

Spring 2019

Program & Community Resource Guide

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


Macdonald-Headingley
RECREATION DISTRICT



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

Taylor Farm offers a truly progressive approach to living just outside city limits. Located within minutes of Winnipeg, its wide ranging landscape and expansive lots create unparalleled opportunities to design a distinctive custom home with easy access to nearby urban amenities.

Just 5 minutes west of Winnipeg. Enter from Hwy. 334 between Hwy. 1 and Roblin Blvd.



FOR MORE INFORMATION AND CUSTOM HOME BUILDER DETAILS VISIT OUR WEBSITE.

QUALICO
communities

**SHOW HOMES
NOW OPEN!**

TAYLORFARM.COM



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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

Website: mhrd.ca

Email: info@mhrd.ca

Recreation Director - Susanne Moore

Program Director - Karen Lough

Communications & Office

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.

Fall Deadline: June 30th, 2019

Registration

3 WAYS TO *Register*

Go Online



www.mhrd.ca

By Phone



204.885.2444


In Person




**81 Alboro Street
Headingley**

General Information

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

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

Student Rates

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

Trial Class

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

Give us your best smile!

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

Late Registrations & Waiting Lists

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

How to *Register* Online

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

Fee Assistance

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

Method of Payment

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

E-Transfers

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

Receipts

Receipts will be issued upon request.

Non Resident Registrations

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



The
**VOLUNTEER
FACTOR**
Lifting Communities



National Volunteer Week: April 7-13, 2019 • volunteer.ca/nvw2019 • #NVW2019



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.

4-H Manitoba Communication Extravaganza - April 27 - Canad Inns, Portage La Prairie

Manitoba Food Challenge - Date TBD - Elm Creek



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 Achievement Program will be held on Saturday, April 27th, 2019 at La Salle Community Fellowship. Doors open at 12:30pm.
Starbuck Combined 4-H Club	Sharon Masse sgmasse@gmail.com 204.735.2809	April 24 - Club Achievement: Doors open at 6:30 pm; program at 7:00 pm. Starbuck Community Hall. All are welcome.
Headingley 4-H Club Equine Projects	Estelle Bahaud headingley4h@gmail.com 204.889.9561 Rachael VanWyk rachaelvw123@gmail.com 204.292.5183	Club Achievement Night: Wednesday, April 24, Doors open at 6:30 pm Headingley Community Centre. All Welcome, refreshments will follow program. Please keep notation to check RM of Headingley website for information regarding our events. www.rmofheadingley.ca

Girl Guides

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.

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



Macdonald Healthy Child

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



Areas of focus include:

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

Chairperson - Elise Johnson *Sanford* 204.736.3917
 Coordinator - Brandi Noble 204.736.4141
 Kaylee Goerzen *Starbuck* 204.330.6463
 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 (0 - 5 Years)

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 until May 15	9:30 am - 11:30 am	Free!	Drop In

Sanford Stay 'n Play (0 - 5 Years)

Facilitators: Yvonne Bjornson and Danielle Mikolasek

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 - Basement	Mondays until May 13	10:00 am - 11:30 am	Free!	Drop In

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

Facilitator: Alison Forcier

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.

Location	Day(s)	Time	Fee	Registration Deadline
Caisse Community Centre	Wednesdays until May 15	9:30 am - 11:00 am	\$2.00/ Class	Drop In

Oak Bluff Stay 'n Play (0 - 5 Years)

Facilitator: Laura Dunphy

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.

Location	Day(s)	Time	Fee	Registration Deadline
Oak Bluff Recreation Centre	Tuesdays until May 14	10:00 am - 12:00 pm	Free!	Drop In

Whale Tales (2 - 4 Years)

Facilitator: Carrie Dureault

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

Location	Day(s)	Time	Fee	Registration Deadline
Starbuck - Trinity Lutheran Church - Basement	6 Thursdays, April 25 - May 30	10:00 am - 11:00 am	Free!	Thursday, April 18

Shake, Rattle & Roll (2 - 5 Years)

Facilitator: Yvonne Bjornson

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
La Salle Caisse Community Center	8 Tuesdays, April 2 - May 21	10:00 am - 11:00 am	Free!	Tuesday, March 26

All Aboard the Number Train (Ages 3 & 4)

Facilitator: Brandi Noble

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

Location	Day(s)	Time	Fee	Registration Deadline
Domain Hall	8 Mondays, April 1 - May 27 (No class May 20)	9:30 am - 10:30 am	Free!	Monday, March 25

Music & Me (2 - 4 Years)

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 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
Sanford United Church - Basement	8 Thursdays, April 4 - May 23	9:30 am - 10:30 am	Free!	Thursday, March 28



Shannon Martin MLA

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

Proudly Serving the Morris Constituency



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.

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 \$8.00 and can be delivered to your home at no extra charge. Check website or call Leanne for a complete listing of meal options.

Stay Connected!

Join our mailing list!

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

Social Media



Facebook

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

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

Lunch is \$8.00 and starts at noon, register with Leanne on the Monday prior to the program. (Presentations start at 1:00 pm and are free!)

Thursday, April 25
12:00 pm - 2:00 pm
Sanford Legion

Canada's New Food Guide

Presenter: Carly Gabler, R.D. - Southern Health

Eat well, live well. What do the new changes to Canada's food guide mean. Join us to learn what's in, what's out and tips to incorporate the new recommendations into your lifestyle.

Thursday, May 16
12:00 pm - 2:00 pm
Sanford Legion

Gut Health Matters!

Presenter: Kerby Sylvester, R.D. - Southern Health

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.

Wednesday, April 24
12:00 pm - 2:00 pm
Starbuck Hall

Ask the Pharmacist

Presenter: Fiona Maclean, Health Care Consultant - Sobeys Pharmacy

Questions about your prescriptions? Wondering about taking over the counter medications or supplements? Bring your questions and ask the pharmacist!

Live & Learn - Internet Safety For Seniors

Instructor: Sarah Sgambato

With the internet constantly changing, how can you keep yourself protected? If you are struggling to keep up, come learn about ways to keep yourself safe online. We'll review who to trust online, what are phishing scams, how to choose and change your passwords, email tips like how to check if an email is from a trusted source, and privacy settings. *Please bring a bag lunch.*

Location	Day(s)	Time	Fee	Registration Deadline
La Salle - Caisse Community Centre	2 Mondays, April 8 & 15	12:00 pm - 1:30 pm	\$25.00	Monday, April 1

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 until June 25	10:00 am - 11:00 am	Free!	Drop In

Hall Walking FREE

Contact: Maggie Crompton, 204.735.2378

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

Location	Day(s)	Time	Fee	Registration Deadline
Starbuck Hall	Thursdays, beginning January 17	1:00 pm - 2:00 pm	Free!	Drop In

Seniors' Events and Activities

Tuesday

Oak Bluff Shuffleboard

Location: Oak Bluff Recreation Centre

1:00 pm, Refreshments provided

Wednesday

Starbuck Floor Shuffle & Games Afternoon *Location:*

Starbuck Hall

1:00 pm, \$2.00/person

Includes afternoon of fun, conversation and refreshments.

Sanford Afternoon Out

Location: Mandan Manor

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

\$1.00/person, refreshments provided

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.

LET ^{NO} ONE BE *Alone*

Family Pancake Breakfast

Saturday, April 27th
Starbuck Hall
Watch for details





Macdonald Sports



Community	Contact
President	Mike McAulay 204.736.2190 president@macdonaldhockey.ca
Vice - President	Blake Vasko 204.294.6608 vicepresident@macdonaldhockey.ca
La Salle / Domain	Melissa Jones 204.781.9009 domainlasallerep@macdonaldhockey.ca
Sanford / Brunkild	Johnny Bestland 204.792.2274 sanfordbrunkildrep@macdonaldhockey.ca
Oak Bluff	Carrie Wilson 204.887.5950 hockey@obrc.ca
Starbuck	Vona Guiler 204.299.5218 starbuckrep@macdonaldhockey.ca
Female Hockey Representative	Nicky Louttit 204.470.9343 femalehockey@macdonaldhockey.ca

Macdonald Hockey
Annual General Meeting
April 17, 2019
7:00 pm
Oak Bluff Recreation Centre
Online Registration: June 17 - 30

Late fees will apply after these dates. Late fees may be waived for new residents to the community. Female Hockey available from Novice to Bantam. Register online to ensure your spot on a female hockey team! Contact your community representative directly for more information.

www.macdonaldhockey.ca



Position	Contact
Cam Bourre La Salle Rep	Lasalle.macringette@gmail.com
Glenn Houser Oak Bluff/ Starbuck Rep	oakbluff.macringette@gmail.com
Tamy Trylinski Sanford/Brunkild Rep	Sanford.macringette@gmail.com

Macdonald Ringette
Annual General Meeting
April 10, 2019
7:00 pm, Oak Bluff Recreation Centre
Watch macdonaldringette.ca for details!

Registration for the 2019-2020 Ringette Season will open mid June. Visit our website at macdonaldringette.ca for more information on ringette, registration, and fall conditioning camps later this summer.

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



Caisse Community Centre (La Salle)	Melissa Dixon	melissaddixon@gmail.com
Sanford Arena	Chris & Shauna Hewitt	204.736.3465 shaunahewitt@mymts.net
Oak Bluff Arena	Kerri Bell	204.299.6359 soccer@obrc.ca
Starbuck <i>Registration forms distributed through school</i>	Kevin Nixon	204.479.3187 knixon959@gmail.com

Soccer Skills for Coaches FREE

Clinician: Chris Hewitt

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

Location	Day(s)	Time	Fee	Registration Deadline
Sanford Collegiate	Wednesday, April 17	7:00 pm - 8:30 pm	Free!	Wednesday, April 10



Caisse Community Centre (La Salle)	Kalum Paull	204.293.4322 k_paull@hotmail.com
Sanford Arena	Michelle Havixbeck	204.736.3390 mhavixbeck@gmail.com
Oak Bluff Arena	Tyler Russell	204.403.8444 ball@obrc.ca
Starbuck	Paulette Romanuk	204.735.3114 eromanuk@mymts.net

Softball Umpire Clinic - Level 1 (Ages 12+)

Clinician: Val Pelleck - Softball MB

To receive a Level 1 certification, participants are required to attend approximately 8 hours of clinic instruction. This clinic provides both classroom and on field training. Participants must complete a written exam and achieve a minimum of 60% to obtain their certification.

Those interested in taking Level 2 certification, please visit our website at www.mhrd.ca.

Location	Day(s)	Time	Fee	Registration Deadline
La Salle - Caisse Community Centre	2 Tuesdays, April 2 & 9	6:00 pm - 9:30 pm	Level 1 & 2 under 21 - \$70.00 Level 1 & 2 Adult - \$110.00	Tuesday, March 26

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.



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 Christel Boekhorst at christelboek11@gmail.com for the monthly Brunkild Scoop!

Brunkild St. Paul’s Lutheran Church



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

Everyone Welcome

For more information please call 204.736.4216.



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

LIKE US ON

facebook

Macdonald-Headingley
Recreation District



Looking for a SAFE place for your pet?

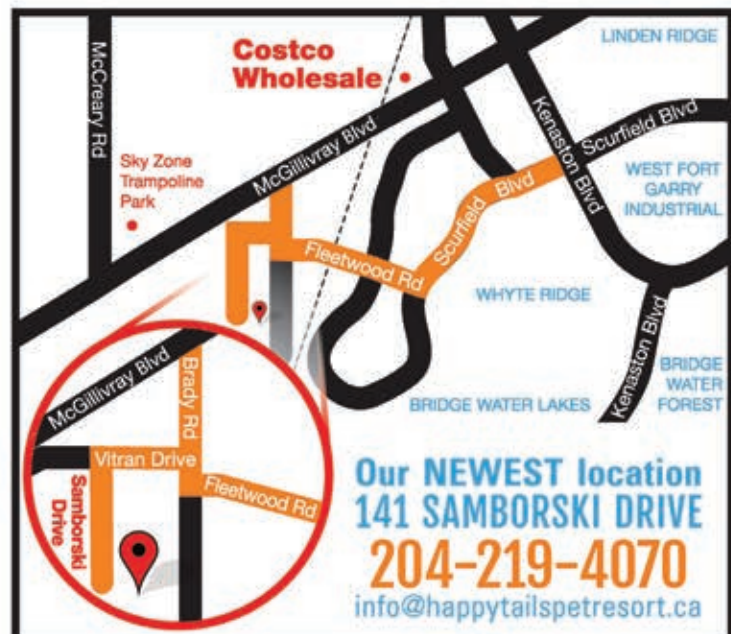
HappyTails provides a safe and fun place of play and socialization for your pets – with indoor and outdoor play areas for all sizes of dogs.



Setting the Standard in Premium Pet Care

Dog & Cat Hotel | Dog Grooming | Dog Daycamp
EXCLUSIVE "Cage Free" Boarding in Luxury Pet Condos

HappyTails is now open
in the Whyte Ridge area!





Domain

Domain Community Facilities

Domain Arena
Secondary Rt-330
R0G 0M0

Kyle Kippen, President
kyle@elmhurstdrywall.ca

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

Domain School
Box 54
R0G 0M0

Kristen Harley, Principal
204.736.4083
kharley@rrvdsd.ca

Domain Hall
Box 130
R0G 0M0

Scott Manson, President
204.736.2914

Jocelyn Kitchur, Hall Rental
204.612.1983
domainhall@hotmail.com



LOBSTERFEST SATURDAY, APRIL 13, 2019 DOMAIN HALL



FOR MORE INFORMATION, EMAIL
BARB@PITURASEEDS.CA



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



Homestead

My Co-op Stands for...

Locally Invested • Community-Minded •
Lifetime Membership Benefits

Domain Legion #208

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

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

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



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April 8
7:00 pm

**DOMAIN
HALL**

PLAYOFF HOCKEY POOL

Entry fee - \$200 per 4-person team

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

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

Event sponsored by the Domain Legion Branch 208.

Sunday Services 9:30am
Sunday School for all ages, children are upstairs for the first half of the service and then retire to the basement for their classes.

Chair lift accessible.

Coffee time after morning service.

Church will be closed month of July,
will reopen Sunday, August 4, 9:30 am

Services start at 11:00 am beginning September 1st

Rev. James DeBeer: reverendjdebeer@gmail.com

Contacts: Ron Manness 204.736.4001 or

Cliff Harrison 204.736.2613

Upcoming Events posted on our website
www.meridian-pastoral-charge.ca.

AVANLEA

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communities of
Domain, La Salle
and Osborne.



Domain

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

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

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



La Salle

La Salle Community Facilities

Caisse Community Centre
Corner of Hwy 330 & 247



Dee Romijn, Facility Manager
204.736.2679
204.801.7629
dromijn@caissecc.com

www.caissecc.com

La Salle School
43 Beaudry Road
R0G 0A1

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

www.srsd.ca



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

be a part of the community

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

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

www.LSCF.ca info@LSCF.ca 204.736.3200

Located on Highway 247 between the Community Centre and Kingswood Golf

All in One Fitness

Instructor: Clovis Se Sousa Baptista

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

Location	Day(s)	Time	Fee	Registration Deadline
Monday & Wednesdays - La Salle - Caisse Community Centre	34 Classes, Monday, Wednesday & Friday April 1 - June 21	6:00 pm - 7:00 pm	3/week: \$374.00 2/week: \$264.00 1/week: \$132.00	Monday, March 25
Fridays - La Salle School (Except May 3 at Caisse Community Centre)	(No class April 19 & May 20)			

All in One Fitness - Summer Session

Instructor: Clovis Se Sousa Baptista

Whether you're a beginner or a more advanced fitness enthusiast looking to push yourself to a higher level, this is a fun and challenging class incorporating cardio, strength, and flexibility. Individual attention from the instructor ensures everyone is encouraged to strive towards their personal goals. *Please bring an exercise mat to class. Payment may be made in installments. Classes will take place outside so please bring lots of water!*

Location	Day(s)	Time	Fee	Registration Deadline
La Salle - Caisse Community Centre	19 Classes, Monday, Wednesday & Friday July 3 - August 16 (No class August 5)	6:00 pm - 7:00 pm	3/week: \$209.00 2/week: \$154.00 1/week: \$77.00	Wednesday, June 26

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
Spring Session	26 Tuesdays and Thursdays	1:00 pm - 3:00 pm	\$2/ Drop In	Drop In
La Salle - Caisse Community Centre	April 2 - June 27		\$10/Month	
Summer Session	17 Tuesdays and Thursdays	7:30 pm - 9:30 pm	\$2/ Drop In	Drop In
La Salle - Caisse Community Centre	July 4 - August 29		\$10/Month	

Fluid Flow Yoga

Instructor: Antia Winter

This dynamic class will take you through many formations where your body has never gone before. Explore new movements and the freedom of flow that creates ease in your joints, tensed muscles and every day movement. Not your usual routine yoga practice, each class will differ and be accessible for all levels. *Please bring a yoga mat.*

Location	Day(s)	Time	Fee	Registration Deadline
La Salle - Caisse Community Centre	8 Mondays, April 8 - June 3 (No class May 20)	7:15 pm - 8:15 pm	\$88.00	Monday, April 1

Babysitter's Training (Ages 12+)

Instructor: Brenda Halstead

An important course for the beginning babysitter. Learn the basics about child-care, first-aid and safety in the home. *Students must be 12 years old by June 30, 2019. Please bring lunch, water bottle, pen and paper.*

Location	Day(s)	Time	Fee	Registration Deadline
La Salle - Caisse Community Centre - MPR	Saturday, April 27	9:00 am - 3:30 pm	\$45.00	Monday, April 22

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 Kara, Kihon, and Kumite (3 elements of most martial arts). This class is for children and adults with both beginner and junior ranks participating. Testing for belt ranks is not necessary but encouraged if you continue training. (This is a separate fee managed by the instructor). *Please wear shorts and a t-shirt and ensure that toe nails are clipped short.*

Location	Day(s)	Time	Fee	Registration Deadline
La Salle - Caisse Community Centre	7 Wednesdays, April 3 - May 15	5:30 pm - 6:30 pm	\$77.00 Family Rate (3 or More) \$192.50	Wednesday, March 27

Caisse Community Centre Rentals

Socials * Birthday Parties * Team Windups * Weddings * Funerals

The Caisse Community Centre, 17,000 sq. foot building consisting of a full sized Gymnasium, a Multi-Purpose Room, Fitness Centre, Dressing Rooms and Full Kitchen.

Occupancy license for:

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



**CAISSE
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CENTRE**

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

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

Stephen Sawisky

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in support of the Caisse Community Centre

CHASE THE ACE

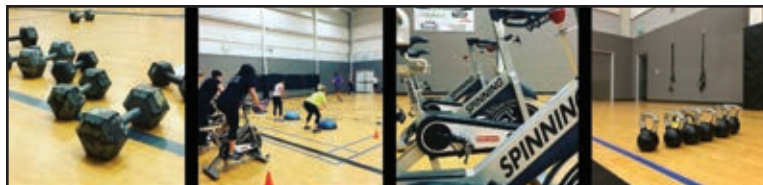
**Every Friday
BUY TICKETS
5:30pm - 7:45pm
at the Caisse Community Centre**
(corner of PR 247E & Hwy 330 in La Salle)

**DRAW AT 8:00PM
Tickets
\$2 each**

BONUS -
(ALTERNATING WEEKS)
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(WEEKLY)
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204-736-2679

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



CAISSE
COMMUNITY
CENTRE

FITNESS CLASSES

Instructors: **Dee Romijn | Desiree Hunt**
Sub-Instructor: **Pearl Moroz**

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

www.caissecc.com
204-736-2679

Mondays & Fridays - 9:00 am to 10:00 am
Circuit (Instructor - Desiree Hunt)

Mondays & Fridays - 10:15 am to 11:15 am
Mommy & Me (Instructor - Desiree Hunt)
* classes for Moms, their babies and/or toddlers *

Mondays & Thursdays - 7:00 pm to 8:00 pm
Circuit (Instructor - Dee Romijn)

Tuesdays & Thursdays - 6:00 am to 7:00 am
Circuit (Instructor - Dee Romijn)

Tuesdays & Thursdays - 9:15 am to 10:15 am
SilverFit (Instructor - Desiree Hunt)




La Salle Council #7793

La Salle Knights of
Columbus

CASH BINGO

7:00 pm - 10:00 pm
(Doors open at 6:30 pm)
Tuesday, May 7th
at the Caisse Community Centre

- large variety of games will be played -

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



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

La Salle Nursery School

Learn and play with us at La Salle Nursery School

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

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



CAISSE Community CENTRE

Fitness Centre

Fee Schedule (prices do NOT include GST)

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

R = Resident NR = Non-Resident

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

Packages:

Individual - an individual 18 years of age or older.

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

Senior - an individual 65 years of age or older.

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

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

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

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



CAISSE
COMMUNITY
CENTRE

www.caissecc.com
204-736-2679

CAISSE Community CENTRE

Before and After School Program

The Caisse Community Centre Before and After School Program provides recreational activities to children between the ages of 5 to 12 before and after regular school days. This is a fun-filled and active program. Space is limited. Pre-registration is required. The Caisse Community Centre Before and After School Program follows the school calendar of the Seine River School Division. The program will be closed on all in-service days, school holidays and inclement weather days.

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

In-Service Day Camp Program

The Caisse Community Centre provides In-Service Day Camp (no school days) to children between the ages of 5 to 12. Space is limited. Pre-registration is required. Precedence given to children registered in the Caisse Community Centre Before and After School Program. If space allows, In-Service Day Camp will be open to children not regularly attending the Caisse Community Centre Before and After School Program.

- Runs from 7:00 am to 6:00 pm
- Lunch and Snacks are NOT provided (lunch and snacks brought from home must be nut-free)
- Cost of the program:
 - \$25.00 per day / per child

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

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

Information and/or to register:

visit www.caissecc.com -
programs tab

or email
beforeandafter@caissecc.com



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School's out for Summer dance

Thursday, June 27th, 2019

4:30 pm to 9:30 pm

in the gym at the Caisse Community Centre

Elementary students and their parents are invited to celebrate the past year of school on June 27th.

Live DJ & Dance Floor Lights promise to be the best way to kick off your summer break!

Canteen, Games & Prizes!

Tickets available in June at the Caisse Community Centre or by calling 204-736-2679.

\$5/child (parents free)

If you're interested in sponsoring this event, please contact:

Dee Romijn

204-736-2679 | 204-801-7629 |

dromijn@caissecc.com

Guyline Remillard

204-487-1615 | guylaineremillard@gmail.com



CAISSE
COMMUNITY
CENTRE

www.caissecc.com

events tab - school's out for summer dance

LA SALLE CURLING CLUB



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

Thank You

FROM LSCC FOR A GREAT
2018-2019 SEASON

LSCC is where fun and sport come to meet!

THANK YOU TO ALL OF OUR MEMBERS
2018 - 2019 was a successful year,
with new events, full bonspiels and more.
WE CANNOT WAIT UNTIL NEXT SEASON.

Fall 2019 Leagues include:

Men's League
Junior's League
Women's League
Friday Night Fun League
Learn to Curl
Day League

**Plus many bonspiels and funspiels &
other events throughout the season!**

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

www.lasallecurlingclub.ca

www.facebook.com/LaSalleCurlingClub

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

Also available:

Ice Rentals
Club Rentals
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Canteen and Bar

Visit our website and FB page for all the details!

See you in the fall at LSCC!!

St. Hyacinthe Roman Catholic Parish

Come and join us for Sunday Mass
Everyone welcome!

Mass times: Sundays 11:00 am

Catechism classes held before Mass.

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

Priest-Moderator: Father Isaie Blanchette PH: 204-736-2847

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

27 rue Beaudry, La Salle R0G 0A1 Fax: 204-736-2712

Email: st.hyacinthe@mymts.net www.sthyacinthelasalle.ca

The Women's Auxiliary is pleased to present:

St. Hyacinthe Spaghetti Supper



Friday April 26th at the Caisse Complex.

Come and Go from 5:30 to 7:30 p.m.

Fun for the whole family!

2019
SUMMER CAMP for KIDS
JULY & AUGUST
at the Caisse Community Centre
SPORT CAMP
THEME CAMP
plus games, crafts, arts & more!
ages 5 to 12
pre-registration is required
registration opens in June
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www.caissecc.com
programs tab - summer camp for kids



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Winnipeg | 204-774-4000

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

For more information please contact Club
Rob Nowosad robnnowosad@shaw.ca.

Join Cross Country Snow Drifters on Facebook!



crosscountrysnowdrifters.net

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president@obrc.ca

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Keith Rempel, Hall Rental
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www.obrc.ca

Oak Bluff Community School
155 Agri Park Road
R4G 0A5

Pamela Lee, Principal
204.895.0004
oakbluff@rrvsc.ca

www.obcs.rrvsc.ca

Oak Bluff Recreation Annual General Meeting

Tuesday, June 11th 7:30 pm, Oak Bluff Hall



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.

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.



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

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 Contact: Bill/Lorraine 204.895.0900	Mondays, April 1 - May 13	1:30 pm - 3:30 pm	\$2.00/Drop In \$5.00/Month	Drop In
Oak Bluff School Contact: Wendy 204.897.5634	Wednesdays, April 3 - May 15	6:30 pm - 8:30 pm	\$2.00/Drop In \$5.00/Month	Drop In

Medical Marijuana - Is it right for me?

Presenter: Janine Rivest - Sobey's Pharmacy

The presentation will discuss the benefits and risks of using medicinal marijuana as well as the steps involved to acquire it.

Location	Day(s)	Time	Fee	Registration Deadline
Oak Bluff Recreation Centre	Friday, April 5	1:00 pm - 2:30 pm	Free!	Friday, March 29

Yoga For Men

Instructor: Nicole Necsefor

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

Location	Day(s)	Time	Fee	Registration Deadline
Oak Bluff Recreation Centre	7 Mondays, April 8 - May 27 (No program May 20)	7:30 pm - 8:30 pm	\$77.00	Monday, April 1

Living Green, Living Well - DIY Personal Care

Presenter: Bethany Daman - Green Action Center

Discover how to make your own natural and low waste personal care products. Reducing your waste, reducing your exposure to nasty chemicals, being more environmentally friendly and saving you money, it's a win-win! Will be a brief presentation on waste-reduction and healthy living. *Each participant will choose 2-3 products to make in class and will be provided instructions for all at home products.*

Location	Day(s)	Time	Fee	Registration Deadline
Oak Bluff School	Tuesday, April 30	6:30 pm - 8:00 pm	\$25.00	Tuesday, April 23

Kids Can Cook! (Ages 7 - 10)

Instructor: Leanne Wilson

Get your kids into the kitchen with these fun and creative classes that make learning about nutrition fun. Young chefs will learn how to prepare simple meals, nutritious snacks and the basics of kitchen safety. *Please indicate at time of registration whether your child has any allergies.*

Location	Day(s)	Time	Fee	Registration Deadline
Oak Bluff Recreation Centre - Kitchen	6 Tuesdays, April 9 - May 14	5:30 pm - 7:00 pm	\$72.00	Tuesday, April 2

Barre Fit

Instructor: Tracy Tomchuk

A full body lean muscle toning workout using a combination of Pilates, dance barre exercise and yoga. It starts slowly and gradually builds up intensity in conjunction with vibrant music. *Equipment is required for this class and the cost is included in your registration fee. The equipment is yours to keep. Please bring a yoga mat and large tote bag to carry your barre back and forth to class. Students must register for the full 8-week session.*

Location	Day(s)	Time	Fee	Registration Deadline
Oak Bluff School - Gym	8 Mondays, April 8 - June 3 (No class May 20)	7:00 pm - 8:00 pm	\$154.00 (Includes personal barre)	Friday, April 5

Self Defense for Women & Teens (Ages 13+)

Instructor: Markus Erkelenz

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

Location	Day(s)	Time	Fee	Registration Deadline
Oak Bluff School	Saturday, May 4	9:30 am - 12:00 pm	\$25.00	Friday, April 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 a yoga mat.*

Location	Day(s)	Time	Fee	Registration Deadline
Oak Bluff School - Library	10 Thursdays, April 4 - June 6	8:00 pm - 9:00 pm	\$80.00	Thursday, March 28

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 - Gym	10 Wednesdays, April 3 - June 5	8:00 pm - 9:00 pm	\$80.00	Wednesday, March 27



**OAK BLUFF
BIBLE CHURCH**

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

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

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

We meet in the school from September-June.
Contact us or check our website for July-August schedule & location.

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



**OAK BLUFF
BIBLE CHURCH**

Details & register @
www.oakbluffbiblechurch.com

Vacation Bible School
July 7 - 11, 2019
at the Oak Bluff Recreation Hall
6:30 - 8:45 pm



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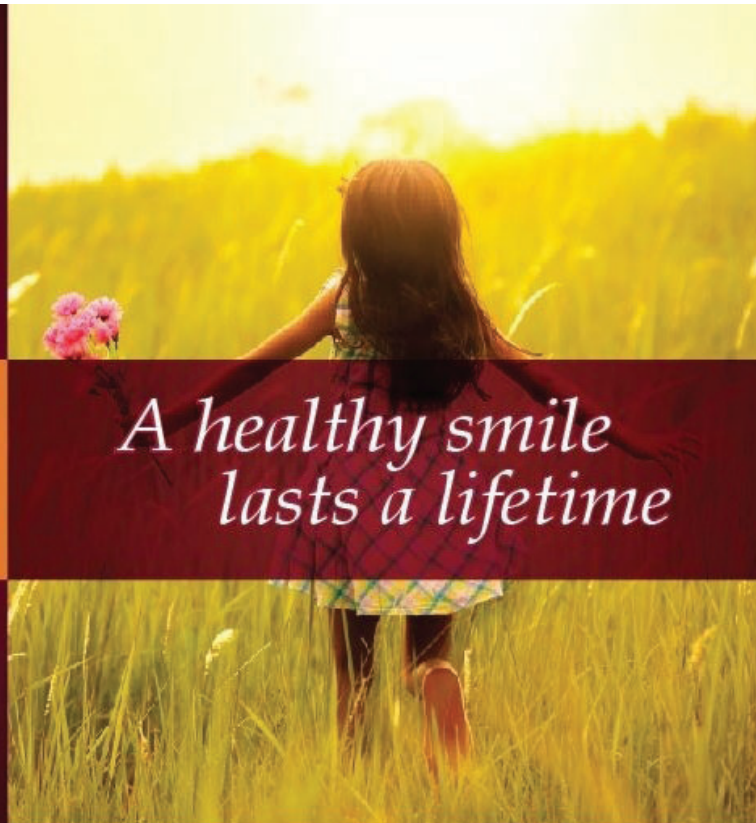


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Trevor Richardson, President
204.736.3346
trichardson101@hotmail.com

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

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Starbuck - Sanford - Dornum



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upcoming events.
www.meridian-pastoral-charge.ca/sanford

Fusion Fitness

Instructor: Marci Manness/Jillian MacDonald

A hybrid strength and conditioning class using aerobic exercise, plyometric movements, circuit training, and yoga designed to improve posture, build whole body strength (legs, chest, back, arms and core), improve flexibility and reduce stress. *Please bring clean indoor shoes. Class May 30th will take place outside, weather permitting.*

Location	Day(s)	Time	Fee	Registration Deadline
J.A. Cuddy School	17 Classes, Mondays & Thursdays April 1 - May 30 (No class May 20)	Monday 7:15 pm - 8:15 pm Thursday 6:15 pm - 7:15 pm	1/week: \$90.00 2/week: \$170.00	Monday, March 25

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 Kara, Kihon, and Kumite (3 elements of most martial arts). This class is for children and adults with both beginner and junior ranks participating. Testing for belt ranks is not necessary but encouraged if you continue training. (This is a separate fee managed by the instructor). 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	7 Wednesdays, April 3 - May 15	7:00 pm - 8:15 pm	\$77.00 Family Rate: (3 or more) \$192.50	Wednesday, March 27

Recreational Badminton (Ages 14+)

Contact: Jordan Kennedy, 204.736.3676

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

Location	Day(s)	Time	Fee	Registration Deadline
J.A. Cuddy School	7 Thursdays, April 4 - May 16	7:30 pm - 9:00 pm	\$2/Drop In	Drop In

Mindfulness & Yoga for Teens (Ages 13 - 15)

Instructor: Nicole Necsefor

This program is designed to empower 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. *Please bring your yoga mat!*

Location	Day(s)	Time	Fee	Registration Deadline
Sanford Collegiate - Library	4 Thursdays, April 25 - May 16	4:00 pm - 5:30 pm	\$60.00	Thursday, April 18

Babysitter's Training (Ages 12+)



Instructor: Brenda Halstead

An important course for the beginning babysitter. Learn the basics about child-care, first-aid and safety in the home. *Students must be 12 years old by June 30, 2019. Please bring lunch, water bottle, pen and paper.*

Location	Day(s)	Time	Fee	Registration Deadline
Sanford Arena - Upstairs	Saturday, April 6	9:00 am - 3:30 pm	\$45.00	Monday, April 1

Yoga- All Levels

Instructor: Emily Lenehan

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

Location	Day(s)	Time	Fee	Registration Deadline
J.A. Cuddy School	8 Mondays, April 8 - June 3 (No class May 20)	6:00 pm - 7:00 pm	\$88.00	Monday, April 1



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Sanford Legion



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 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.

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Youth Paddling Program, Monday - Friday 9 am - 11 am, \$200/Summer or \$50/Week

Drop In nights: Tuesday and Thursday 6 pm - 8 pm, \$5/person or \$ 10/Family

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

Manitoba Paddling Association

145 Pacific Avenue

Winnipeg, MB R3L 2Z6

Phone: 204-925-5681

Email: mpa@sportmanitoba.ca

Local Information:

Ellen Bestland

Email: sanfordpaddlingclub@gmail.com

Address: 130 Blythefield Sanford, Manitoba
in the student parking lot of Sanford Collegiate





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knixon959@gmail.com



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icerentals@starbuckrecreation.com
For current info and ice schedule:
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Starbuck Hall
25 Main Street
ROG 2P0

Dan Gargan, President
204.735.2743

Rental Info & Hall Bookings
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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

Starbuck Events:

April 6 - All Charities
(Rain date April 13)
April 13 - Horse Races
for info, call 204.735.3139



President - Kevin Nixon

Ladies' Curling

Candice Langlois, 204.750.2537
candicejlanglois@gmail.com

Men's Curling

Mitchell Tod, 204.792.6686
mitchell_tod@yahoo.ca

*Come out and join a league or catch up
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AGM

Annual General Meeting
April 10th, 7:00 pm

**Starbuck Rink
Everyone Welcome!**

Pickleball

Contact: Brenda Shirliff 204.735.2880

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

Location	Day(s)	Time	Fee	Registration Deadline
Starbuck School	9 Thursdays, April 4 - May 30	6:30 pm - 8:30 pm	\$2.00/Drop In \$5.00/Month	Drop In

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. Must be 10 years old by start date. *Please bring a lunch and water bottle.*

Location	Day(s)	Time	Fee	Registration Deadline
Trinity Lutheran Church - Basement	Saturday, May 25	9:30 am - 1:30 pm	\$45.00	Friday, May 17

Yoga- All Levels

Instructor: Emily Lenehan

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

Location	Day(s)	Time	Fee	Registration Deadline
Starbuck Hall	8 Mondays, April 8 - June 3 (No class May 20)	7:45 pm - 8:45 pm	\$88.00	Monday, April 1

Fit & Flex

Instructor: Erika Wilken

Help build healthy muscles and joints! This class will focus on strength and endurance for all fitness levels. *Please bring a yoga mat, indoor shoes, and a water bottle.*

Location	Day(s)	Time	Fee	Registration Deadline
Starbuck Hall	9 Thursdays, April 4 - May 30	10:00 am - 11:00 am	\$90.00	Thursday, March 28

Babysitter's Training (Ages 12+)



Instructor: Brenda Halstead

An important course for the beginning baby sitter. Learn the basics about child-care, first-aid and safety in the home. *Students must be 12 years old by June 30, 2019. Please bring lunch, water bottle, pen and paper.*

Location	Day(s)	Time	Fee	Registration Deadline
Trinity Lutheran Church - Basement	Saturday, May 11	9:00 am - 3:30 pm	\$45.00	Monday, May 6

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.

Everyone is welcome!

For more information on becoming a member please contact:

Barbara Kaminsky 204-736-4260
Joyce Nadeau 204-436-2096
Grace Hendrickson 204-735-2776 hendric@mymts.net
Laurel Gargan 204-735-2743






**St. Paul's Roman Catholic Parish - Starbuck
&
Sacred Heart Parish - Fannystelle**

Please join us for Mass, coffee & fellowship!
Everyone is welcome!

Mass Times

Sundays: 9:00 a.m. - Alternating between Starbuck and Fannystelle
Every 2nd Wednesday: 4:00 p.m. - At the Riverdale Apartments in Starbuck

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

Starbuck All Charities

Donate to your Favourite Charity



Saturday, April 6, 2019
(snowstorm date April 13, 2019)
Starbuck Community Hall
9:00 am - 1:00 pm

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



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For Table Rentals please contact
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Table cost is \$10.00 plus donation to the
Brown Bag Auction



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.
Closed for months of July & August,
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www.meridian-pastoral-charge.ca

Trinity Lutheran Church in Starbuck

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Sunday School - 11:15 am

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Headingley Seniors' Services

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 the office!

Phone 204-889-3132, ext. 3

Email: hdlyseniorservices@mts.net

Dates:


April 25

June 6

July 18

August 29







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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,

12:00 pm - 2:00 pm

Lunch & Learns give you the opportunity to engage with others, enjoy great food & a friendly atmosphere, play group games, and engage in presentations on many different topics of interest. Call 204.889.3132, ext. 3 to reserve your space and order lunch. Lunch is \$8.00 per person, presentations are free!

LUNCH & LEARN

Tuesday, April 2
12:00 pm - 2:30 pm
Register by: March 26

Do I Still Need This Medication?



Presenter: Allison Bell - PHC Pharmacy Manager

Medications can help us in many ways. However, our bodies become more sensitive to medication effects as we age. Some medications may even carry more risk than benefit, causing falls, memory problems, or even hospitalizations. The more medications we take, the greater the risk. This is particularly important as 25% of Canadians over age 65 take at least 10 medications. Please join Allison Bell, Pharmacist, member of the Canadian Deprescribing Network, and passionate advocate for safe medication use to find out about medication risks and essential questions to ask your health care provider to help you prevent medication harms! *Learn more at deprescribingnetwork.ca.*

Tuesday, May 7
12:00 pm - 2:30 pm
Register by: April 30

Headingley Foundation

Presenter: Georgia Taillieu

The Headingley Community Foundation Inc. is a collection of funds and resources given by caring citizens and businesses that have chosen to help make their community a better place to live, now and in the future. Learn about how this foundation came about and how it is making an impact on our community!



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



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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

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



Headingley Healthy Child



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 sessions have been planned:
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.



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

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

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.

The following sessions have been planned: **April 25, May 9**

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

Stay & Play (0 - 5 Years)

Facilitator: Kristen Petz Fraser

Stay & Play is a drop-in playgroup that provides a wide variety of toys and games for children to explore with plenty of space for energetic 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	8 Wednesdays, April 10 - May 29	9:45 am - 11:15 am	Free!	Drop In

Music & Me (1 - 4 Years) 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 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, April 9 - May 28	9:45 am - 10:45 am	Free!	Tuesday, April 2



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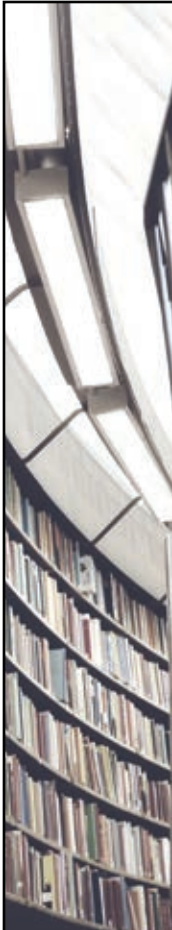
Infant & Preschool Site - 5330 Monterey Road
School Age Site - 111 Alboro Street



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Jillian@PawsitivePooch.ca
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Headingley Library

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

Membership includes:

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- Large print and audio books
- DVD movies
- Monthly book club
- Children's programming
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**Headingley Library
Children's Department**

Spring Storytimes

Spring 2019 Programs
To register call 204-888-5410
or email hml@headingleylibrary.ca

Baby Storytime (0 - 12 months)
April 10th – May 29th
(Wednesdays) at 11:00AM

Time for Tots (12 – 36 months)
April 9th – May 28th
(Tuesdays) at 10:30AM

Preschool Storytime (3 - 5 years)
April 8th – May 27th
(Mondays) at 10:30AM
Siblings welcome

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



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Available on the iPhone
App Store



ANDROID APP ON
Google play

Pickleball

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

Have you ever played a racquet sport of any sort - even ping pong? If so, you may enjoy this sport. Pickleball is a fun, inexpensive racquet sport that is designed for all age groups and abilities. 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. Please register at anytime to receive updates. Location & days may change or be added as it warms up. Contact Brodie or Sarah for updated pickleball schedule. Please wear clean indoor shoes.

Location	Day(s)	Time	Fee	Registration Deadline
Headingley Community Centre	(Ongoing) Monday, Tuesday, Thursday	6:30 pm - 9:30 pm	\$2.50/Drop In \$5/Month	Drop In
Headingley Community Centre	(Ongoing) Wednesdays	1:30 pm - 4:00 pm		

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. Classes may be held in either the MPR or the Auditorium. Please bring a yoga mat and blanket with you to class.

Location	Day(s)	Time	Fee	Registration Deadline
Headingley Community Centre	11 Tuesdays, April 2 - June 11	9:30 am - 10:30 am	\$100.00	Tuesday, March 26

CPR/AED - Adult, Infant & Child

Instructor: Glenn Reimer

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

Location	Day(s)	Time	Fee	Registration Deadline
Headingley Fire Hall	Thursday, April 25	6:00 pm - 10:00 pm	\$27.50	Thursday, April 18

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. Classes may be held in either the MPR or the Auditorium. *Please bring a yoga mat.*

Location	Day(s)	Time	Fee	Registration Deadline
Headingley Community Centre	10 Thursdays, April 4 - June 13 (No class April 25)	9:30 am - 10:30 am	\$90.00	Thursday, March 28

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. *Please bring a yoga mat.*

Location	Day(s)	Time	Fee	Registration Deadline
Phoenix Community Centre	9 Fridays, April 5 - June 14 (No class April 19 or 26)	10:00 am - 11:00 am	\$99.00	Friday, March 29

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	9 Wednesdays, April 3 - May 29	8:15 pm - 9:15 pm	\$99.00	Wednesday, March 27

Cardio Strength Fusion

Instructor: Andrew Schindle

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

Location	Day(s)	Time	Fee	Registration Deadline
Headingley Community Centre - MPR	10 Wednesday, April 10 - June 12	11:10 am - 12:00 pm	\$90.00	Wednesday, April 3

Live your Best Life Workshop

Instructor: Bonnie Schroeder - Integral Wellbeing

Are you ready to shake off the winter doldrums? Spring supports new beginnings! This workshop series will help you get back in the driver's seat of your life and moving in the direction of a healthier and happier you. Register for one or for both! It will include focusing practices, visioning, and identifying limiting beliefs and patterns getting in the way. Learn how to align your thoughts and energies with your visions, start journaling and practical steps to keep you moving forward. *Please bring a journal and your big dreams!*

Location	Day(s)	Time	Fee	Registration Deadline
Phoenix Community Centre	2 Mondays, April 29 & May 6	6:30 pm - 8:30 pm	Single: \$35.00 Both: \$65.00	Monday, April 22 & 29

Ukulele Jammin'

Instructor: Lorelei Goldau

Don't want your uke to get dusty or your skills to get rusty? Ukulele for Beginners was so much fun that we want to keep strumming! Let's keep practising and learning together. *Please register by the Friday prior to each session.*

Location	Day(s)	Time	Fee	Registration Deadline
Phoenix School	Mondays, April 15 & 29, May 13 & 27, June 10 & 24	6:30 pm - 8:00 pm	Free!	Friday, April 11 & 26, May 10 & 24, June 7 & 21

Introduction to the iPad

Instructor: Marly Mustard

Are you interested in an iPad but don't know where to start? Thinking about buying one or even have one collecting dust? This workshop will help you understand the basics and give you the confidence to explore it further on your own. *All participants will be provided with an iPad during the workshop.*

Location	Day(s)	Time	Fee	Registration Deadline
Headingley Community Centre - Board Room	5 Thursdays, May 2 - May 30	10:00 am - 12:00 pm	\$45.00	Thursday, April 25

Living Green, Living Well - DIY At-Home Cleaning Products

Instructor: Bethany Daman - Green Action Center

Choices we make in our everyday lives can help to protect the environment and our health. Making your own products reduces wastes and ensures your household products are good for both you and the environment. Discover how to make your own natural and low waste home cleaning products. Reducing your waste, reducing your exposure to nasty chemicals, being more environmentally friendly and saving you money, it's a win-win! Will be a brief presentation on waste-reduction and healthy living. *Each participant will choose 2-3 products to make in class and will be provided instructions for all at home products.*

Location	Day(s)	Time	Fee	Registration Deadline
Phoenix Community Center	Monday, April 15	6:30 pm - 8:00 pm	\$25.00	Monday, April 8

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	9 Wednesdays, April 3 - May 29	7:00 pm - 8:00 pm	\$99.00	Wednesday, March 27

Learn to Play Soccer (4 - 6 Years)

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

Location	Day(s)	Time	Fee	Registration Deadline
Phoenix School	8 Tuesdays, May 7 - June 25	6:00 pm - 6:45 pm	\$65.00	Tuesday, April 26

Brasilian Infusion

Instructor: Joyce Noble

Fun fact- Brasil is actually spelled with an "s"! Come and learn about Brasil- beyond soccer and Carnaval! Explore the music, art, history and cuisine of Brasil, some of the history and even learn to SAMBA! "Brasilian Infusion" is your invitation to dip your toes into the warmth and exuberance of the Brazilian culture with Joyce- born and raised in Brasil. She is looking forward to sharing her love of Brasil with her community. *A SAMBA class will be held on the last day, please wear comfortable shoes...and a happy attitude!*

Location	Day(s)	Time	Fee	Registration Deadline
Phoenix Community Centre	5 Thursdays, May 2 - May 30	7:00 pm - 8:00 pm	\$165.00	Thursday, April 25

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. *Please bring clean indoor shoes.*

Location	Day(s)	Time	Fee	Registration Deadline
Headingley Community Centre	25 Classes, Monday & Wednesday April 1 - June 26 (No class May 20)	10:00 am - 11:00 am	2/week: \$200.00 1/week: \$104.00	Monday, March 25

Headingley
FIRE DEPARTMENT
19th Annual Run for Wishes
Saturday, May 25th
9:00 am
5 km run & 3 km walk
Entry fee \$30.00
(Early Bird registration for \$25.00 ends May 10th)
Entry forms available at RM of Headingley, Headingley Foods, Headingley Library, Headingley Community Centre.
A great way to get involved in the community and support a great cause!
Raising money for The Childrens Rehabilitation Center and Canadian Mental Health
If you or your company would like to be a sponsor please contact:
Doug Hansen
duke.42@shaw.ca 204-782-8217

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

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Phoenix Recreation Association

The Phoenix Recreation Association (PRA) is a volunteer organization that implements & maintains recreational and social activities for Headingley Residents.

Phoenix Recreation Association meets once a month at the Headingley Community Centre. Everyone is welcome. Meeting dates for the upcoming months are April 15, May 27 (AGM), June 17.

Stay in the loop on upcoming events and sports registrations at www.phoenixrec.org



TAKE IT OUTSIDE AFTER SCHOOL PROGRAM



A non-profit after school nature-based program,
with full-time & part-time options available.

Monday-Friday from 3pm-6pm

In-service (full day) programming offered!

Contact Whitney: afterschool@phoenixrec.org
for more information!

PHOENIX NURSERY SCHOOL

Do you have a 3 to 5-year-old born before Dec 31, 2014?
Registration is NOW OPEN for the 2019-2020 school year!

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

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

Spaces are Limited, Register Now!

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



Baseball & Softball

Boys and Girls Ages 4 - 18

Competitive and Recreational

More information on the 2019 Season will be posted at
<http://phoenixrec.org/baseball-softball-2/>

Anyone interested in coaching or umpiring please contact:

Lindsay - baseball@phoenixrec.org

Jana - softball@phoenixrec.org



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

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

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

Upcoming Events:

May 5 - C.V.M.G. Motorcycle Swap Meet, 9:00 am - 3:00 pm
 June 15 - M.C.A.A.C. Car Show & Shine, 9:00 am - 3:00 pm
 June 16 - Oldsmobile Club Show & Shine, 12 Noon - 4:00 pm
 August 17 - Tailgaters Truck Show & Swap Meet, 9:00 am - 3:00 pm

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

Website - www.jimsvintagegarages.ca

Facebook - Jim's Vintage Garages

Rob Nowosad, Chairman, robnowosad@shaw.ca



Headingley Historical Society
 Bus trip to



Save the Date!
Wednesday, June 12, 2019
More information coming soon!



The Headingley Historical Society

Join us today



Everyone Welcome!

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

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

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



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

Join us for
Good Friday Service
Friday, April 19, 10:30 AM

Easter Sunday Service
Sunday, April 21, 10:30 AM
Feat. St.Charles Big Band

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

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

Headingley Splash Pad

FREE!

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

Opening May long Weekend! For up to date
information, please visit:
www.rmofheadingley.ca/p/headingley-splash-pad-

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

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

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

 **Oak
Bluff**
WEST
EXPAND YOUR HORIZONS



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
[Like Us On facebook](https://www.facebook.com/hcinfo) [Instagram](https://www.instagram.com/hcinfo)
hcinfo@headingleyfoundation.ca

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

Blue Birds

The blue birds 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.



Tall Grass Prairie

Join us for a Spring tour of the Tall Grass Prairie, **6:30 pm on June 27th**. Meet at Alboro and the trail.



Meet Your Neighbors

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



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

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

Contact us at:

headingleygrandtrunktrail@gmail.com

Or visit our blog at:

headingleygrandtrunktrails.blogspot.com/



Geochaches

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



Presentations & Special Events

Join us at **7:00 pm on May 13** at the Headingley Community Centre for our Annual General Meeting and our presentation about the birds on our trail.



Consider Getting Involved

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





Would you like to advertise in this Program and Community Resource Guide?
Contact Macdonald - Headingley Recreation District
for advertising opportunities in 2019.



Macdonald-Headingley
RECREATION DISTRICT

Macdonald - Headingley Recreation District
81 Alboro Street
Headingley, Manitoba
R4J 1A3
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F: 204.889.2211
Email: info@mhrd.ca
www.mhrd.ca

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