, January 27, 2019

Tickets on sale October 1, 2018.
Call (204) 736 - 2613 or
email cjharrison@gninc.ca



Domain

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

Upcoming Meetings: 10:00 am
Sept. 12 - Ole Farmhouse Cafe Rosenort,
October 10,
November 14,
December 12

We support La Salle 4-H, Domain & La Salle special events. Call Janice Harrison @ 204 736-2613 and check us out!

La Salle

La Salle Community Facilities

LSCU Complex
Corner of Hwy 330 & 247



David Brown, President
204.736.2031
davidbrown@mts.net

Dee Romijn, Facility Manager
204.736.2679
info@lscucomplex.com

www.lscucomplex.com

La Salle School
43 Beaudry Road
ROG 0A1

Robert Bouchard, Principal
204.736.4366
rbouchard@srsd.ca

www.srsd.ca

**LA SALLE
Community
Fellowship**

be a part of the community

People who are learning to love like Jesus by studying the Bible together, worshipping God together and caring for each other and our community.

- Sunday Service @ 10:30 LSCF.ca
- Kid's Church age 2 to Grade 6 @ 10:30 LSCF.ca
- Student Ministry - Grades 7 to 12 lasalleyouth.ca
- Young Adults LSCF.ca/young-adults.html
- La Salle VBS lasallelbs.weebly.com

www.LSCF.ca info@LSCF.ca 204.736.3200

Located on Highway 247 between the Community Centre and Kingswood Golf

Pickleball

Contact: Bernice Valcourt 204.272.5586

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

Location	Day(s)	Time	Fee	Registration Deadline
LSCU Complex	32 Classes, Tuesdays and Thursdays September 4 - December 20	1:00 pm - 3:00 pm	\$2/Drop in \$10/Month	Drop in

Mature Driver Workshop

Instructor: Laura Fabro - Safety Services Manitoba

Manitoba's varying road conditions emphasize the importance of refreshing driving skills as we age. Increase your confidence and driving ability by taking advantage of this opportunity! This workshop will teach you defensive driving techniques, show you how to enhance your driving skills, update your knowledge of traffic laws and road safety rules, and show you how to compensate for any changes that may occur in hearing, vision, flexibility and reaction time. *Driver evaluations provided on request.*

Location	Day(s)	Time	Fee	Registration Deadline
LSCU Complex	Wednesday, October 17	1:00 pm - 4:00 pm	Free!	Wednesday, October 10

Kids in the Kitchen (Ages 7 - 10)

Instructor: Nicole McDonald

Get your kids into the kitchen with these fun and creative classes that make learning about nutrition fun. Little chefs will learn how to prepare simple meals, nutritious snacks and the basics of kitchen safety. *When registering your child for this program please advise of any food allergies or other related medical issues. Priority will be given to first time participants.*

Supported by Southern Health - Healthy Together Now.

Location	Day(s)	Time	Fee	Registration Deadline
LSCU Complex - Kitchen	6 Mondays, September 17 - October 29 (No class October 8)	6:00 pm - 7:30 pm	Free!	Monday, September 10

All in One Fitness

Instructor: Clovis De Sousa Baptista

Whether you're a beginner or a more advanced fitness enthusiast looking to push yourself to a higher level, this is a fun and challenging class incorporating cardio, strength and flexibility. Individual attention from the instructor ensures everyone is encouraged to strive towards their personal goals. *Please bring an exercise mat to class. Payment may be made in installments. Please note- Friday classes are held at La Salle School.*

Location	Day(s)	Time	Fee	Registration Deadline
LSCU Complex - Mondays & Wednesdays	41 classes, Monday, Wednesday & Friday September 5 - December 19	6:00 - 7:00 pm	3/week: \$410.00 2/week \$320.00	Wednesday, August 29
La Salle School - Fridays	(No program October 8, 19 31, November 9 & 30) (Friday, September 14 & October 5 Outside, no school)		1/week \$160.00	

Yoga - All Levels

Instructor: Stephanie Townend

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	Registration Deadline
La Salle School (To Be Confirmed)	12 Mondays, September 17 - December 10 (No program October 8)	7:45 pm - 9:00 pm	\$132.00	Monday, September 10

Gentle Flow

Instructor: Ashley Voth

A consistent flow of movements with an unrushed pace, this relaxing class is a mixture of active and restful poses. A calming class, balancing mind and body awareness with gentle focus on stretching, strengthening, and flexibility. Yoga blocks and straps will be provided as props through the practice, all you need to bring is your mat.

Location	Day(s)	Time	Fee	Registration Deadline
La Salle School (To Be Confirmed)	12 Wednesdays, September 19 - December 12 (No program October 31)	6:00 pm - 7:00 pm	\$132.00	Wednesday, September 12

Beginner's Karate (Ages 7+)

Instructor: Ron Porath

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

Location	Day(s)	Time	Fee	Registration Deadline
LSCU Complex - MPR	12 Wednesdays, September 19 - December 12 (No class October 31)	5:30 pm - 6:30 pm	\$132.00 Family Rate: (3 or more) \$330.00	Wednesday, September 12

Co - ed Recreational Indoor Soccer (Ages 16+)

Facilitator: Adrian Sturch

Join us for a fun night of soccer. A great way to socialize and get some exercise at the same time. You may register as a team or teams can be picked on site. Games are self officiated. Please wear clean non-marking footwear. New players are welcome to join at any time!

Location	Day(s)	Time	Fee	Registration Deadline
LSCU Complex	10 Mondays, October 1 - December 10 (No program October 8)	8:30 pm - 10:00 pm	Drop in: \$5.00	Monday, September 24

Now We're Cooking (Ages 10 - 12)

Instructor: Shannon Kohler



This program is a fun opportunity for students to develop valuable life skills while they stir up some creativity in the kitchen! This hands-on program will emphasize good nutrition, food safety, how to follow a recipe, different cooking techniques and the use of age appropriate kitchen tools and appliances. Each class will begin with an engaging nutrition activity, followed by hands-on cooking and of course the best part--tasting!! Students will learn to prepare new recipes each week that they can bring home to share with the family. Please let us know of any allergies, etc. we need to be aware of.

Location	Day(s)	Time	Fee	Registration Deadline
La Salle - LSCU Complex	6 Tuesdays, October 16 - November 20	6:15 pm - 7:45 pm	\$36.00	Tuesday, October 9

Innovation Lab for Kids - Mystery Box Labs (Ages 8+)

Instructor: Shannon Kohler

Explore the challenge and fun in becoming an inventor or designer with our Innovation Labs! These workshops will inspire kids to use their creativity, innovative and critical thinking skills to solve a specific challenge using a "Mystery Box" of materials.

Location	Day(s)	Time	Fee	Registration Deadline
LSCU Complex - MPR	Thursday, November 15	6:00 pm - 7:00 pm	\$30.00	Thursday, October 8

Girls Mindfulness & Yoga (Grades 4 - 6)



Instructor: Nicole Necsefor

This program is designed to empower growing girls through mindfulness techniques, yoga and meditation to promote emotional resilience, increase self-esteem and build confidence as well as cultivate a healthy body and a calm mind. Each week will incorporate discussions on topics including body image, the effects of media and advertising, dealing with emotions and toxic thoughts, bullying etc. We will also explore journaling, vision boards and more! *Please bring your yoga mat and a snack!* * La Salle School has requested children not to loiter between dismissal and beginning of program.

Location	Day(s)	Time	Fee	Registration Deadline
La Salle School	6 Thursdays, October 18 - November 22	4:30 pm - 5:30 pm	Free!	Thursday, October 11

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LA SALLE CURLING CLUB



Welcome to the 2018-2019 season!!

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

Registration Information

On Monday, September 17th, 7 pm - 9 pm The La Salle Curling Club is hosting a registration evening. Teams, as well as individuals, can sign up at this time.

If you are unable to attend, please contact the league representatives.

Registration Forms available online at www.lasallecurlingclub.ca.

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

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

We look forward to seeing you at the La Salle Curling Club.

Fall Into Curling A ONE NIGHT EVENT TO KICK OFF THE SEASON!

Saturday, October 20th

4 ENDS, 4 FRIENDS

PLUS DINNER for \$40

Kick off the curling season
with a night out with friends
and enjoy a delicious dinner.

Space is limited.

Inquire & Register at:
lasallecurlingclubmb@gmail.com

UPCOMING EVENTS

THE WINECRUSHER

One day Spiel where you win
WINE from this deal!

WINE TASTING

Wine, food & friends at
LSCC...no curling required.

CURL MB HOST

LSCC is hosting the
U18 Men's & Women's Berth
Bonspiel - Jan. 10-13, 2019

MORE EVENTS & BONSPIELS TO BE ANNOUNCED!!!

Keep an eye out for EXCITING EVENTS

at
La Salle Curling Club
this 2018-2019 Season!

These will include:

A Curl Manitoba Berth Bonspiel

One Day Spiels,

One Evening Events

& More



Check out our website:
www.lasallecurlingclub.ca

Like us on Facebook:
www.facebook.com/LaSalleCurlingClub

For other inquiries,
contact:

Club President
Dennis Gerbrandt
densan@mymts.net

LSCU Complex Rentals

Socials * Birthday Parties * Team Windups * Weddings * Funerals
The LSCU Complex, 17,000 sq. foot building consisting of a full sized Gymnasium, a Multi-Purpose Room, Fitness Centre, Dressing Rooms and Full Kitchen.

Occupancy license for:

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



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

For rental information or to arrange a tour, please contact:
Dee Romijn, LSCU Complex Facility Manager
204-736-2679 | 204-801-7629 | dromijn@lscucomplex.com
or visit www.lscucomplex.com

LSCU Complex

Fitness Centre

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

Fee Schedule (prices do NOT include GST)

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

Corporate rates also available. For information, please contact the LSCU Complex at 204-736-2679. R = Resident NR = Non-resident

Packages:

Individual - an individual 18 years of age or older.

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

Senior - an individual 65 years of age or older.

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

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

If you have questions or would like more information, please contact Dee Romijn, LSCU Complex Facility Manager at 204-736-2679 or 204-801-7629 or dromijn@lscucomplex.com.

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



La Salle FALL FESTIVAL & parade



**Saturday, September 22nd
at the LSCU Complex**

Children Activities & Games, Face Painting,
LuLu & the TomCat Show, Inflatable
Bouncers, Barbeque, Canteen,
Outdoor Movies, Fireworks & more!

Looking for volunteers to supervise activities.

Sponsorship opportunities also available.

To volunteer or sponsor, please contact:

Tara Scott-Legary
204-736-2582 | tarascott@mts.net

Dee Romijn
204-736-2679 | 204-801-7629
| dromijn@lscucomplex.com

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LSCU Complex

FITNESS CLASSES

Working out on your own can be lonely, creating the potential to lose interest and motivation over time.

Try a fitness class offered at the LSCU Complex that is sure to keep you coming back for more!

Circuit and more...

Regular classes are a combination of high/moderate intensities including strength, cardio and core for a whole body workout. All exercises can be modified to accommodate all fitness levels from beginner to advanced.

Instructors: Dee Romijn | Pearl Moroz

Classes are offered:

Tues & Thurs - 6am to 7am (Package 1)

Tues & Thurs - 9:15am to 10:15am (Package 2 *)

*child care will be offered during the hour for this class only *

Silver Fit Tues & Thurs - 10:20am to 11:20am (Package 3)

Mon & Thurs - 7pm to 8pm (Package 4)

Speciality Saturdays - 9am to 10am

Tues & Thurs	6am to 7 am (Package 1)
Tues & Thurs	9:15am to 10:15am (Package 2)
Silver Fit Tues & Thurs	10:20am to 11:20am (Package 3)
Mon & Thurs	7pm to 8pm (Package 4)
Speciality Sat	9am to 10am

(classes take place in the LSCU Complex Gym)

For further information please contact Dee Romijn at
204-736-2679 | 204-801-7629 |
dromijn@lscucomplex.com or
visit www.lscucomplex.com -
programs tab - fitness classes.



ace of spades

CHASE the ACE

in support of the LSCU Complex



Chase the Ace will be paused during the months of July & August.

Game 2 will begin Friday, Sept 7th with a starting jackpot of \$5,000 and held every Friday from 5:00 pm - 8:00 pm at the LSCU Complex (corner of PR 247E & Hwy 330 in La Salle)

Prizes:

- 10 % of evening ticket sales and Chance to Win the "CHASE the ACE" Jackpot

Participants must be 18 Years or Older

Tickets: \$2 each

BONUS - ARCHIES MEATS DRAWS



Save the Date!

Breakfast with Santa Saturday, Dec 1st at the LSCU Complex

Children's Activities will include Children's Silent Auction, Christmas Themed Photo Booth, Coloring Contest, Christmas Carols and more!

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

You can also do some Christmas Shopping at the 'Mini-Mall in the Hall' located in the Multi-Purpose Room.

Detailed information will be posted at www.lscucomplex.com - events tab - breakfast with santa



La Salle Knights of Columbus Cash Bingo

The La Salle Knights of Columbus will be holding another cash bingo at the LSCU Complex in October! Details are not yet finalized so please watch for our posters going up in September.

Paper cards will be used this time so dabbers will be required and will be available!
Canteen will be open again!

Larger variety of games will be played
Look forward to seeing you there...

2018 - 2019 LSCU Complex Before and After School Program - Highlights



The LSCU Complex Before and After School Program provides recreational activities to children between the ages of 5 to 12 before and after regular school days. This is a fun-filled and active program. Space is limited. Pre-registration is required.

- Runs from 7:00 am to start of school and end of school until 6:00 pm
- Children are bused from the LSCU Complex to the La Salle School
- Snacks are NOT provided (snacks brought from home must be nut-free)
- Phone or email if child is going to be absent
- Cost of the program:
 - \$15.00 per day / per child for a MONTHLY Pass which is two spots per day
 - \$7.50 per day / per child for a HALF Pass which is one spot per day (need to provide schedule ahead of time)
- Method of Payment:
 - Cheque (made payable to LSCU Complex / post-dated cheques are accepted / prior to the start of each month)
 - Visa or Mastercard (prior to the start of each month)
 - Debit (prior to the start of each month)

Please note: All fees must be paid in advance by the first of the month for the upcoming month.

If you're interested in the LSCU Complex Before and After School Program or have questions, please contact:
Dee Romijn, LSCU Complex Facility Manager at 204-736-2679 | 204-801-7629 | dromijn@lscucomplex.com

Registration Form / Program Policy available at:
www.lscucomplex.com - programs tab - before and after school



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Saturday 9:00am - 2:00pm

Closed May long Saturday through
September long Saturday



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204-334-4000

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204-669-3865

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919 Notre Dame Ave.
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204-774-4000

South West

3-605 Sterling Lyon Pkwy
Winnipeg, MB
204-488-8858

South

30-2855 Pembina Hwy.
Winnipeg, MB
204-261-3420



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

For more information please contact Club President, Brian Franzmann at befranzmann@gmail.com or Rob Nowosad robnowosad@shaw.ca.

Join Cross Country Snow Drifters on Facebook!



crosscountrysnowdrifters.net

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Save the Date

on the Menu

Delicious homemade meal with turkey, meatballs, stuffing, potatoes, carrots, peas, cranberry sauce, coleslaw, beverages and dessert!

Gluten-free options available.

LaSalle Fall Supper
Sunday, September 16th, 2018
at the LSCM Complex



St. Hyacinthe Roman Catholic Parish

Come and join us for Sunday Mass

Everyone welcome!

Mass times: Sundays 11:00 am

* Please note Mass time change

Catechism classes held before Mass.

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

Annual Fall Supper

Sunday, September 16th

All are invited to attend.

See insert for more details.

Priest-Moderator: Father Peter Krasuski PH: 204-736-2847

Gayle Hansen: Office Admin Ph: 204-736-9260

27 rue Beaudry, La Salle ROG 0A1 Fax: 204-736-2712

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- Registration welcome throughout the year

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La Salle LSCU Complex

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

Oak Bluff Community Facilities

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Oak Bluff Arena
83 Macdonald Road
R0G 0N0



Brent Sadler, President
204.275.2844
president@obrc.ca

Jeff Froese, Ice Rental
204.896.6881
icerentals@obrc.ca

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

Oak Bluff Community School
155 Agri Park Road
R4G 0A5

Pamela Lee, Principal
204.895.0004
oakbluff@rrvsc.ca

www.obcs.rrvsc.ca

Prairie Palette Art Club



We meet the second and fourth Tuesday of each month beginning at 6:30 pm (September to May) in the Science Room at Oak Bluff School. We have casual painting sessions, instructions from professional artists and demonstrations from volunteer art group members. The membership fee is \$40.00.

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

Arena Skate Times



Public Skating

Sundays, 12:45 pm - 1:45 pm

Sticks & Pucks

Sundays, 1:45 pm - 2:45 pm

Please remember to wear a helmet!

Oak Bluff Seniors Club



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



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

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

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

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e: melanie@twerdunwealth.com

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Pickleball

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

Location	Day(s)	Time	Fee	Registration Deadline
Oak Bluff Recreation Centre <i>Contact: Bill/Lorraine</i> 204.895.0900	Mondays, September 10 - December 10 (No program October 8)	1:30 pm - 3:30 pm	\$2.00/Drop in \$5.00/Month	Drop in
Oak Bluff School <i>Contact: Wendy</i> 204.897.5634	10 Wednesdays, October 3 - December 12 (No Program October 31)	6:30 pm - 8:30 pm	\$2.00/Drop in \$5.00/Month	Drop in

Yoga for Men

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 humour! Don't over think it - this class is for you! Please bring a yoga mat and wear loose comfortable clothing.*

Location	Day(s)	Time	Fee	Registration Deadline
Oak Bluff Recreation Centre	20 classes, Monday & Wednesday October 1 - December 12 (No program October 8 or 31)	7:30 pm - 8:30 pm	2/week: \$220.00 1/week: \$110.00	Monday, September 24

Pilates

Instructor: Kristy Loewen

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

Location	Day(s)	Time	Fee	Registration Deadline
Oak Bluff School - Library	9 Wednesdays, October 3 - December 5 (No program October 31)	8:00 pm - 9:00 pm	\$90.00	Wednesday, September 26

Yogalates

Instructor: Kristy Loewen

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

Location	Day(s)	Time	Fee	Registration Deadline
Oak Bluff School - Library	10 Thursdays, October 4 - December 6	8:00 pm - 9:00 pm	\$100.00	Thursday, September 27



Home Alone (Ages 10 - 13)



Instructor: Brenda Halstead

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

Location	Day(s)	Time	Fee	Registration Deadline
Oak Bluff Recreation - Board Room	Saturday, September 29	9:30 am - 1:30 pm	\$45.00	Monday, September 24

Babysitter's Training (Ages 12+)



Instructor: Brenda Halstead

An important course for the beginning babysitter. Learn the basics about child-care, first-aid and safety in the home. *Students must be 12 years old by December 31, 2018. Please bring lunch, water bottle, pen and paper.*

Location	Day(s)	Time	Fee	Registration Deadline
Oak Bluff Recreation	Saturday, October 20	9:15 am - 3:30 pm	\$45.00	Monday, October 15



Innovation Lab for Kids - Science Experiments (Ages 8+)

Instructor: Shannon Kohler

Innovation Labs are perfect for children who love maker-style or DIY projects! Our Science Experiments Lab may spark a lifelong love for science. The labs are a great blend of creativity, DIY and innovation with hands on experiments and all the tools your child will need to make their own exciting discoveries.

Location	Day(s)	Time	Fee	Registration Deadline
Oak Bluff Recreation - Board Room	Friday, October 12	6:00 pm - 7:00 pm	\$30.00	Thursday, October 4

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“

This is now my 4th session of Yoga for Men in Oak Bluff. If you asked me 5 years ago if I was interested, I would have said no. However, after a curling game and over a beer with a friend a couple of years ago, he floated the idea with me and our team mates. Long story short – I keep coming back for more Yoga. It is indeed a highlight of my week and it always bothers me when I have to miss a class. I try and find a few minutes for Yoga at the start of each morning. And when I come home after a class and am asked “How was Yoga?” – my reply – “It was Yogariffic!” I look forward to future sessions of Yoga in the Bluff.

**PARTICIPANT-
YOGA FOR MEN
(OAK BLUFF)**

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All guests welcome!

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Welcome to **OAK BLUFF** BIBLE CHURCH


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

**Join us Sunday mornings
at the Oak Bluff Community School**
(Until a church building becomes a reality, we are enjoying the benefits of a community resource.)

9:45 am - Sunday School for ages 3-17 &
Adult small groups – all ages

10:40 am - Church Service
coffee is always on

kids age 6 & under dismissed during service for jr church

Connect with us on  or
at oakbluffbiblechurch.com.

Find out more about all our mid-week activities online. Any needs, concerns, requests, need to chat?

Pastor Troy - 204.612.9623.

**Oak
Bluff**



**Early
Years**

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

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

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

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



Sanford

Sanford Community Facilities

Sanford Recreation/
Arena
174 Mandan Drive
R0G 2J0



Trevor Richardson, President
204.736.3346
trichardson101@hotmail.com

Andrea Morann, Ice Rentals
amorann@mymts.net

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

www.jacuddy.blogspot.ca

Arena Skate Times

Sticks & Pucks

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

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

Family Skate

Sundays, 12:15 pm- 1:45 pm

Please Remember to wear a helmet!



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Morning coffee time Monday to Friday, 8:00 am - 9:00 am
throughout the year.

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

The Remembrance Day Service will be held November 11, at
the Sanford Church at 10:45 am, followed by a march to the
Cenotaph for the laying of the wreaths.

The Sanford Ladies Auxiliary meetings are held on the last
Tuesday of each month @ 7:30 pm. We meet in September,
October, November, April, May, and June.

We are actively looking for new members so if interested please
contact Joyce at 204-736-3734 or rjkasur@mymts.net.

All ladies are welcome to attend a Tuesday morning Coffee Group
at the Sanford Legion from 9:30 am - 11:00 am. Come and meet
new friends and neighbours.

Everyone welcome.

For more information on Sanford Legion #171, please contact
Roy - royswit@mymts.net.

Hall Rentals - contact Cockerill Insurance at 204-736-2381.

Meridian
Pastoral
Charge



Starbuck - Sanford - Domain



Sanford United Church

Please join us for worship and fellowship
on Sunday mornings.

Visit our website for more details and
upcoming events.

www.meridian-pastoral-charge.ca/sanford



Save the Date: Sanford Recreation - Mixed Bonspiel March 15th, 16th and 17th

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	Registration Deadline
J.A. Cuddy School	12 Mondays, September 17 - December 10 (No class October 8)	6:00 pm - 7:00 pm	\$132.00	Monday, September 10

Fusion Fitness

Instructor: Marci Manness/Jillian MacDonald

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

Location	Day(s)	Time	Fee	Registration Deadline
J.A. Cuddy School	25 Classes, Mondays & Thursdays, September 17 - December 13 (No class October 8)	Mon: 7:15 pm - 8:15 pm Thurs: 6:15 pm - 7:15 pm	2/week: \$250.00 1/week: \$130.00	Monday, September 10

Recreational Badminton (Ages 14+)

Contact: Dana Sigurdson/ Daley Moors

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

Location	Day(s)	Time	Fee	Registration Deadline
J.A. Cuddy School	12 Thursdays, September 27 - December 13	7:30 pm - 9:00 pm	\$24.00 or \$2/Drop in	Drop In

Hit the Ice (5 - 17 Years)

Grab a stick and join the fun! Kids can enjoy a structured warm-up and some non-competitive hockey in a fun and relaxed environment. Parents are welcome to join in the fun. All players must supply a helmet with face protector, neck protector, gloves, shin pads & hockey stick. Open to kids not registered in a Hockey MB or Ringette MB program. Installment or postdated payments accepted. Individual accident/injury insurance encouraged. Please download the waiver form from www.mhrd.ca and have completed for the first class. *Anyone on ice MUST be wearing a helmet, volunteers and coaches as well. Age groupings subject to change. Please ask about family rate for 3 or more children.*

Location	Day(s)	Age/Time	Fee	Registration Deadline
Sanford Arena	19 Saturdays, October 27 - March 9 (No program December 29)	5 - 7 Years 8:00 am - 9:00 am	\$266.00	Monday, October 22
Sanford Arena	19 Saturdays, October 27 - March 9 (No program December 29)	8 - 9 Years 9:00 am - 10:00 am	\$266.00	Monday, October 22
Sanford Arena	19 Saturdays, October 27 - March 9 (No program December 29)	10 - 12 Years 10:15 am - 11:15 am	\$266.00	Monday, October 22
Sanford Arena	19 Saturdays, October 27 - March 9 (No program December 29)	13 - 17 Years 11:30 am - 12:30 pm	\$266.00	Monday, October 22



Beginner & Intermediate Karate (Ages 7+)

Instructor: Ron Porath

Fitness and Character development for ages 7-70+. Karate is an activity that helps each student develop at their own pace but encourages constant improvement. Shotokan karate is a non-contact martial art but teaches self-defense and perseverance through Kata, Kihon, and Kumite (3 elements of most martial arts.) This class is for children and adults with both beginner and junior ranks participating. Testing for belt ranks is not necessary but encouraged if you continue training. (This is a separate fee managed by the instructor). The first 45-60 minutes will focus on beginners with the remaining time dedicated to intermediate students. *Please wear shorts and a T-shirt and ensure that toe nails are clipped short.*

Location	Day(s)	Time	Fee	Registration Deadline
J.A. Cuddy School	12 Wednesdays, September 19 - December 12 (No class October 31)	7:15 pm - 8:15 pm 7:15 pm - 8:30 pm (Intermediate)	\$132.00 Family Rate: (3 or more) \$330.00	Wednesday, September 12

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GRADES 1 - 5



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"Who Let the Kids Out?" was created to inspire kids to connect with nature and encourage a love for outdoor play. Kids will have the chance to explore, play and create with games, experiments and fun activities. Themes are designed to spark their imaginations and sense of adventure, while promoting a respect for nature and connection to community.

Every week promises to be a different adventure. We look forward to keeping your explorer enthused and exhausted!

This program is designed for the outdoors! Kids (and parents) should be prepared for outdoor play with appropriate clothing and footwear in all weather conditions.

Facilitator: Nicole McDonald

Location	Dates	Times	Register By:
Oak Bluff Arena	7 Saturdays, September 22, October 6 & 20, November 3 & 17 & December 1 & 15	9:00 am - 12:00 pm	September 17, October 1 & 15, November 12 & 26 & December 10
La Salle - LSCU Complex	7 Saturdays, September 22, October 6 & 20, November 3 & 17 & December 1 & 15	1:00 pm - 4:00 pm	September 17, October 1 & 15, November 12 & 26 & December 10
Starbuck Arena	7 Saturdays, September 15 & 29, October 13 & 27, November 10 & 24, & December 8	9:00 am - 12:00 pm	September 10 & 24, October 9 & 22, November 5 & 19, & December 3
Sanford Arena	7 Saturdays, September 15 & 29, October 13 & 27, November 10 & 24, & December 8	1:00 pm - 4:00 pm	September 10 & 24, October 9 & 22, November 5 & 19, & December 3

\$15.00/ Drop in
\$70.00/ All

PLEASE REGISTER AT LEAST 1 WEEK IN
ADVANCE TO SECURE SPOT IN PROGRAM

Starbuck

Starbuck Community Facilities

Starbuck Arena
60 Arena Blvd.
ROG 2P0



Kevin Nixon, President
204.479.3187
knixon959@gmail.com

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

Starbuck Hall
25 Main Street
ROG 2P0

Dan Gargan, President
204.735.2743

Rental Info & Hall Bookings
starbuckcommunityhall@gmail.com
www.starbuckrecreation.com/communityhall

Starbuck School
40 Arena Blvd
ROG 2P0

Dale Fust, Principal
204.735.2779
starbuck@rrvsc.ca
sites.google.com/site/starbuckschoolmb/home

**St. Paul's Roman Catholic Parish-Starbuck &
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Email: chukslarry@yahoo.com



President - Kevin Nixon

Ladies' Curling

Raelene Sisson, 204.735.2398
raelene.sisson@gmail.com
Tuesdays, 7:00 pm

Men's Curling

Mitchell Tod, 204.792.6686
mitchell_tod@yahoo.ca
Wednesdays & Thursdays, 7:30 pm

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

www.starbuckrecreation.com

Pickleball

Contact: Brenda Shirtliff 204.735.2880

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

Location	Day(s)	Time	Fee	Registration Deadline
Starbuck School	Thursdays, September 6 - December 20	6:30 pm - 8:30 pm	\$2.00/Drop in \$5.00/Month	Drop in

Yoga - All Levels

Instructor: Emily Lenehan

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

Location	Day(s)	Time	Fee	Registration Deadline
Starbuck Hall	12 Mondays, September 17 - December 10 (No class October 8)	8:00 pm - 9:00 pm	\$132.00	Monday, September 10

Save the Date!

Fall Supper
Sunday, September 30th
Details to follow



Starbuck Art Club

The Starbuck Art Club provides an opportunity for adults to learn watercolor, oil, acrylic painting and sketching. The Club meets every two weeks throughout the Spring and Fall and once a month during the Winter. Depending upon the interest, a variety of instructors are invited to introduce new techniques or fine tune skills. Facilities are wheelchair accessible.

For more information on becoming a member please contact:

Barbara Kaminsky 204-736-4260
Joyce Nadeau 204-436-2096
Grace Hendrickson 204-735-2776
Laurel Gargan 204-735-2743

Everyone
welcome!
hendric@mymts.net



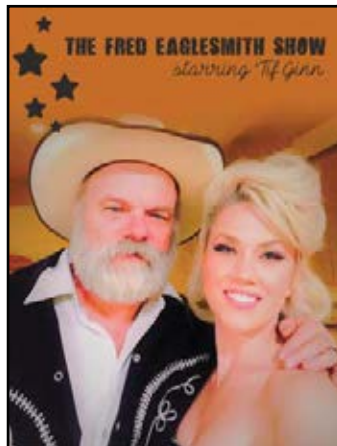
Starbuck United Church

Everyone Welcome!

Starbuck United Church and Starbuck Trinity Lutheran Church will have joint services on the second Sunday of the month at 10 am.

All other Sunday services at 11:30 am.
Coffee will be before church at 10:45 am.

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



Tuesday, September 25, 2018

Starbuck Community Hall

25 Main Street, Starbuck, MB

Show at 8:00 PM

Doors open at 7:00 PM

Cash Bar 50/50 Draw

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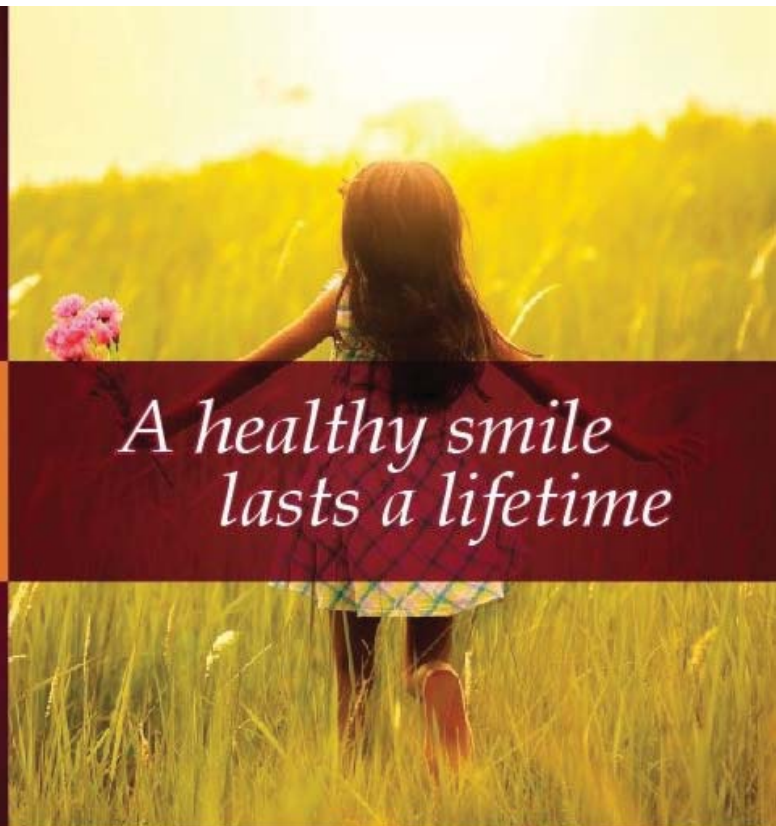


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Headingley Seniors' Services

Resource Coordinator - Shelley Jensen



Office located at: Headingley Community Centre
5353 Portage Avenue

Office Hours:

Monday - Thursday, 9:00 am - 12:00 pm

Tuesday & Thursday 1:00 pm - 4:00 pm

Phone: 204-889-3132, ext. 3

Email: hdlyseniorservices@mts.net

www.headingleyseniorservices.ca



HSSI provides a number of programs & services!

Recreation & Fitness - Hall Walking, Encore Fitness Studio.

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

Social - Lunch & games, Cribbage, Friendly visits.

Education - Lunch & Learns, and workshops.

Cribbage & Coffee

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

Hall Walking

Headingley Community Centre

Mondays & Wednesdays, 9:00 am - 10:00 am

Everyone Welcome!

Foot Care Clinics

For an appointment, contact Shelley!

Phone 204-889-3132, ext. 3

Email: hdlyseniorservices@mts.net


Dates:

September 27

November 8

December 20







ENCORE

HEALTH & FITNESS STUDIO

Your *STAGE* to Active living

Headingley Community Centre





Hours of Operation

Monday - Thursday	9:00 am - Noon
	1:30 p.m. - 4:00 p.m.
Monday/Tuesday/Thursday	7:00 p.m. - 9:00 p.m.

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

Ph. 204-889-3132, ext. 3

www.headingleyseniorservices.ca

hdlyseniorservices@mts.net



JOIN US FOR LUNCH!

Headingley Community Centre
1st & 3rd Tuesdays,
Noon – 2:00 p.m.

Lunches bring together the elements of good food, a friendly atmosphere, and the opportunity to engage with others. We will enjoy group games and try out local cuisine. Call (204) 889-3132 ext. 3 to reserve your space and order lunch.

LUNCH & LEARN

Headingley Community Centre



Lunch & Learns give you the opportunity to engage with others and presentations on many different topics of interest. Call to reserve your space and order lunch.
 (\$8.00 per person)

Tuesday, Sept. 18
 12:00 pm - 2:30 pm
 Register by: Sept. 11

Gut Health Matters!



Presenter: Carly Gabler R.D., PHEC - Chronic Disease Dietitian

Most of us have heard about the basics of gut health and how it affects mood, brain function, sleep, weight, etc. This presentation will help you understand the role of the gut and how it's affected by diet, pro and pre-biotics, pros and cons of cleansing and supplementation, gastrointestinal disorders and how to manage a disorder of the gut.

Tuesday, Oct. 2
 12:00 pm - 2:30 pm
 Register by: Sept. 25

Headingley Trails

Presenter: Karl Gompf, The Headingley Grand Trunk Trail

The Headingley Grand Trunk Trail has something for everyone- from Remnant Tall Grass Prairie to bluebirds! A great new video has been created by Bill Fraser and Heather MacKenzie featuring the Grand Trunk Line's history. Come out to hear how the Headingley Grand Trunk Trail Association is reclaiming the past and what's being planned next!

Tuesday, Nov. 20
 12:00 pm - 2:30 pm
 Register by: Nov. 13

Harvest Lunch with Musical Grandfriends

Musical Grandfriends is a new program that celebrates connections between older adults and children through music and friendship. Come for lunch and enjoy an extra helping of smiles and laughter along with a showcase of this exciting intergenerational program.



Headingley Healthy Child

Healthy Child Coalition
Central Region



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

Ready, Set, Move! A Parent & Tot Activity Session

The following 8 sessions have been planned:

Oct.4, Nov. 1, Dec.6, Jan.10,
Feb.7, Mar. 7, April 4, May 2



Ages 2 - 6

4:30 p.m. - 5:30 p.m., Phoenix School - Gym

A Parent & Tot Activity Session is a physical activity hour co-sponsored by Sport Manitoba and Phoenix Elementary School. There will be lots of physical activity to keep everyone moving and enjoying the fun of physical activity. Parental Participation required.

Ready, Set, Kindergarten!



- The centers stations emphasize the concepts of:
- Literacy (e.g. rhyming, phonemes, etc.) activities
 - Numeracy (e.g. patterning, sorting, etc.) activities
 - Fine motor activities
 - Gross motor activities
 - Language activities
 - A healthy snack.

The children explore, with their parent(s), a variety of hands-on activity centers. The centers are designed to build the child's confidence and capabilities to grow their skills as they get ready to take the next steps to Kindergarten. Children will choose the activity they are interested in and decide how long they wish to stay at the center.

Ages 3 & 4, (Born in 2014 & 2015)

4:30 p.m. - 6:00 p.m, Phoenix School - Gym

The following 7 sessions have been planned: Oct.25, Nov. 29, Jan.31, Feb.28, Mar. 21, April 25, May 9

To register for Ready, Set, Move! Parent & Tot Sessions, or Ready, Set, Kindergarten
Please call the school at 204-889-5053.

Stay & Play (Ages 0 - 5)

Facilitator: Kristen Petz Fraser

Know anyone between the ages of 0 - 5 that has some energy to burn? Stay n' Play is a drop-in playgroup that provides a wide variety of toys and games for children to explore with plenty of space for energetic playtime. It's a fun environment for children to develop physical, social and emotional skills, while offering parents/caregivers an opportunity to connect and network with one another. *Please register to be kept updated with cancellations or other program changes.*

Location	Day(s)	Time	Fee	Registration Deadline
Phoenix Community Centre (To be confirmed)	9 Wednesdays, October 17 - December 12	9:45 am - 11:15 am	Free!	Drop in

Music & Me! (Ages 2 - 4) **FREE**

Instructor: Charlene Kubin

Is your child a natural explorer who curiously wants to fly like a bird, gallop like a horse, blast off like a rocket or row, row, row in a boat? This 6-week program will introduce participants to basic movement skills through songs, stories and imaginative play. We will explore the different ways in which animals move and people travel. This program promotes self-esteem, strengthens balance and coordination, and builds on a preschooler's natural energy and desire to be in motion. Come run, jump, skip, hop, sway, twist, and more! *Parental participation required.*

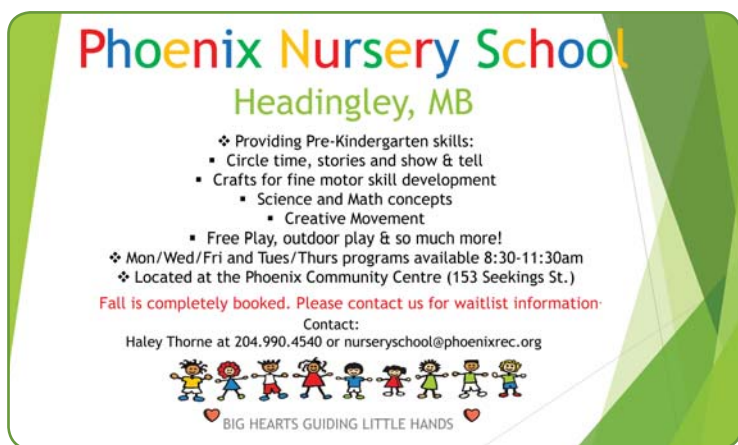
Location	Day(s)	Time	Fee	Registration Deadline
Phoenix Community Centre	8 Tuesdays, September 11 - October 30	10:15 am - 11:15 am	Free!	Tuesday, September 4

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

Instructor: Kristen Petz Fraser

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


Location	Day(s)	Time	Fee	Registration Deadline
Phoenix School	6 Tuesdays, October 23 - November 27	6:00 pm - 6:50 pm	Free!	Tuesday, October 16



Phoenix Nursery School
Headingley, MB

- ❖ Providing Pre-Kindergarten skills:
 - Circle time, stories and show & tell
 - Crafts for fine motor skill development
 - Science and Math concepts
 - Creative Movement
 - Free Play, outdoor play & so much more!
- ❖ Mon/Wed/Fri and Tues/Thurs programs available 8:30-11:30am
- ❖ Located at the Phoenix Community Centre (153 Seekings St.)

Fall is completely booked. Please contact us for waitlist information:
Contact:
Haley Thorne at 204.990.4540 or nurserieschool@phoenixrec.org



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2018
The ParticipACTION Report Card on
Physical Activity for Children and Youth



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Headingley

Headingley Community Facilities

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



Remembrance Day Service

Sunday, November 11th
Headingley Community Centre
5353 Portage Avenue
Doors Open 10:30 am
Service 10:45 am
Everyone Welcome.

Sponsored by the Headingley Historical Society
Check <http://www.rmofheadingley.ca/>
for updated information.



Musical GrandFriends

Calling all generations!

We are excited to bring you this brand new intergenerational music program.

This music program promotes learning, understanding, and mutual respect, creating a bridge to connect the generations!

Older adults can enjoy the children’s lively energy and share in the fun of playful music. Children will get to explore their music making abilities and gain some new friends along the way.

Headingley Community Centre
8 Thursdays, September 27 - November 5
10:45 am - 11:30 am
Harvest Lunch Celebration - November 20

To Register, contact Shelley:
204.889.3132 ext. 3
hdlyseniorservices@mymts.net

Free to register!

Program supported by:





Gentle Yoga

Instructor: Lorraine Marek

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

Location	Day(s)	Time	Fee	Registration Deadline
Headingley Community Centre	14 Tuesdays, September 11 - December 11	9:30 am - 10:30 am	\$112.00	Tuesday, September 4

Yoga Flow

Instructor: Lorraine Marek

Flow yoga class links traditional Hatha yoga postures with the breath in continuous, smooth flowing movements. The increasing warmth in your body produced by the breath and the movements will help to increase flexibility, strength and cardiovascular endurance. Previous yoga experience recommended and ability to get down onto the floor for poses. Please bring a yoga mat. Classes may be held in either the MPR or the Auditorium.

Location	Day(s)	Time	Fee	Registration Deadline
Headingley Community Centre	12 Thursdays, September 13 - December 6 (No class October 11)	9:30 am - 10:30 am	\$96.00	Thursday, September 6

Yoga Core

Instructor: Kelsey Sinclair

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

Location	Day(s)	Time	Fee	Registration Deadline
Phoenix Community Centre	12 Fridays, September 14 - November 30	10:00 am - 11:00 am	\$132.00	Friday, September 7

Fit & Flex

Instructor: Andrew Schindle

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

Location	Day(s)	Time	Fee	Registration Deadline
Headingley Community Centre	23 Classes, Mondays & Wednesdays September 17 - December 12 (No class October 8, 24 or November 12)	10:00 am - 11:00 am	2/week: \$184.00 1/week: \$104.00	Monday, September 10

Yoga- All Levels

Instructor: Karyn Astleford

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	Registration Deadline
Phoenix Community Centre	12 Wednesdays, September 19 - December 12 (No class October 31)	7:00 pm - 8:00 pm	\$132.00	Wednesday, September 12

Men's Yoga

Instructor: Karyn Astleford

This class is designed to introduce men to the many benefits of yoga. Students will be able to develop strength and endurance, improve balance and flexibility, increase range of motion and cultivate relaxation techniques to help manage the stresses and demands of daily life. The class will be a balanced combination of stretches & warm-ups, strengthening poses & flow sequences. Please bring a yoga mat and an open mind!

Location	Day(s)	Time	Fee	Registration Deadline
Phoenix Community Centre	12 Wednesdays, September 19 - December 12 (No class October 31)	8:15 pm - 9:15 pm	\$132.00	Wednesday, September 12

Pickleball

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

Have you ever played a racquet sport of any sort - even ping pong? If so, you may enjoy this sport. Pickleball is a fun, inexpensive racquet sport that is designed for all age groups and abilities. On-going drop-in sessions with the opportunity for beginners to learn at any time. First time is free ... or just come to watch. Please wear clean non-marking soles. *Racquets provided for beginners to try the game. Please Note: Day and times may vary without notice. Play moves in/foors to HCC beginning October 1. Please register at anytime to receive updates.*

Location	Day(s)	Time	Fee	Registration Deadline
Phoenix Community Centre & Headingley Community Centre (Beginning October 1)	Ongoing	Mon., Tues., Thurs.: (PCC) 6:30 pm - 9:00 pm Wednesdays:(HCC) 1:30 pm - 4:00 pm	\$2/Drop in \$5/Month	Drop in

Mindful Mondays

Instructor: Bonnie Schroeder

Looking for more meaning and balance in your life? Struggle with stress from work, illness, anxiety, depression or chronic pain? Join us to explore mindfulness practices and how they can help. Experience the benefits of meditating in a group along with dialogue, questions and answers. First time and long time mediators welcome! **Please note the registration deadline is one week prior to each session. Series non-refundable after first class.*

Location	Day(s)	Time	Fee	Registration Deadline
Phoenix Community Centre	3 Mondays, October 15, November 5, December 3	6:30 pm - 8:00 pm	\$20/class \$55/Series	Tuesday, October 9, Monday, October 29, November 26

Wood Carving for Beginners

Instructor: Fred Gross

Are you interested in trying your hand at woodcarving? Come out, relax and enjoy, while you learn the art of woodcarving using basic tools and techniques. We'll start with a simple project and advance in complexity with each new project. You might just discover your new favourite pastime!

Location	Day(s)	Time	Fee	Registration Deadline
Headingley United Church - Basement	6 Thursdays, October 4 - November 8	7:00 pm - 9:00 pm	\$60.00	Thursdays, September 27

Self Defense for Women & Girls (13+)

Instructor: Markus Erkelenz

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

Location	Day(s)	Time	Fee	Registration Deadline
Phoenix School	Saturday, October 13	9:30 am - 12:00 pm	\$25.00	Friday, October 5

Kickboxing

Instructor: Andrea Katz

Come learn kickboxing in a fun, friendly environment. This program is for everyone of all skill levels, fitness levels and goals. Whether you are looking to build self-confidence, learn self-defense or get into great shape, kickboxing is for you. The class structure will increase your overall cardio health and core strength. You will also learn a diverse set of kickboxing skills that will be taught in various formats of drills, including power, strength, agility and speed. All participants will have a solid understanding and ability of introductory kickboxing after the program is complete. *Please bring a pair of hand-wraps and basic boxing gloves, which can be purchased at all major sport equipment stores.*

Location	Day(s)	Age/Time	Fee	Registration Deadline
Phoenix School	8 Mondays, October 15 - December 3	6 - 12 Years - 6:00 pm - 6:50 pm	\$112.00	Tuesday, October 9
Phoenix School	8 Mondays, October 15 - December 3	13+ Years - 7:00 pm - 8:00 pm	\$112.00	Tuesday, October 9



Fred Gross with Wood Carving for beginner students in Spring 2018 Session!



Wood Carving for Teens (Ages 13+)

Instructor: Fred Gross

Are you interested in trying your hand at woodcarving? Learn the art of woodcarving using basic tools and techniques. We'll start with a simple project and advance in complexity with each new project. This class will inspire your creativity and give you skills to continue wood carving.

Location	Day(s)	Time	Fee	Registration Deadline
Headingley United Church - Basement	6 Thursdays, October 4 - November 8	5:00 pm - 6:30 pm	\$60.00	Thursday, September 27

Girivana Yoga (Ages 13 - 18)

Instructor: Kelsey Sinclair

What is Girivana you ask? Girivana Yoga is about raising consciousness in teen girls through yoga, meditation and raw conversation. Girls can come to practice yoga and express their authentic self - no judgments, no pre-requisites. Just a group of girls building each other up to create a strong foundation! Please bring a yoga mat.

Location	Day(s)	Time	Fee	Registration Deadline
Phoenix School	8 Tuesdays, October 2 - November 20	7:00 pm - 8:00 pm	\$64.00	Tuesday, September 25

Innovation Lab for Kids - Science Experiments (Ages 8+)

Instructor: Shannon Kohler

Innovation Labs are perfect for children who love maker-style or DIY projects! Our Science Experiments Lab may spark lifelong love for science. The labs are a great blend of creativity, DIY and innovation with hands on experiments and all the tools your child will need to make their own exciting discoveries.

Location	Day(s)	Time	Fee	Registration Deadline
Headingley Library	Thursday, November 29	6:00 pm - 7:00 pm	\$30.00	Thursday, November 22

Innovation Lab for Kids - Mystery Box Lab (Ages 8+)

Instructor: Shannon Kohler

Explore the challenge and fun in becoming an inventor or designer with our Innovation Labs! These workshops will inspire kids to use their creativity, innovative and critical thinking skills to solve a specific challenge using a "Mystery Box" of materials.

Location	Day(s)	Time	Fee	Registration Deadline
Headingley Library	Friday, September 21	6:00 pm - 7:00 pm	\$30.00	Friday, September 14

Adventures in Art! (Ages 7 - 10)

Instructor: Art City

Have you been searching for an art program for your young artist? Then our "Adventures in Art" might be just what you are looking for! Join Art City for tons of fun, and learn lots of new ways to make art. You'll explore painting, pottery, sculpture, sewing, and more!

Location	Day(s)	Time	Fee	Registration Deadline
Headingley United Church - Basement	8 Mondays, October 15 - December 3	4:30 pm - 6:00 pm	\$80.00	Friday, October 5

Girls Mindfulness & Yoga (Grade 4 - 6)

Instructor: Nicole Necsefor

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

Location	Day(s)	Time	Fee	Registration Deadline
Headingley United Church - Basement	6 Tuesdays, October 16 - November 20	4:30 pm - 5:30 pm	Free!	Tuesday, October 9

Making the Most of the Encore Gym

Feet First

FREE

Instructor: Andrew Schindle

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

Location	Day(s)	Time	Fee	Registration Deadline
Headingley Community Centre	Wednesday, October 10	1:00 pm - 2:00 pm	Free!	Wednesday, October 3

Back Health

FREE

Instructor: Andrew Schindle

One of the most debilitating areas to experience chronic pain is the back. Luckily, there are exercises, forms of fitness, and ways to move that can prevent back pain or work to improve it. Come out to this free information session and learn how to take a proactive approach to your back health.

Location	Day(s)	Time	Fee	Registration Deadline
Headingley Community Centre	Wednesday, November 7	1:00 pm - 2:00 pm	Free!	Wednesday, October 31

Get to Know Your iPad / iPhone

Instructor: Marly Mustard

Have you ever watched someone do something on their iPad and asked: "How did you do that? Please show me." Do you feel there is so much more you can do with your device? If you are struggling, then this session is for you! We will go through basics, editing photos, creating memes, writing a Word style document you can export to text or email, posting on social media and more. Learn some shortcuts and tips for everyday use.

Location	Day(s)	Time	Fee	Registration Deadline
Headingley Community Centre	Thursday, October 4	1:30 pm - 3:30 pm	\$10.00	Thursday, September 27

Healthy Aging Through the Arts

FREE



Instructor: Art City

Did you know that art is good for the heart...and soul? Exercising our creative selves is a fun way to encourage thinking and seeing things in new ways! This can enhance quality of life and nurture an overall sense of well-being. Join Art City for free and fun workshops including drawing and painting techniques, pottery, collage, and much more. *No experience is necessary and all supplies are provided.*

Location	Day(s)	Time	Fee	Registration Deadline
Headingley Community Centre (To be confirmed)	8 Mondays, October 15 - December 3	1:30 pm - 3:30 pm	Free!	Tuesday, October 9

Discover and Enjoy Winter Squash Varieties

Instructor: Getty Stewart

Delicata, acorn, kabocha, spaghetti, buttercup and butternut - have you tried them all? Come discover the wide variety of winter squash, what each one looks and tastes like, how to properly store them and how to cook them for sweet and savory dishes. Bring your appetite!

Location	Day(s)	Time	Fee	Registration Deadline
Headingley Community Centre - Kitchen	Tuesday, October 2	6:30 pm - 8:30 pm	\$30.00	Tuesday, September 25

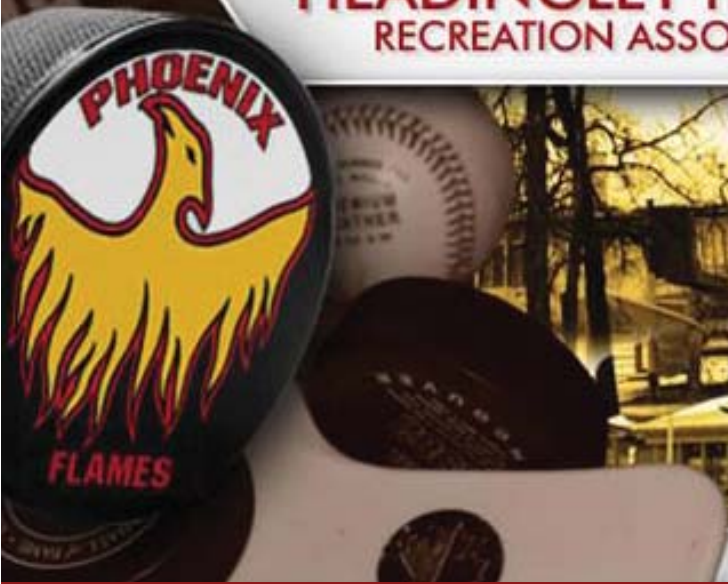
Gifts from the Kitchen

Instructor: Getty Stewart

Get a head start on your holiday shopping with easy and affordable gifts from the kitchen. Come learn how to make your own seasoning blends, soup in a bag, and chai tea mix. You'll get to mix, decorate and label a sample of each, so you can recreate these ideas at home for all the people on your list, or for yourself!

Location	Day(s)	Time	Fee	Registration Deadline
Headingley Community Centre - Kitchen	Tuesday, December 4	6:30 pm - 8:30 pm	\$30.00	Tuesday, November 27

HEADINGLEY PHOENIX RECREATION ASSOCIATION



www.phoenixrec.org

President: Yvonne Dubé

president@phoenixrec.org

Meeting dates - **September 17**
October 15
November 19
December 17

Headingley Community Centre, 7:00 pm
EVERYONE WELCOME

Special Events Dates:

(more than just movie nights this year!)

Sept. 14 Dec. 14 March 8 May 10
Nov. 8 Jan. 11 April 12 June 14

Halloween Howl

Saturday, October 27

Headingley Community Centre

All are welcome to attend.

Stay tuned for more information coming soon!

Headingley Winter Carnival

February 4 - 10*

**dates subject to change*

Check out www.phoenixrec.org for more
info on upcoming event dates or contact
specialevents@phoenixrec.org



Phoenix Recreation After School Program

www.phoenixrec.org

Looking for after school child care?

Join the *Take It Outside* After School Program!

Phoenix Recreation Association's *Take It Outside!* is a non-profit after school nature-based program, with full-time & part-time options available.

Program Details

September - June

Monday - Friday: 3pm - 6pm

In-service/full day programming offered!

Designed around physical play, outdoor exploration, promotion of respect for nature and community connection, while using the outdoors as its primary venue.

Please contact the Program Manager for questions and registration forms.

phoenixafterschoolprogram@gmail.com

**Limited space -
register now to
save your spot!**

Mission Statement

To provide every child the opportunity to connect with nature in a healthy, physical way. Through outdoor play and exploration children will create a deep, lifelong connection to the natural world.

**PHOENIX
RECREATION
ASSOCIATION**

153 Seekings St
Headingley, MB

Program Manager:

Nicole McDonald:
204-995-0505

phoenixafterschoolprogram@gmail.com

Phoenix Hockey Registration 2018 - 2019

Wednesday, September 5th

6:00 pm - 8:00 pm

Saturday, September 8th

9:00 am - 11:00 am

at Hockey Hutch

153 Seekings Street



Register Online at:

<https://aphahockey.sportngin.com/page/show/3342228-online-registration>

*Must still attend a registration date to pay volunteer bond and sign up for canteen shift.

“

I told Andrew this week that he is actually doing an important public service keeping our group fit and helping to keep us away from health services.

Speaking for myself, I would probably never do many exercises at home beyond walking and occasionally using our treadmill. I would not hire a personal trainer as some do. Instead, I attend Fit & Flex twice weekly. I learn hints at keeping fit, avoiding falls, which muscles to strengthen, importance of balancing and even what soles to look for in shoes to avoid falls.

Besides that, I get a chance to socialize after with coffee each time and share stories and information with the group. (We have now started a coffee time after the Monday sessions as well).

Andrew is A+++. He is friendly, informative, and interacts with all. Thanks for making Fit & Flex available in Headingley.

**PARTICIPANT-
FIT & FLEX
(HEADINGLEY)**

”

Headingley Library



Memberships are free to Headingley residents,
\$40 to non-residents
(most municipalities reimburse a portion of this fee).

Membership includes:

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

49 Alboro Street

204.888.5410

hml@headingleylibrary.ca



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

The Headingley Historical Society

Join us today



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

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

Everyone Welcome!

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



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

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

Contact us at:

headingleygrandtrunktrail@gmail.com

Or visit our blog at:

headingleygrandtrunktrails.blogspot.com/



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

Blue Birds

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



Enjoy the Scenery

The ever-changing landscape of the prairie keeps revealing new things every day. Check out the tall grass prairie along the trail by Alboro! Take a look at our new bridge on your hike out to Beaudry.



Meet Your Neighbors

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



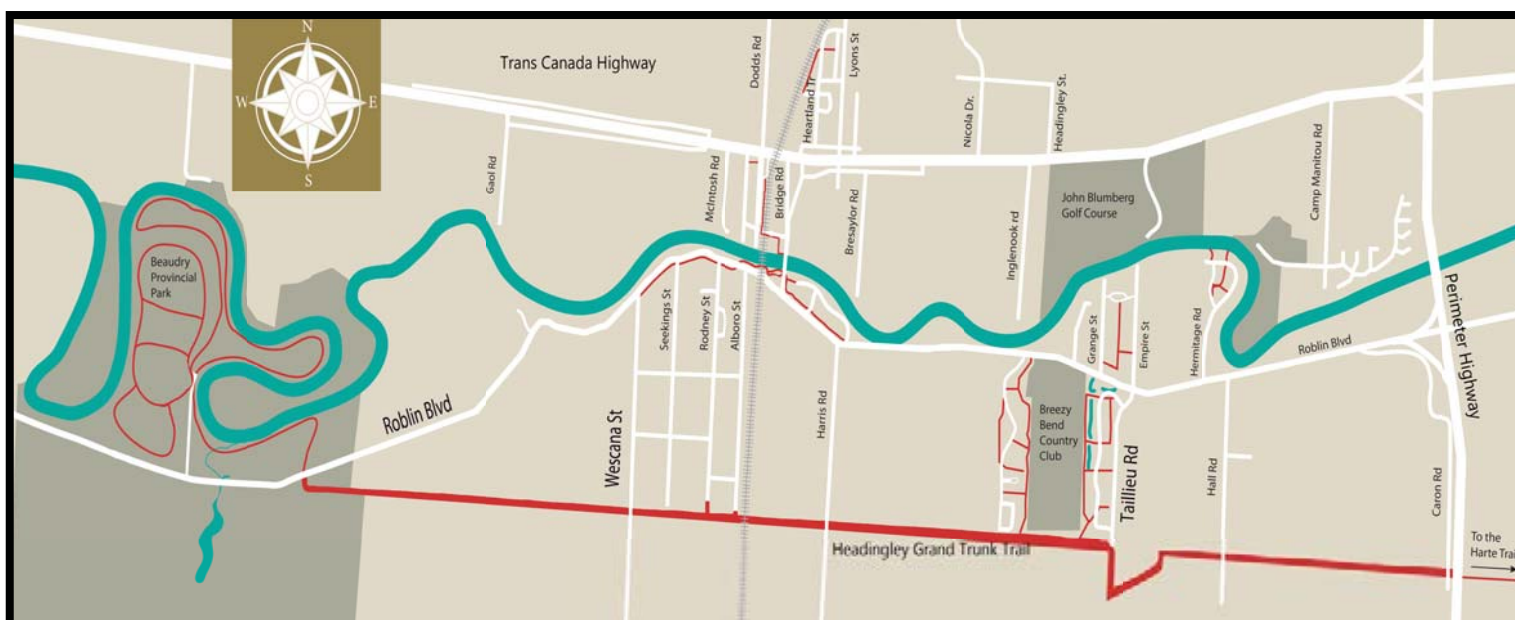
Presentations & Special Events

Stay connected to the HGTTA for interesting presentations on a variety of topics related to other Manitoba trail networks, remnant prairie, etc. and join in the fun special event activities for the entire family



Consider Getting Involved

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



Headingley 55+ Club

Meetings are held on the second & fourth Tuesday of each month at 1:30 p.m. at the Headingley Community Centre, 5353 Portage Avenue. A social time for coffee, visits, cards & games. No registration required, new members always welcome. Attendance fee is \$2

For more information please call:

Rose Leclair 204.889.2288



St. Charles-Headingley United Church

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

Sunday School during the
service

Welcome to our new Minister!
Rev. Cathy Maxwell

110 Bridge Road

www.headingleyuc.org

204.885.6021

Coffee Morning

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

Messy Church

An intergenerational suppertime for the whole family.
Meal provided...kid friendly! Story, and related take home
craft! Chance to get to know us and your neighbours in a
congenial atmosphere...Bring the baby and Grandma!
Dates and Times TBD

Fall Supper

Sunday, November 4th, sittings at 4, 5 and 6 PM
Headingley Community Centre,
ticket details available closer to date.

Community Christmas Breakfast

Saturday, Dec. 1st at Headingley Community Centre
Details to follow

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



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

Hours of Operation:

Winter Hours (by appointment only)

Summer Hours (June - September):

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

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

Groups welcome.

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

Website - www.jimsvintagegarages.ca

Facebook - Jim's Vintage Garages

Rob Nowosad, Chairman, robnowosad@shaw.ca



Holy Trinity Anglican Church

5335 Portage Avenue, Headingley



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

We now have a lift and are fully accessible to everyone!

www.holytrinityanglicanchurchandcemetery.com

Holy Trinity Anglican Cemetery, Headingley

*Located north of the river,
the cemetery is on the original site of
Holy Trinity Anglican Church.
82 Curry Drive, off Taylor Farm Road*



If you are interested in finding out more about a plot or a niche in our columbarium, please contact Diane Trenholm, Cemetery Manager, at 204-955-8116, email htcemhly@shaw.ca or through our website: www.holytrinityanglicanchurchandcemetery.com

GET CONNECTED

Visit www.mhrd.ca for the latest news and updates on programs and events in your community!

WITH YOUR TOWN!

Upstream **LIVING**

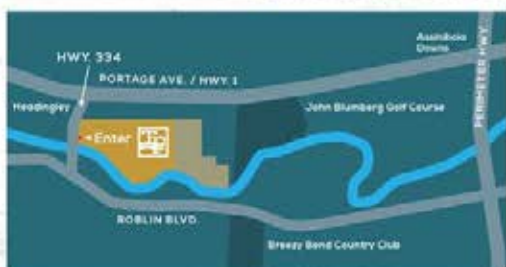
Stretches of gently moving water ripple through the rolling terrain, alongside extensive trails that lead to the scenic Assiniboine River. This rich and attractive land was among the first to be homesteaded in Manitoba, now you can call Taylor Farm home too.



A NEW COMMUNITY IN HEADINGLEY

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Realizing Community Dreams Through Philanthropy

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

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

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

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



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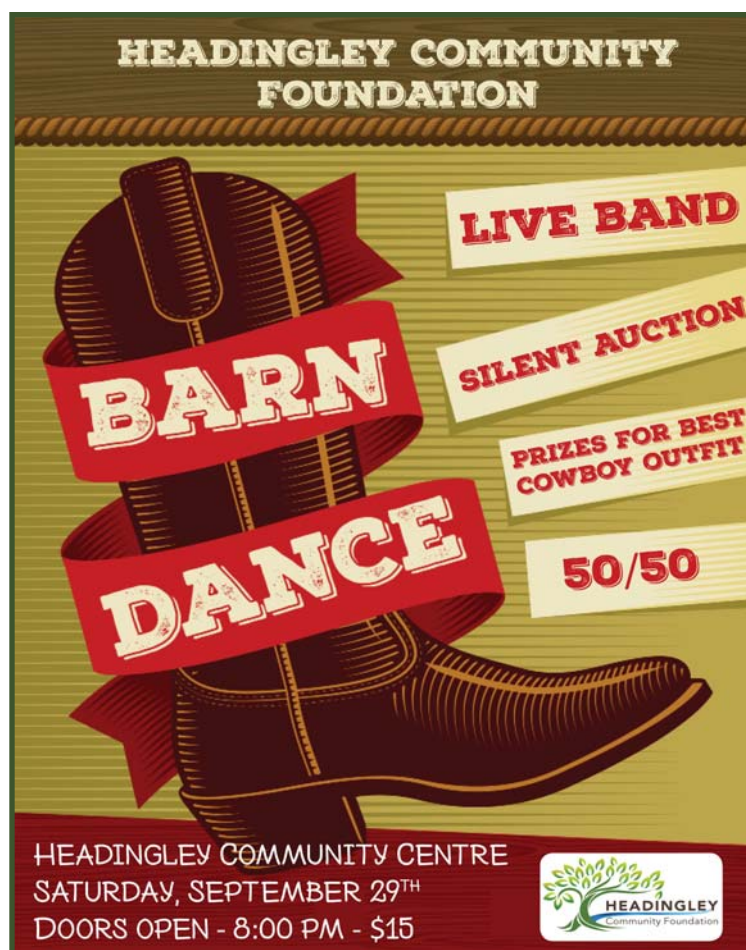
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 DOORS OPEN - 8:00 PM - \$15



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Contact the Macdonald - Headingley Recreation District
for advertising opportunities in 2019.



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Macdonald - Headingley Recreation District

81 Alboro Street

Headingley, Manitoba

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