

Spring 2022

Program & Community Resource Guide



Macdonald-Headingley
RECREATION DISTRICT

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

LIFE BEYOND THE LIMITS



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OAKBLUFFWEST.CA



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

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 **Oak
Bluff**
WEST
EXPAND YOUR HORIZONS

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Request a Program!

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

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

Advertise with us!

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

Contact us at 204.885.2444, info@mhrd.ca



Macdonald-Headingley
RECREATION DISTRICT

179 Seekings Street

Headingley, Manitoba R4J 1B1

Phone: 204.885.2444

Fax: 204.889.2211

Website: www.mhrd.ca

Email: info@mhrd.ca

Recreation & Community Services Manager

Susanne Moore

Program Coordinator

Meghan Lemoine

Marketing & Communications Coordinator

Zack Waldvogel

Office Coordinator

Karen Cairns

Financial Coordinator

Vona Guiler

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

Registration

WAYS TO *Register*

Go Online



www.mhrd.ca

By Phone



204.885.2444

By Email



info@mhrd.ca

How to *Register* Online


1. Click the Programs link at the top of the page

2. Find and click on the desired program by session, community, category or search


3. Click Register Online

General Information

- All programs and schedules are subject to change in dates, location and instructors.
- Pre-registration is required for all programs.
- Participants registering for an in-person 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 flexible pricing option? Look for the  symbol for programs that qualify or call the office for more details. (Available only for in-person programming).

Student Rates

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

Trial Class

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

Give us your best smile!

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

Late Registrations & Waiting Lists

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

Fee Assistance

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

Method of Payment

Payment is requested after the program is confirmed and prior to the first class or before supplies are picked up. E-transfer is our preferred method of payment (payments@mhrd.ca), however cash or cheque is also accepted. Credit cards are not an option at this time.

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. [Are you in-district?](#)

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.
- **COVID-19: In the event that Public Health restrictions change and in-person programs are suspended, programs will transition to an online format where possible. Refunds will only be considered in limited circumstances.**

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

If a class is canceled unexpectedly and can not transition to an online format, every attempt will be made to reschedule. If the rescheduled class does not suit the program participant, a refund will be provided for the class/classes missed. If you are concerned about a class being canceled, please contact the MHRD office. Please note: If schools are closed due to inclement weather, all programs occurring in schools will move to an online format or be cancelled.

Withdrawals

Please let us know prior to the program deadline if you wish to withdraw your registration. Participants will be responsible for registration and supply fees (where appropriate) if a withdrawal is not received prior to the registration deadline.

Program Transfers

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

Commitment to Inclusion

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

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



4-H & Guides



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

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



For information visit www.4h.mb.ca

Location	Contact Info	Events
Red River Area	https://4h.mb.ca/red-river/	
La Salle 4-H Club lasalle4h@gmail.com www.4h.mb.ca	Michelle D'Souza (Head leader) 204.792.7107 Jennifer Lippens (Head leader) 204.451.3191	April 11 - Club Meeting April 30 - Achievement Night
Starbuck Combined 4-H Club	Sharon Masse sgmasse@gmail.com 204.735.2809	Achievement Night - April 26, Starbuck Community Hall Doors open at 6:30 pm, program at 7:00 pm <i>*Fully vaccinated status required to attend</i>
Headingley 4-H Club	Estelle Bahuaud headingley4h@gmail.com 204.889.8561	Achievement Night - End of April Registration for 2022-23 - September 2022 <i>*Watch for advertising</i>



Girl Guides

Join Us in La Salle!

Girl Guides is a supportive space for girls age 5-17 to have fun, be creative, explore new activities, play games and go on adventures – all alongside a sisterhood of friends and adult mentors who will celebrate her for who she is.

***Learn more at
girlguides.ca/joinus***

Recreate Safely

What to expect at our programs

We are excited to welcome citizens back to our recreation programs and activities. We are working hard with our facility providers to provide a safe environment for everyone.

But this environment will look different and we ask that all participants read, follow and respect our guidelines, along with all Manitoba Health guidelines and public health orders.

We appreciate your patience and cooperation as we work through this together.



Using Facilities

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



Hand Hygiene

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



Enhanced Cleaning

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



Physical Distancing

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



Macdonald-Headingley

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

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



Macdonald Public Recreation Commission

Role of the Commission

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

Funding Programs

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

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

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

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

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



Macdonald Bench Dedication Program

The R.M. of Macdonald Bench Dedication Program offers a special way for individuals and groups to memorialize an individual or an occasion. Consider a bench dedication to create a lasting legacy for a loved one, honour great achievements, or celebrate a birthday, anniversary special event, wedding, or retirement. This dedication offers a unique way to pay tribute, enhance parks and pathways and give back to the community.



Bench Dedication Contribution

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

Commemorative Plaque

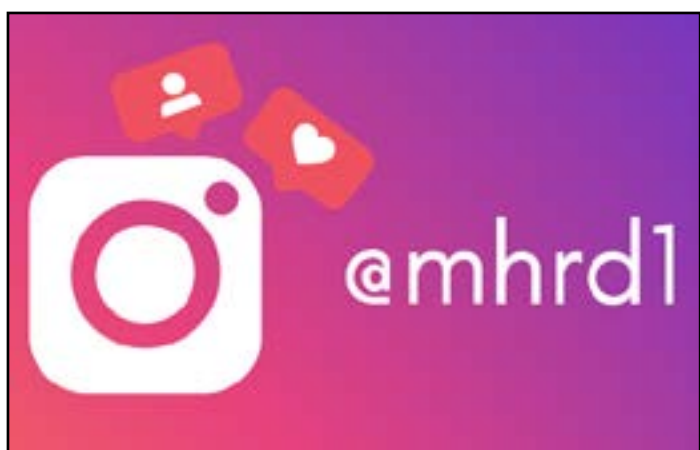
Each bench carries a different story through the words engraved on a 3" x 5" plaque. Messages can be a maximum of 7 lines of text; each line comprising of 16 characters (including punctuation and spacing).

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



Download the app!

Search "RM of Macdonald" and get connected.





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Macdonald Healthy Child

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



Areas of focus include:

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

Chairperson - Elise Johnson *Sanford* 204.736.3917
 Kaylee Goerzen *Starbuck* 204.330.6463
 Jana Crossly *J.A. Cuddy Child Care* 204.736.3289
 Sheena Beatie *La Salle Kidz Daycare Centre* 204.736.2520
 Leanne Derlago *Oak Bluff Early Years* 204.792.6278
 Jaclyn Koskie *R.R.V.S.D.* 204.746.2317 ext. 234
 Lisa Balcaen *S.R.S.D.* 204.883.2182
 Heidi Watermulder *Southern Health - Santé Sud* 204.736.5030
 Meghan Lemoine *MHRD* 204.885.2444

Stay & Play (Ages 0 - 5)

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

Location	Day(s)	Time	Fee	Registration Deadline
Oak Bluff Recreation Centre <i>Faciliator: Laura Dunphy</i>	10 Mondays, April 4 - June 13 5 Thursdays, April 7 - May 12	10:00 am - 11:30 am 5:30 pm - 6:30 pm	Free! Free!	March 28 April 7
Starbuck Hall <i>Faciliator: Melanie Mosset</i>	11 Wednesdays, April 6 - June 13	9:30 am - 11:00 am	Free!	March 30
La Salle - Caisse Community Centre <i>Faciliator: Melissa Wrixon</i>	10 Wednesdays, April 6 - June 8	9:30 am - 11:30 am	Free!	March 30
Sanford United Church <i>Faciliator: Amy McDonald</i>	8 Thursdays, April 14 - June 2	9:30 am - 11:30 am	Free!	April 7

Shake, Rattle & Roll (Ages 2 - 5)

Instructor: Kirsten Petz Fraser

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

Location	Day(s)	Time	Fee	Registration Deadline
Oak Bluff Recreation Centre	6 Fridays, May 6 - June 10	10:00 am - 11:00 am	Free!	May 6
Starbuck Hall	7 Mondays, April 18 - June 6	10:00 am - 11:00 am	Free!	April 11

Mindful Munchkins (Ages 2 - 4)

Instructor: Kaylee Goerzen

Mindful Munchkins is a parent-child program geared towards identifying emotions and how to manage them. So often we forget that our little ones don't have the language to express how they're feeling and use actions instead. This six week program will include identifying different emotions, learning about self-regulation, developing problem solving skills, fostering positive self-esteem, and modelling empathy. All of this will take place while building strong and positive parent-child relationships! Parent or caregiver participation required. **You must register to attend this program.**

Location	Day(s)	Time	Fee	Registration Deadline
Sanford United Church	6 Tuesdays, April 12 - May 17	10:00 am - 11:00 am	Free!	April 5

Growing Up Green (Ages 3 - 5)

Instructor: Kirsten Petz Fraser

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

Location	Day(s)	Time	Fee	Registration Deadline
Oak Bluff Estates Playground	6 Tuesdays, May 10 - June 14	10:00 am - 11:00 am	Free!	May 3

KIDSPORT



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

WHAT IS KIDSPORT?

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

KIDSPORT FUNDING

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

KIDSPORT EQUIPMENT

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

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



Macdonald Services to Seniors



Resource Coordinator - Leanne Wilson

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

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

We can help with:

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

Stay Connected!

Join our mailing list!

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

Social Media

Facebook

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



GEMS

Greet, Eat, Meet for Seniors

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

Brunkild - 11:45 am

April 4, May 2, June 6

La Salle - 11:45 am

April 11, 18, 25, May 9, 16, 30, June 13, 20, 27

Starbuck - Wednesdays, 11:45 am

April 6, 13, 20, 27, May 4, 11, 18, 25, June 1, 8, 15, 22, 29

Sanford - Thursdays, 11:45 am

April 7, 14, 21, 28, May 5, 12, 19, 26, June 2, 9, 16, 23, 30

Please register with Leanne on the Monday (Sanford & Starbuck) or Thursday (La Salle & Brunkild) prior to the program for both in-person and delivered meals. Lunch is \$9.00. Monthly newsletter and calendar will be posted on www.macdonaldseniors.ca



Lunch & Learn Presentations

Monday, April 18, 12:45 pm La Salle - Caisse Community Centre	Emergency Preparedness <i>Presenter: Canadian Red Cross</i>
Wednesday, April 20, 12:45 pm Starbuck Hall	Emergency Preparedness <i>Presenter: Canadian Red Cross</i>
Thursday, April 21, 12:45 pm Sanford Legion	Emergency Preparedness <i>Presenter: Canadian Red Cross</i>
Monday, May 16, 12:45 pm La Salle - Caisse Community Centre	to be announced
Wednesday, May 18, 12:45 pm Starbuck Hall	to be announced
Thursday, May 19, 12:45 pm Sanford Legion	to be announced
Monday, June 20, 12:45 pm La Salle - Caisse Community Centre	to be announced
Wednesday, June 22, 12:45 pm Starbuck Hall	to be announced
Thursday, June 23, 12:45 pm Sanford Legion	to be announced

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

SOUP TO YOU



Sign up to get a soup package which includes a bowl of fresh, homemade, hearty soup and a biscuit delivered once per month.

\$3 per soup.

Call Leanne for more info!

Delivery Dates:

- April 13

A different soup will be featured each month. Gluten free available on request.

**Sign up today:
204-735-3052**



Learn to use an iPad

****Older Adult Beginner Program****



We are very pleased to announce we have been approved by New Horizons grant program to offer an education series on how to use an iPad.

The course will cover all things you may want or need to know about using your iPad and navigating the Internet safely. We will have tablets for loan for anyone without a tablet of their own. People with their own tablets can also participate.

Stay Tuned for Spring Dates and Times in the following communities:

La Salle - Caisse Community Centre

Sanford Legion

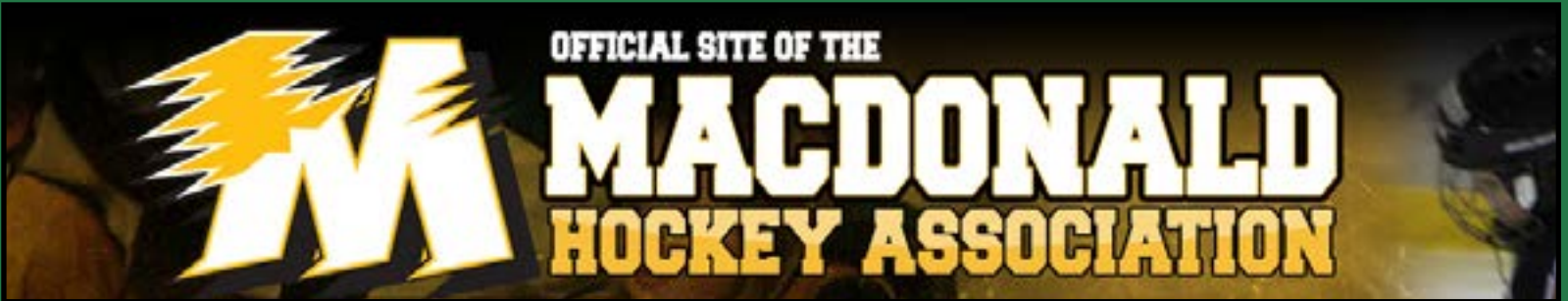
Oak Bluff

If you are interested in this free program or if you have questions, please contact Leanne. 204.735.3052 | info@macdonaldseniors.ca





Macdonald Sports



Community	Contact
President	Blake Vasko 204.294.6608 president@macdonaldhockey.ca
Vice - President	Keith Pitura 204.797.8733 vicepresident@macdonaldhockey.ca
La Salle / Domain	Dustin Wiens 204.471.3276 domainlasallerep@macdonaldhockey.ca
Sanford / Brunkild	Scott Wiens 204.997.6952 sanfordbrunkildrep@macdonaldhockey.ca
Oak Bluff	Andrew/Kim McMillan oakbluffrep@macdonaldhockey.ca
Starbuck	Jan Morse 204.470.9343 starbuckrep@macdonaldhockey.ca
Female Hockey Representative	Lindsay Girard 204.805.1987 femalehockey@macdonaldhockey.ca

Macdonald Hockey

www.macdonaldhockey.ca

La Salle Lakers Basketball

Members of Winnipeg Minor Basketball Association.

Open to all of Macdonald

Two seasons to register for:
Spring/Summer (April to June)
Fall/Winter (October to March)

For more info: Kyle Fisher, Convenor
lasallebasketball@hotmail.com
**Pending changes due to Covid-19*



*Watch our website
and Facebook page for
information on a
Come Try Ringette
event in the spring!*

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

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

www.macdonaldringette.ca

**Baseball
&
Softball**

La Salle/Domain	Stephen Ceslak	204.770.3923 President@macdonaldminorball.ca
Sanford/Brunkild	Michelle Havixbeck	204.736.3390 sanfordrep@macdonaldminorball.ca
Oak Bluff	Tyler Russell	ball@obrc.ca
Starbuck	Mel Duspasquier	204.479.2439 Starbuckrep@macdonaldminorball.ca

www.macdonaldminorball.ca



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

La Salle/Domain	Dee Romijn www.caissecc.com	204.736.2679 dromijn@caissecc.com
Sanford Arena	Chris & Shauna Hewitt	204.736.3465 sdhewitt1975@gmail.com
Oak Bluff Arena	Kari McFarlane	204.294.6547 soccer@obrc.ca
Starbuck	Heather Zinn Dani Fiola	204.735.3081 heathermzinn@gmail.com 204.735.3010 danifiola@gmail.com



Online Programming

Photo by Jacob Lund from Noun Project

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

Using Zoom & Google Meet

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

Facebook, Instagram & YouTube

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



[Facebook](#)



[Instagram](#)



[YouTube](#)

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

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

Pilates

Instructor: Kristy Loewen

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

Location	Day(s)	Time	Fee	Registration Deadline
Online - Zoom	11 Tuesdays, April 12 - June 21	8:00 pm - 9:00 pm	\$110.00	Tuesday, April 5

Core Galore!

Instructor: Kristy Loewen

Core Galore is a 45 min class focusing on getting a strong core. Your core is the centre of your body and includes your abs and back. When your core is strong, it makes the rest of your body function better while making other exercises easier as well. *You will need a yoga mat.*

Location	Day(s)	Time	Fee	Registration Deadline
Online - Zoom	11 Tuesdays, April 12 - June 21	10:00 am - 10:45 am	\$110.00	Tuesday, April 5

Strong in 45

Instructor: Kristy Loewen

During this 45 minute online class you will benefit from a warm-up, a full body strength workout and a stretch. We will use only body weight and resistance bands to achieve a strong physique you can be proud of. The workouts will be different every week to keep your body guessing and avoiding a plateau in results. This class is great for both beginners and intermediates. *You will need 2-3 resistance bands with a range of strengths.*

Location	Day(s)	Time	Fee	Registration Deadline
Online - Zoom	22 Tuesdays & Thursdays April 12 - June 23	6:45 pm - 7:30 pm	2x/week: \$220.00 1x/week: \$110.00	Tuesday, April 5

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 benefit from long, lean muscles throughout your body. We'll start with the basics and work at the pace you are comfortable with. Beginners welcome. *You will need a yoga mat.*

Location	Day(s)	Time	Fee	Registration Deadline
Online - Zoom	11 Thursdays, April 14 - June 23	8:00 pm - 9:00 pm	\$110.00	Thursday, April 7

Flow + Yin

Instructor: Becky Watson

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 benefit from long, lean muscles throughout your body. We'll start with the basics and work at the pace you are comfortable with. Beginners welcome. *You will need a yoga mat.*

Location	Day(s)	Time	Fee	Registration Deadline
Online - Zoom	9 Wednesdays, April 20 - June 15	10:00 am - 11:00 am	\$90.00	Wednesday, April 13

Stretch & Foam Roll!

Instructor: Marci Manness

Marci will lead you through a foam rolling class, a form of self massage. It can help relieve muscle tightness, soreness, inflammation and increase your joint range of motion. Foam rolling done prior to stretching makes stretching more effective. Give this class a try for 3 weeks and learn how to stretch and foam roll from head to toe! *You will need a foam roller. Contact our office to borrow one!*

Location	Day(s)	Time	Fee	Registration Deadline
Online - Zoom	3 Tuesdays, April 26 - May 10	7:00 pm - 7:45 pm	\$36.00	Tuesday, April 19

NATURE + CODE 1.0 (Ages 8 - 12)

Instructor: Kids Code Jeunesse

In this beginner-friendly coding series, we will venture out into the digital wilderness on a virtual camping trip! Campers will be introduced to coding skills using the drag-and-drop block coding platform *Scratch*. The weather won't be an issue as we set up our site, go bird watching, find our special fishing hole, go on a scavenger hunt and sleep under the stars!

Participants will need a computer with reliable internet (an iPad will not work for this program).

Location	Day(s)	Time	Fee	Registration Deadline
Online - Google Meet	6 Mondays, May 2 - June 13	5:30 pm - 7:00 pm	\$30.00	Tuesday, April 19

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

Instructor: Alison McLean, Alison's Art Room

A virtual mini series that offers a hands-on craft experience for kids ages 4-8 using a variety of fun materials and techniques. With the focus on an engaging process young artists can let their imaginations fly! Register for one, two or all three of these fun and interactive art workshops!

Taught by Alison McLean, who's been doing arts and crafts with kids for 15 years at Earl Grey Community Centre and making craft kits and teaching virtually during the pandemic from her home studio.

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

Location	Day(s)	Time	Fee	Registration Deadline
Online - Zoom	Easter Craft: Tuesday, April 12	5:00 pm - 6:00 pm	\$15.00	Tuesday, April 5
	Mother's Day Craft: Tuesday, May 3	5:00 pm - 6:00 pm	\$15.00	Tuesday, May 3
	Father's Day Craft: Tuesday, June 7	5:00 pm - 6:00 pm	\$15.00	Tuesday June 1



How To: Backyard Composting

Instructor: Kristen Malec, Green Action Centre

Composting is a great way to reduce waste and at the same time reduce your environmental footprint. Learn how to recycle your kitchen scraps and yard waste into a rich natural soil amendment. Learn the benefits of composting, how to get started, key factors for successful composting, and how to use your finished compost. Composting is an easy-to-learn activity that kids can take part in! Learn some important lessons and skills during this 1hour presentation, then try it at home! This program will be recorded.

Location	Day(s)	Time	Fee	Registration Deadline
Online - Zoom	Tuesday, April 26	7:00 pm - 8:00 pm	\$10.00	Tuesday, April 19

How To: Buy Less, Fix More, Trade Often

Instructor: Colleen Ans

Planet Earth needs your help! Have you ever thought about the resources required to make your cell phone? Or what it took to produce the jeans you are wearing? From resource extraction to disposal, the materials economy has created a linear system of consumption on the finite planet we call home. This presentation covers ways to help our planet - buy less, fix more, trade often, and divert all waste from the landfill. This program will be recorded.

Location	Day(s)	Time	Fee	Registration Deadline
Online - Zoom	Mondays, May 9	6:30 pm - 7:30 pm	\$10.00	Monday, May 2



Brunkild

Brunkild Community Facilities

Brunkild Memorial
Recreation Centre
10 Prov. Rd 305
ROG OEO



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

Hall Bookings & Catering
204.794.4821

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

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



Excellent facility for your company meetings. We can facilitate all covid regulations while providing you with a warm environment & and rental option of screen and projector. Free wifi available!
Book with Kim 204.736.4812

Brunkild St. Paul's Lutheran Church



Worship at 10:00 am

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

During this time of Covid- 19, we are sending worship services & devotions via email & posting on Facebook.

For more information: 204.736.4216
stpauls.lutheranchurch@gmail.com

Everyone Welcome





Domain

Domain Community Facilities

Domain Arena
Secondary Rt-330
R0G 0M0

Kyle Kippen, President
204.223.9090
kyle@elmhurstdrywall.ca

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

Domain Hall
Box 130
R0G 0M0

Jenny Pelland, President
www.domain-hall.ca

Leah Zelinsky, Hall Rental
schedulingdomainhall@hotmail.ca



Domain/La Salle

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

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

We meet monthly from September to June, with speakers, tours, crafts, food and fun. In accordance with Covid-19 protocols, we meet by zoom when in-person is not possible.

Visitors and new members are welcome! Call Judy Cormier @ (204) 736-4239 for details.



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.

President: Clayton Manness

204.736.2922

cmanness@mymts.net

Membership Chairperson: Janice Harrison

204.736.2613

**April 30
7:00 pm**

**DOMAIN
HALL**

PLAYOFF HOCKEY POOL

Entry fee - \$200 per 4-person team

- 1st prize 50% of total
- 2nd prize

CANCELLED

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

Event sponsored by the Domain Legion Branch 208.



**Lobsterfest April 2021
Domain Hall**

**Contact Barb for more information
barb@pituraseeds.ca**



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

Links can be found on website.

www.meridian-pastoral-charge.ca

Rev. James DeBeer: reverendjdebeer@gmail.com

Contacts: Jane Manness 204.736.4072 or

Cliff Harrison 204.736.2613

Upcoming Events posted on our website

www.meridian-pastoral-charge.ca

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

La Salle

La Salle Community Facilities

Caisse Community Centre
Corner of PR 247E &
Hwy 330



La Salle School
43 Beaudry Road
R0G 0A1

Dee Romijn, Facility Manager
204.736.2679
204.801.7629 (cell)
dromijn@caissecc.com
www.caissecc.com

Brian Cornelsen, Facility President
cornelsenbrian@gmail.com

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

www.srsd.ca



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PR 247E & HWY 330, LA SALLE, MB

* online pre-registration required *

www.caissecc.com | 204-736-2679

Functional Fitness

Instructor: Andrew Schindle

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

Location	Day(s)	Time	Fee	Registration Deadline
La Salle - Caisse Community Centre	22 Tuesdays & Thursdays, April 12 - June 23	9:10 am - 10:10 am	2x/week: \$220.00 Tuesdays: \$110.00 Thursdays: \$110.00	Tuesday, April 5

Fluid Flow Yoga

Instructor: Mary Lou MacGregor

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

Location	Day(s)	Time	Fee	Registration Deadline
La Salle - Caisse Community Centre	8 Mondays, April 18 - June 13 (No class May 23)	6:30 pm - 7:30 pm	\$96.00	Monday, April 11

Yin Yoga

Instructor: Mary Lou MacGregor

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

Location	Day(s)	Time	Fee	Registration Deadline
La Salle - Caisse Community Centre	8 Mondays, April 18 - June 13 (No class May 23)	7:45 pm - 8:45 pm	\$96.00	Monday, April 11

Pickleball

Come and play pickleball with us! This court sport combines the rules of ping pong, tennis and badminton. Pickleball can be played with 2 or 4 players using a paddle similar to a ping pong paddle and a plastic whiffle ball. Easy for beginners to learn but can develop into a fast-paced competitive game for experienced players. Equipment available for beginners to try. Register at any point to receive program updates as they arise. Day and times may vary without notice. *Please bring clean indoor shoes.* Due to social distancing measures, only a limited number of spots are available. Register to save your spot or have your name added to the waiting list.

Location	Day(s)	Time	Fee	Registration Deadline
La Salle - Caisse Community Centre Contact: Bernice Valcourt 204.272.5586	Mondays, Tuesdays & Thursdays April 4 - June 30	1:00 pm - 3:00 pm	Drop - in: \$3.00 Monthly: \$15.00	Ongoing

Watercolour Painting Series for Beginners

Instructor: Art City

Come practice and experiment with watercolor painting, a beautiful medium that offers a multitude of blends, fades and unexpected moments on the paper. Learn how to create washes and gradients, how to use different types of brushes, and how to use wet and dry surfaces to create different effects. It doesn't matter if you're "an artist," this class will give you a chance to explore your creative side.

Location	Day(s)	Time	Fee	Registration Deadline
La Salle - Caisse Community Centre	3 Tuesdays, May 24 - June 7	1:30 pm - 3:30 pm	\$81.00	Tuesday, May 17

Easter Cookie Decorating (Ages 12+)

Instructor: Maureen Martin

Learn tips and tricks to help you design beautiful, professional cookies. You will receive 8 baked sugar cookies and will be painting with coloured icing gel. Recipes and a Decorating Tips & Tricks hand-out will be provided so you are ready to bake and decorate your own cookies. *Please bring a rimmed cookie sheet, or box to transport the wet cookies home!*

Location	Day(s)	Time	Fee	Registration Deadline
La Salle - Caisse Community Centre	Wednesday, April 13	6:30 pm - 8:30 pm	\$42.00	Wednesday, April 6

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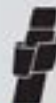
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HWY 330 in La Salle MB



CAISSE COMMUNITY CENTRE

Before & After School PROGRAM

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

Before & After School Program (ages 5 to 12)

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

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

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

Pre-registration required (online).

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

Information and/or to register:

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



Questions?
beforeandafter@caissecc.com



CAISSE
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STAY FIT JOIN TODAY

CAISSE COMMUNITY CENTRE Fitness Centre

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Information / Fee Schedule:

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



**Subject to Change
in accordance with MB
Health Orders as per the
#Restart MB Pandemic
Response System.**

Questions?
204-736-2679
dromijn@caissecc.com

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Mass times: Saturday 4 pm & Sunday 11 am
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first Thursday of the month, following mass.
Catechism classes Sunday mornings before mass.


Visit our website for weekly bulletins, and
updated information including health and
safety protocols.

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

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

CAISSE COMMUNITY CENTRE

School's Out for Summer Dance




Wednesday, June 29th, 2022
6:00 pm to 8:30 pm
at the Caisse Community Centre

Elementary students (kindergarten to grade 5) and their
parents are invited to celebrate this past year of school.
Live DJ & dance floor lights promise to be the best way
to kick off your summer break!

Canteen, Games & Prizes!

For information and/or to sponsor this event, please contact:
Dee Romijn 204-736-2679 | 204-801-7629 | dromijn@caissecc.com
Guylaine Remillard 204-487-1615 | guylaineremillard@gmail.com



CAISSE
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\$5/child (parents free)
www.caissecc.com
- events tab

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CAISSE COMMUNITY CENTRE

E-News Registration

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

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

To register, please visit:

www.caissecc.com - home page - e-news registration

Contact:

Barbara Agland-O'Connor
Website Director (Newsletter)
Caisse Community Centre
barbaraagland@outlook.com



CAISSE
COMMUNITY
CENTRE

CAISSE COMMUNITY CENTRE

Facility Rentals

Socials * Birthday Parties * Team Windups * Weddings * Funerals

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

Occupancy license for:

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



CAISSE
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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

Blaine Pedersen MLA for Midland

Constituency Office Hours

Mon and Tues, 9-4 pm
Friday 9-12pm

195 Main St S - Unit 2 Carman, MB

midlandmla@outlook.com
www.blainepedersen.com



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LSCF.ca

• Student Ministry - Grades 7 to 12

lasalle-youth.ca

www.LSCF.ca

info@LSCF.ca

204.736.3200

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



La Salle Kidz^{INC.}
DAYCARE CENTRE

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

- PR247 Site (by Caisse Community Centre): 48 preschool spaces for children aged 2-6yr; 12 infant spaces for children aged 3months-2yr
- Beaudry Site (by La Salle School): 32 preschool spaces for children aged 2-6yr; 8 infant spaces for children aged 3months-2yr

For more information, contact Sheena at
204-736-2520 (PR247 Site) or
204-736-4789 (Beaudry Site)



CAISSE
COMMUNITY
CENTRE

FITNESS CLASSES with Dee Romijn

Mondays — 7pm to 8pm and/or Tuesdays / Thursdays — 6am to 7am

In-Person at the Caisse Community Centre

Description:

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

Bonus:

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

Meet the Instructor:

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

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

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

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

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



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

HIIT
workout

Now Accepting Registrations! LaSalle Nursery School

Located inside LaSalle School



3 year old and 4 year old programs
For children born in 2018 & 2019

In order to accurately plan, registration for the 2022-2023 school year will start in February. Register early to ensure your spot.

No In-Person Registration Night

Email

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to register!



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Caisse in Our Communities

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

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



Caisse Financial Group



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Macdonald-Headingley
EDUCATION DISTRICT

MACDONALD - HEADINGLEY
RECREATION DISTRICT
PRESENTS...

SUMMER DAY CAMP 2022

AGES 5 - 12

Space Camp

Oak Bluff Recreation Centre
July 11 - 15, 2022

Forest School/Camp

Headingley - MHRD Office
August 8 - 12, 2022

REGISTER TODAY!

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Oak Bluff

Oak Bluff Community Facilities

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



Pat Brennan, President
204.793.1980
president@obrc.ca

Jeff Froese, Ice Rental
204.896.6881
icerentals@obrc.ca

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

Oak Bluff Community
School
155 Agri Park Road
R4G 0A5

Pamela Lee, Principal
204.895.0004
oakbluff@rrvdsd.ca

www.obcs.rrvsd.ca



Macdonald-Headingley
RECREATION DISTRICT

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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

Cardio, Core & Strength

Instructor: Marci Manness

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

Location	Day(s)	Time	Fee	Registration Deadline
Oak Bluff Recreation Centre	9 Thursdays, April 21 - June 16	7:00 pm - 8:00 pm	\$99.00	Thursday, April 14

Gentle Yoga with Nicole

Instructor: Nicole Necsefor

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

Location	Day(s)	Time	Fee	Registration Deadline
Oak Bluff Recreation Centre	8 Mondays, April 11 - June 6 (No class May 23)	6:00 pm - 7:00 pm	\$96.00	Monday, April 4

Yoga for Men with Nicole

Instructor: Nicole Necsefor

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

Location	Day(s)	Time	Fee	Registration Deadline
Oak Bluff Recreation Centre	8 Mondays, April 11 - June 6 (No class May 23)	7:30 pm - 8:30 pm	\$96.00	Monday, April 4

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. Please register at any point to receive program updates as they arise.

Location	Day(s)	Time	Fee	Registration Deadline
Oak Bluff School - Gym Contact: Shawnda Muir 204.479.6791	Wednesdays, April 6 - June 6	6:30 pm - 8:30 pm	Drop - in: \$2.00 Monthly: \$5.00	Ongoing



Summer Camp - Space Camp! (Ages 5 - 12)

Instructor: Summer Camp Leaders

Space Camp is a 1-week day camp held primarily outdoors and devoted to all things SPACE! Children will explore elements of space, build a rocket ship, discover planets, and learn about stars! Days will be spent discovering, creating and lots of imaginative play with Space Camp Leaders!

An indoor space is available to retreat to as needed. Days start at 9:00 AM and end at 4:00 PM. Participants must bring a lunch, snacks, and water bottle.

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

Location	Day(s)	Time	Fee	Registration Deadline
Oak Bluff Recreation Centre	July 11 - July 15	9:00 am - 4:00 pm	\$250.00	Thursday, June 30



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OAK BLUFF
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SUNDAY SERVICES 10:30 AM

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



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SUNDAY SCHOOL, FAMILY CAMP, MISSIONS OPPORTUNITIES,
AND MORE!

Restrictions on attendance may limit numbers and require registration,
please check our website for current details:

WWW.OAKBLUFFBIBLECHURCH.COM



CITIZENS ON PATROL PROGRAM
PROGRAMME DE PATROUILLES DE CITOYENS

TIRED OF PROPERTY CRIME IN OAK BLUFF?

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

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

Tips to prevent break-ins:

- Lock your doors (home & vehicles) and keep valuables out of sight
 - If you have a monitored alarm system in your house, use it!
 - Leave an outside light on at night
 - Break down electronics boxes & place inside recycling bin
 - If you are going on vacation don't announce it on social media sites
 - Record the make, model and serial number of big-ticket items that are commonly stolen such as TVs, electronics, tools, etc. and take photos of rare and expensive items such as antiques, golf clubs, jewellery, etc. for insurance and police identification purposes
 - Report crime to the RCMP (911 or 204-831-5929)
- For non-emergency calls or to contact the local RCMP detachment (204-888-0358).

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

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We are here to promote
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To safely develop the body
and minds of our kids into the
most successful versions of
themselves.
Legacy is where experience,
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action.



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VARIOUS AGE GROUPS AND
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JULY AND AUGUST

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OCT TO MARCH

WWW.LEGACYCHEERLEADING.COM



Sanford

Sanford Community Facilities

Sanford Recreation/
Arena

174 Mandan Drive
R0G 2J0



Eric Boyd, President
eric@bestlandexcavation.com

Andrea Morann, Ice Rentals
morann.andrea@gmail.com

Sanford Collegiate
130 Blythefield Road
R0G 2J0

Jaynie Burnell, Principal
204.736.2366
sanfordcollegiate@rrvsc.ca

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

Scott Thomson, Principal
204.736.2282
jacuddy@rrvsc.ca

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



J.A. Cuddy
Child Care Centre Inc.

5 Main Street, Box 366 Sanford, Manitoba, R0G 2J0
jacuddy@mymts.net

Call 204.736.3289 for more information on
the availability of child care spaces

Licensed for 77 children ages 12 weeks - 12 years
Open during all division in-services and school holidays!
Like us on Facebook



Contact:

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

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

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

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

***For up to date information due to Covid-19, please contact Roy Switzer.**

Fusion Fitness

Instructor: Marci Manness

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

Location	Day(s)	Time	Fee	Registration Deadline
J.A. Cuddy School	9 Mondays, April 11 - June 13	6:30 pm - 7:30 pm	\$99.00	Monday, April 4

Basic Alignment Yoga

Instructor: Dillon Cherrett

Explore breath and movement at a slow pace during this one hour yoga class, with emphasis on the proper alignment of your poses to maximize the benefits of your practice and minimizing the risk of injuries. *You will need a yoga mat.*

Location	Day(s)	Time	Fee	Registration Deadline
J.A. Cuddy School	8 Tuesdays, April 19 - June 7	6:15 pm - 7:15 pm	\$96.00	Tuesday, April 12

Women's Pick Up Basketball (Ages 18+)

Faciliator: Elise Pierre

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

Location	Day(s)	Time	Fee	Registration Deadline
J.A. Cuddy School	12 Tuesdays, April 5 - June 21	7:30 pm - 8:30 pm	Free!	Ongoing

Rise Up (Ages 11 - 14)

Faciliator: Meghan Lemoine

This spring we will take Rise Up outdoors in nice weather and will provide fun and engaging activity kits and interactive workshops that nurture self-compassion, create media awareness, and builds essential communication skills! Find out how cool it is to be kind to ourselves and others! Gain confidence in making decisions for yourself that help you live a healthy and happy life. Each session will have 30 minutes of discussion and light games that focus on mental health awareness, followed by 30 minutes of physical activity (movement in a variety of ways).

Location	Day(s)	Time	Fee	Registration Deadline
J.A. Cuddy School	4 Wednesdays, May 4 - May 25	6:00 pm - 7:00 pm	Free!	Wednesday, April 27

Babysitter's Training (Ages 12+)

Instructor: Yvonne Bjornson

An important course for the beginning babysitter, this program teaches the basic skills of child-care, First Aid and safety in the home. Students **must be 12 years old by June 30, 2022.**

Location	Day(s)	Time	Fee	Registration Deadline
Sanford Arena/Upstairs	Saturday, May 14	9:00 am - 3:30 pm	\$45.00	Friday, May 6

Home Alone (Ages 10 - 13)

Instructor: Yvonne Bjornson

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

Location	Day(s)	Time	Fee	Registration Deadline
Sanford Arena/Upstairs	Saturday, June 4	9:00 am - 1:00 pm	\$45.00	Friday, May 27

Basketball Skills Camp (Ages 8 - 11)

Instructor: Hank Nyman

At Basketball Skills Camp, the Coach will work with the young players on developing their individual basketball skills and also teamwork skills.

Location	Day(s)	Time	Fee	Registration Deadline
J.A. Cuddy School	8 Wednesdays, April 20 - June 8	6:15 pm - 7:15 pm	\$72.00	Wednesday, April 13

Kids in the Kitchen (Ages 7 - 10)

Instructor: Liza Rasmussen

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. *Supplies included.*

Location	Day(s)	Time	Fee	Registration Deadline
Sanford United Church	6 Tuesdays, May 17 - June 21	3:45 pm - 5:15 pm	\$30.00	Tuesday, May 10



Prairie Palette Art Club



We meet the second and fourth Tuesday of each month from 6:00 pm - 9:00 pm (September to May) at Sanford United Church. 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.



Sanford Paddling Club

Location
130 Blythefield Road, Sanford, MB
Sanford Collegiate High School student parking lot

Contact mckcwpg@gmail.com
for more information

Drop ins:
Tuesdays and Wednesday 6 - 8 pm
(no registration required)
\$ 10 / youth 17 + under
\$ 15 / family
(max. of 6 family members)



Intro to Kayak 1: Thursdays 6 - 8 pm
\$30 / 2 hr session
(pre-register online at mpa.mb.ca)

Meridian
Pastoral
Charge



Sanford - Sanford - Sanford



Sanford United Church

Please join us for worship and fellowship online!

Visit our website for more details and upcoming events.

www.meridian-pastoral-charge.ca/sanford



DACOTAH MB.

37 Dacotah Road, Dacotah, Mb, R4K 1C1

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Moray Collision & Glass

www.theeastsidegroup.ca
www.moraycollision.ca

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Eastside Heavy Truck	2535 Inkster Blvd.	204.633.8223
Moray Collision & Glass	700 B Moray Street	204.885.2080

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- Better Balance and Stability!
- Better Mobility and Range of Motion!
- Better Endurance and Recovery!
- More Stamina and Strength!

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Starbuck

Starbuck Community Facilities

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

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

Priest: Father Mario Avelino Veloso
 Phone: (204) 745 - 2204

Email: stpaulsromancatholicparish@gmail.com
 (St.Paul's Parish Contact: Kathy Rathert: (204) 735-3115)

STARBUCK RECREATION ASSOCIATION



THE HEART OF THE COMMUNITY

President - Jan Morse
president@starbuckrecreation.com

Ladies' Curling
 Janice Novak
ladiescurling@starbuckrecreation.com

Men's Curling
 Colin Johnson
menscurling@starbuckrecreation.com

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

www.starbuckrecreation.com

Yoga Asana with Karyn

Instructor: Karyn Astleford

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

Location	Day(s)	Time	Fee	Registration Deadline
Starbuck Hall	10 Mondays, April 11 - June 20 (No class May 23)	8:00 pm - 9:00 pm	\$120.00	Monday, April 4

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.* Please register to receive program updates as they arise.

Location	Day(s)	Time	Fee	Registration Deadline
Starbuck Hall <i>Contact:</i> <i>Brenda Shirliff - 204.735.2880</i>	4 Thursdays, April 7 - April 28	6:00 pm - 8:00 pm	Drop in: \$2.00 Monthly: \$5.00	Ongoing

Exercises with Liza

Instructor: Liza Rasmussen

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

Location	Day(s)	Time	Fee	Registration Deadline
Riverdale Apartments	10 Thursdays, April 14 - June 16	10:00 am - 11:00 am	Free!	Ongoing

Beekeeper For An Afternoon

Instructor: Phil The Beeman

Have you always wanted to be a beekeeper? Here's your chance to dip your glove into a real beehive. This 90 minutes live experience will have you work with a real beehive to find a queen, evaluate the hive and give it the care it needs. All equipment and instruction will be provided. All necessary safety equipment will be provided. While the protective gear helps to prevent bee stings, there is still potential for being stung during this tour. Minimum age is 8 with an adult. Age 13 and older can be unaccompanied.

Location	Day(s)	Time	Fee	Registration Deadline
Starbuck: Home Farm of Phil's Honey / outdoors	Session 1: Sunday, May 29	1:00 pm - 2:30 pm	Age 13+ \$25.00	Sunday, May 29
	Session 2: Sunday, May 29	3:00 pm - 4:30 pm	Age 12 and under \$15.00	



Starbuck All Charities

(Donate to all your favourite charities)

Starbuck Community Hall

Saturday, April 9th, 2022

9:00 am - 1:00 pm



Storm date: April 23

Bake Table
Lunch

Both dates are pending on current
Manitoba Public Health Restrictions.

Community members are encouraged
to donate 2 items for the Bake Sale.

The Committee thanks you for your
continued support!

For table rentals, please
contact Heather Marshall

204.735.2335

Table cost is \$10 plus a
brown bag auction donation.

Indoor Garage Sale
Craft Sale

Brown Bag Auction

Please present proof of vaccination and ID prior to entrance.



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

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

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

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

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

crosscountrysnowdrifters.net

NEW MEMBERS ARE ALWAYS WELCOME.



Starbuck Art Club

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

For more information please contact:

Joyce Nadeau 204-745-0200 gilnadeau78@gmail.com

Laurel Gargan 204-735-2743 laurel_gargan@icloud.com

John Smeulders 204-791-8663 tjsmeulders@hotmail.com

Barbara Kaminsky 204-736-4260 barbarakaminsky@hotmail.com

Trinity Lutheran Church in Starbuck

Worship Sundays - 10:00 am

Sunday School is mailed out

For current information, please visit

www.tlcstarbuck.com

Rev. Debra Johnston

Box 118, 43 River Avenue

Starbuck, MB R0G 2P0

Email: tlc118@mymts.net Phone: 204.735.2503



Springstein Mennonite Church

15 Victoria Road, Springstein

All are Welcome!

Worship service at 10:30 am

Sunday School for all ages at 9:30 am

Pending changes due to Covid-19

Contact church for more information.

Pastor Randy Hildebrand

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



Starbuck United Church

Everyone Welcome!

Starbuck United worship services are held at Trinity Lutheran Church in Starbuck Sundays at 11:30. Every second Sunday of each month, there is a joint service with Trinity Lutheran at 10am (ie no service at 11:30 on the second Sunday of the month)

Special event dates posted on our website.

www.meridian-pastoral-charge.ca



1.800.264.2926 | accesscu.ca

Where you need us to be.





Headingley Seniors' Services



Coordinator: Kristie Todd

Office located at: Headingley Community Centre
5353 Portage Avenue

Office Hours:

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

Phone: 204-889-3132, ext. 3

Email: seniors@rmofheadingley.ca

www.headingleyseniorservices.ca



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

Recreation & Fitness - Hall Walking, Encore Fitness Studio.

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

Please check our website for up to date info!

Contact Kristie for more information on:

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



NEW TO ZOOM?!

Get help with setting up Zoom on your device!

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

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

ENCORE

Health & Fitness Studio

Your Stage to Active Living
Headingley Community Centre
www.headingleyseniorservices.ca

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

Available by appointment only.
For more info, please contact Kristie;
seniors@rmofheadingley.ca
(204) 889-3132 ext. 3

Volunteers Wanted

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

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

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

CAFE BREAK



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

Headingley Seniors' Services looks forward to welcoming you back to the Community Centre at 5353 Portage Ave.

For more details or to reserve your spot contact the office at 204.889.2132 ext. 3 or seniors@rmofheadingley.ca.

LUNCH & LEARN

Wednesday, April 6
1:00 pm

Rusty the Long-eared Owl

Presenter: Dr. James Duncan, Discover Owls

In 2015, Long-eared Owls nested on Jim's property near his house giving him an opportunity to test a nest camera to learn about this nocturnal species. Jim will tell us about the secret lives of this migratory owl based on an intensive analysis of 128,694 images collected over 15 days during the nestling period. Joining Jim to help deliver this presentation will be Rusty, a live female Long-eared Owl.

Wednesday, May 4
1:00 pm

Emergency Preparedness

Presenter: Red Cross

This presentation by the Canadian Red Cross will discuss how to become prepared for emergencies. We will discuss the steps of 1) Knowing the Hazards 2) Making a Plan 3) Making a Kit. We will also cover some basics about the Canadian Red Cross and its work in Emergency Management, and how to become a volunteer.

Wednesday, June 1

No Program

There will be no program in June.



Headingley Healthy Child

Headingley Stay & Play (Ages 0- 5) FREE

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

Location	Day(s)	Time	Fee	Registration Deadline
Headingley Community Centre	8 Mondays, April 4 - June 6 (No class May 23)	9:30 am - 11:30 am	Free!	Ongoing

Growing Up Green Headingley FREE

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

Location	Day(s)	Time	Fee	Registration Deadline
Phoenix Community Centre / Parking Lot - Outdoors	6 Thursdays, May 5 - June 9	10:00 am - 11:00 am	Free!	Ongoing

The Headingley Historical Society

Join us today, everyone welcome!



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

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

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

CITY REACH, *Country Ease*



Assiniboine River view



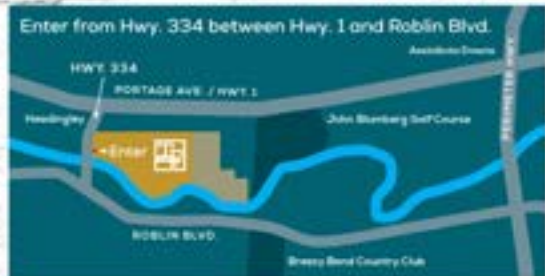
With its unique and wide-ranging landscapes, Taylor Farm offers a truly progressive approach to country living.

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

RIVER FRONT LOTS AVAILABLE

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

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



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Headingley

Headingley Community Facilities

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



St. Charles-Headingley United Church

We are continuing to stream the sermon every Sunday. Please contact Darlene for in-person attendance.

Minister - Rev. Cathy Maxwell

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

Please consult our website
<https://headingleyuc.wordpress.com>
or contact us: Margaret Mills at 204.888.0771 or
Darlene Borowski 204.255.1123
We are continuing to provide ongoing food resources to our downtown inner city partner every week!

Bright Beginnings
Educare inc.

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

Macdonald-Headingley
RECREATION DISTRICT

Online Recreation
Online programs and activities to keep you healthy, happy and engaged. Check out our selection of online options starting on **page 20**.

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www.myrnadriedger.com



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

Hours of Operation:

Opening June 2022. Visit website for more details.

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

Website - www.jimsvintagegarages.ca

Facebook - Jim's Vintage Garages

Rob Nowosad, Chairman, robnosad@shaw.ca



Realizing Community Dreams Through Philanthropy

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

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



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

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



Giving for Good.

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

204-889-3132 Ext. 2  
hcfinfo@headingleyfoundation.ca

Cardio-Strength Fusion

Instructor: Andrew Schindle

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

Location	Day(s)	Time	Fee	Registration Deadline
Headingley Community Centre	10 Mondays & 11 Wednesdays April 11 - June 22 (No class May 23)	Mondays: 11:15 am - 12:15 pm	2x/week: \$210.00 Mondays: \$90.00 Wednesdays: \$100.00	Monday, April 4

Fit & Flex

Instructor: Andrew Schindle

Maintaining fitness and strength will help to ensure we stay independent and able to do all activities of daily living. Gentle exercises for all fitness levels, gradually proceeding at your own pace. You can do it ... one step at a time!

Location	Day(s)	Time	Fee	Registration Deadline
Headingley Community Centre	10 Mondays & 11 Wednesdays April 11 - June 22 (No class May 23)	10:00 am - 11:00 am	2x/week: \$210.00 Mondays: \$100.00 Wednesdays: \$110.00	Monday, April 4

Sweat with Clovis

Instructor: Clovis De Sousa Baptista

Whether you're a beginner, or a more advanced fitness enthusiast looking to push yourself to a higher level, this is a fun and challenging class incorporating cardio, strength and flexibility. Individual attention from the instructor ensures everyone is encouraged to strive towards their personal goals. *Please bring your own mat, and sweat towel!*

Location	Day(s)	Time	Fee	Registration Deadline
Headingley Community Centre	9 Mondays, April 11 - June 13 (No class May 23)	6:00 pm - 7:00 pm	\$99.00	Monday, April 4

Happy Feet Run Club - Headingley



Facilitators: Wendy Le Breton

If you've ever tried running alone, you know it can be difficult to get the motivation to put those sneakers on. This program is for anyone who wants to start their running journey, return to running, or is looking for the social benefits of running in a group! This group will run 5KM once per week. The format will be 10 min run : 1 min walk. Get Ready for the Headingley Fire Department 5K Run and explore new routes and connect with your neighbours in a different way! Please wear appropriate gear for running safely!

Location	Day(s)	Time	Fee	Registration Deadline
MHRD Office 179 Seekings Street, Headingley	10 Wednesdays, April 13 - June 15	6:30 pm - 7:30 pm	Free!	Ongoing

Running for Beginners - Learn to Run

Instructor: Aldo Furlan

Get a good start to your running journey! Instructor Aldo, will begin each week with a short warm up, some stretching, some drills, followed by a short run, (maybe even some speed work). These short runs will get progressively longer leading to the Headingley Fire Fighter Run for Wishes race weekend!

***Fee will be waived with proof of registration in the Headingley Fire Fighter Run for Wishes on May 28th!**

Location	Day(s)	Time	Fee	Registration Deadline
Phoenix Community Centre / Parking Lot - Outdoors	4 Thursdays, May 5 - May 26	6:30 pm - 7:30 pm	\$25.00*	Thursday, May 5

Breath and Movement with Karyn

Instructor: Karyn Astleford

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

Location	Day(s)	Time	Fee	Registration Deadline
Headingley Community Centre	10 Thursdays, April 14 - June 16	7:30 pm - 8:30 pm	\$120.00	Thursday, April 7

Gentle Yoga with Lorraine

Instructor: Lorraine Marek

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

Location	Day(s)	Time	Fee	Registration Deadline
Headingley Community Centre	10 Tuesdays, April 12 - June 14	10:00 am - 11:00 am	\$120.00	Monday, April 5

Gentle Flow Yoga

Instructor: LeAnne Humphreys

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

Location	Day(s)	Time	Fee	Registration Deadline
Headingley Community Centre	8 Thursdays, April 21 - June 9	10:00 am - 11:00 am	\$96.00	Monday, April 14

Yoga For Men

Instructor: Karyn Astleford

This class is intended to be a safe space for men to practice yoga and experience the range of benefits from participating in yoga. This class incorporates yoga postures, gentle movement sequences, breath work and guided relaxation to support mind and body. Class is beginner friendly. You will need a yoga mat, 2 blocks, 1 strap or belt, and blanket to support and enhance our practice.

Location	Day(s)	Time	Fee	Registration Deadline
Headingley Community Centre	10 Thursdays, April 14 - June 16	6:15 pm - 7:15 pm	\$120.00	Thursday, April 7



Acrylic Painting Series for Beginners

Instructor: Art City Outreach

Did you know that art is good for the heart...and soul? Join instructors from Art City to get inspired for art you can do in-person! Explore different art mediums provided to you, including drawing, painting and more. Making art, whether you have previous experience or not, helps focus and calm the mind, process difficult experiences, and re calibrate yourself. There is no wrong way to do it. The key is to just try! *Art supplies will be provided!*

Location	Day(s)	Time	Fee	Registration Deadline
Headingley Community Centre	3 Tuesdays, May 3 - May 17	1:30 pm - 3:30 pm	\$81.00	Tuesday, April 26

Ukulele Jams!

Instructor: Lorelei Goldau

Come join us for 1 or all 3 Ukulele Jam sessions, and enjoy making music with others. All levels are welcome! We will play songs from the Ukulele Club of Winnipeg songbook. For those that don't have the book, you can buy one at the jam for \$25.00 *You must bring your own ukulele.*

Location	Day(s)	Time	Fee	Registration Deadline
MHRD Office 179 Seeking Street, Headingley	3 Tuesdays, May 17 - May 31	6:30 pm - 8:00 pm	Free!	Thursday, May 31

Pickleball

Have you ever played a racquet sport of any sort - even ping pong? If so, you may enjoy this sport. Pickleball is a fun, inexpensive racquet sport that is designed for all age groups and abilities. Headingley Pickleball offers the opportunity for beginners to learn at any time. First time is free. Please bring a racquet and clean indoor shoes.

*Day and times may vary without notice. Please register to receive updates.

Location	Day(s)	Time	Fee	Registration Deadline
Headingley Community Centre <i>Contact:</i> <i>Sarah Fetterly, sfetterly@shaw.ca or</i> <i>Brodie Blair, brodieclair@gmail.com</i>	April 3 - June 30 Sundays & Thursdays: 1:30 pm - 4:00 pm Mondays & Wednesdays: 6:30 pm - 9:00 pm (No program May 23)		Drop-in: \$2.50 Monthly: \$10.00	Ongoing



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Headingley

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Glenn Reimer – greimer@shaw.ca 204-333-9007
Doug Hansen – duke.42@shaw.ca 204-782-8217

Bridge

Come play bridge! Bridge is a trick-taking card game using a standard 52-card deck. It is played by four players in two competing partnerships. This group will meet once per week. Registration is not necessary but is recommended.

Location	Day(s)	Time	Fee	Registration Deadline
Headingley Community Centre	13 Thursdays, April 7 - June 30	1:30 pm - 4:00 pm	Free!	Ongoing

Concrete Gnomes (Ages 11+)

Instructor: Evelyn Falk

Did you know that Gnomes are a symbol of Good Luck? Aren't we all ready for some of that... So come out for a fun evening and make your own pair of concrete Gnomes. The materials for this project are readily available, so these can be your "go to gifts" for friends and family this summer.

This workshop will take place outdoors. Please come dressed for mess and bring a facemask (required for mixing concrete). Bring a lawn chair if you wish to sit and a large shallow box to take your gnomes home in.

Location	Day(s)	Time	Fee	Registration Deadline
Headingley Community Centre	Wednesday, May 31	6:00 pm - 8:30 pm	\$81.00	Wednesday, May 25

Learn to Play Soccer (Ages 4 - 6)

Instructor: TBC

Get your kicks out of this beginner soccer program. Coaches will use games and activities to teach the fundamental skills and rules of this popular game. Bring your own soccer ball or purchase one from us with your registration! *Children should wear comfortable running shoes. Shin pads are optional.*

Location	Day(s)	Time	Fee	Registration Deadline
Headingley Community Centre	8 Tuesdays, May 10 - June 28	6:00 pm - 6:45 pm	Regular: \$35.00 With Ball: \$55.00	Tuesday, April 26

Summer Camp - Forest School/Camp! (Ages 5 - 12)

Instructor: Kirsten Petz Fraser

Forest School is a 1-week day camp held primarily outdoors! Children will adventure in a forest and explore the great outdoors all week long! Forest Camp activities may include shelter building, nature-based crafts, plant-identification, just to name a few. Days will be spent discovering, creating and lots of imaginative play with Forest Camp Leaders. The group will be guided by Forest School Practitioner, Kirsten!

An indoor space is available to retreat to as needed. Days start at 9:00 AM and end at 4:00 PM. *Participants must bring a lunch, snacks, and water bottle.*

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

Location	Day(s)	Time	Fee	Registration Deadline
MHRD Office, Headingley / Outdoors	August 8 - August 12	9:00 am - 4:00 pm	\$250.00	Friday, July 29

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Phoenix Recreation Association



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

Due to Covid-19 and the ever changing rules surrounding public health orders, we are limited in our ability to plan ahead.

Don't miss out on our events and programming!

Email phoenix.rec.info@gmail.com to get on the email list.

Want to help out? We're always look for volunteers! Whether you want to serve on the board, coach or dedicate some time to making our events awesome, we'd love your help! For more information, email:

headingley.events@gmail.com

Due to everchanging circumstances, the most up to date information regarding upcoming Family Fun Nights, Phoenix Winter Carnival, and organized sports or programs will be on the website

www.phoenixrec.org

Stay Connected!



- Follow @HeadingleyCommunityEvents on Instagram



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

Our programs include:

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

Baseball & Softball

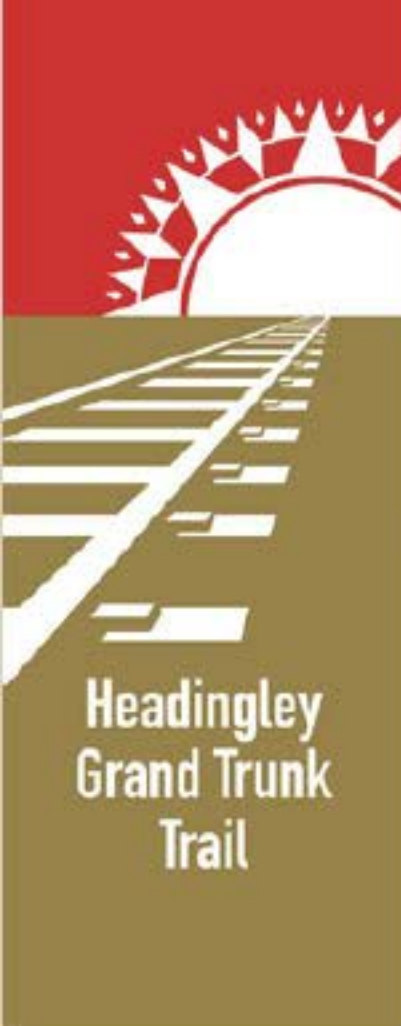
Boys and Girls Ages 4 - 18

Competitive and Recreational

More information on the 2022 Season will be posted at www.phoenixrec.org

We are always looking for coaches and umpires!

Please email phoenix.rec.info@gmail.com for any inquiries!



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

Blue Birds

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



Tall Grass Prairie

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



New Nature Trail

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



Geocaches

Geocaching has become an increasingly popular worldwide adventure activity.

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



Perimeter Crossing

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



Contact us at:

headingleygrandtrunktrail@gmail.com

Or visit us on Facebook:

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





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