

Winter 2021

Program & Community Resource Guide



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



LIFE BEYOND THE LIMITS



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while all of life's more urban pursuits
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OAKBLUFFWEST.CA



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

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

 **Oak
Bluff**
WEST
EXPAND YOUR HORIZONS

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Macdonald-Headingley

RECREATION DISTRICT

81 Alboro Street

Headingley, Manitoba R4J 1A3

Phone: 204.885.2444

Fax: 204.889.2211

Website: www.mhrd.ca

Email: info@mhrd.ca

Recreation Director - Susanne Moore

Program Director - Karen Lough

Communications & Office Coordinator - Kelsey Henderson

Project & Program Coordinator - Nicole McDonald

Accounting - Vona Guiler

Request a Program!

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

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

Advertise with us!

Let us help you promote your business to over 4,900 households and businesses in the municipalities of Macdonald and Headingley!

Spring 2021 Deadline: Monday, February 1st, 2021

Contact us at 204.885.2444, info@mhrd.ca

Registration

WAYS TO *Register*

Go Online



www.mhrd.ca

By Phone



204.885.2444

How to *Register* Online

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

General Information

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

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



Trial Class

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

Give us your best smile!

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

Late Registrations & Waiting Lists

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

Fee Assistance

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

Method of Payment

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

Receipts

Receipts will be issued upon request.

Non Resident Registrations


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

Registration Refunds

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

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

Free Classes

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

Program Cancellations

All classes are subject to cancellation if there are insufficient registrations. We will notify you as soon as a decision has been made. Should you be unable to attend a weekly class that you have signed up for, please un-enroll a minimum of 3 hours prior to the start time of the class. Contact our front desk at 204-885-2444 or info@mhrd.ca to cancel by phone or email. We ask that you provide as much notice as possible so that others can make use of the class spot.

Rescheduled Programs/Inclement Weather

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

Withdrawals

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

Program Transfers

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

Commitment to Inclusion

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

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

Recreate Safely

What to expect at our programs

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



Using Facilities

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



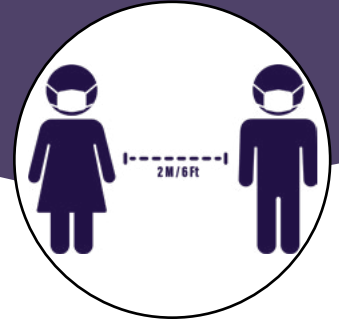
Hand Hygiene

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



Enhanced Cleaning

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



Physical Distancing

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




Macdonald-Headingley
RECREATION DISTRICT

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



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	February 21, 2021: Communications Event April 24, 2021: Club Achievement <i>*Both events pending changes due to covid</i>
Starbuck Combined 4-H Club	Sharon Masse sgmasse@gmail.com 204.735.2809	January 19, 2021: Communication Event, 7:00 pm Starbuck Community Hall Due to uncertainties of Covid-19 the club is not at this time planning to hold the annual bingo in February. <i>*Due to Covid-19, this information is subject to change. Contact Sharon for current information.</i>
Headingley 4-H Club Check the RM of Headingley website for details of our events. www.rmofheadingley.ca	Leanne Seniuk headingley4h@gmail.com	Communication Event: To Be Confirmed





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

Sparks for girls 5-6 years old.
Brownies for girls 7-8 years old.
Guides for girls 9-11 years old.
Pathfinders for girls 12-14 years old.

For more information, please visit:



www.girlguides.ca/

Girl Guides

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jump into awesome activities and explore what matters to them?

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girlguides.ca/jointoday

1-800-565-8111

give it a shot!



www.winnipegtrapandskeet.com

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

Club is officially closed. See you in the Spring!

All guests welcome!

204.736.2779

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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
 Coordinator - Vacant
 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
 Yvonne Bjornson *Sanford* 204.769.3409
 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
 Susanne Moore *MHRD* 204.885.2444

Healthy Child Coalition
 Central Region



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

Busy Littles (Ages 2+) FREE

Instructor: Kirsten Petz Fraser, Headingley Healthy Child
 Let's get moving and play! Please join us on our Facebook page or YouTube channel for weekly videos featuring a variety of activities, songs and stories! *Register online to receive updates and reminders when new episodes are released!*

Location	Day(s)	Time	Fee	Registration Deadline
Online - Facebook, YouTube & Instagram	6 Wednesdays, January 20 - February 24	9:45 am	Free!	Ongoing



Macdonald - Headingley
 Recreation Districts
**Kids' Snowshoe
 Loan Program!**

Come and borrow a pair of snowshoes
 to take the path less travelled!
 For children ages 5 - 10
 *Parent must sign snowshoes out
 Deposit of \$20.00

It's a fun way to explore in Winter!



For more information:

E: info@mhrd.ca

P: 204-885-2444

W: www.mhrd.ca



Pickup from our office at
 81 Alboro Street, Headingley
 Office Hours: Monday - Friday
 8:30 am - 4:30 pm





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.



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





Macdonald Bench Dedication Program

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



Bench Dedication Contribution

The cost to dedicate a bench is \$750 which includes the bench, installation, engraved plaque and ongoing maintenance of the bench. More than one person is welcome to donate to a bench. All contributions of \$100.00 or more are eligible for a tax receipt.

Commemorative Plaque

Each bench carries a different story through the words engraved on a 3" x 5" plaque. Messages can be a maximum of 4 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



KIDSPORT



DEADLINE TO SUBMIT APPLICATION:

The application deadline is the 15th of each month.

WHAT IS KIDSPORT?

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

KIDSPORT FUNDING

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

KIDSPORT EQUIPMENT

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

Please contact Macdonald-Headingley Recreation District or www.kidsportcanada.ca 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!

Service Providers

Foot Care

Karen Dingman: 204-996-2376

Leanne Maes: 204-771-4030

Hair Care

Hair I Am Mobile Salon

Leah Macaulay: 204-470-2727

GEMS (Greet Eat Meet for Seniors)

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



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

Lunch is \$10.00

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

Monthly newsletter and calendar will be posted on

www.macdonaldseniors.ca



BINGO!

**Stay nice and warm
in your home and
play...**

**FREE TELEPHONE
BINGO**

**Wednesdays
January 6 - March 31
1:30 pm**

Call for Details.



NEW TO ZOOM?!

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

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

***For more info or to book an
appointment, contact Leanne at
204.735.3052 or
info@macdonaldseniors.ca***



Macdonald Sports



OFFICIAL SITE OF THE

MACDONALD HOCKEY ASSOCIATION

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

Macdonald Hockey

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

*Due to Covid-19,
please visit website
for up to date information!
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





RINGETTE

Macdonald Ringette Association and COVID-19

- <https://macdonaldringette.teamsnapsites.com/covid>
- Macdonald Ringette SAFETY SUPERVISOR - Jennifer Houser - info.macringette@gmail.com

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

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

www.macdonaldringette.ca



La Salle/Domain	Stephen Ceslak	lasallerep@macdonaldminorball.ca
Sanford/Brunkild	Michelle Havixbeck	204.736.3390 sanfordrep@macdonaldminorball.ca
Oak Bluff/Starbuck	Tyler Russell	204.403.8444 ball@obrc.ca

Registration Deadline: March 8, 2021
www.macdonaldminorball.ca



La Salle/Domain	Melissa Dixon www.caissecc.com	melissaddixon@gmail.com
Sanford Arena	Chris & Shauna Hewitt	204.736.3465 shaunahewitt@mymts.net
Oak Bluff Arena	Allan Wilson	204.294.6547 soccer@obrc.ca
Starbuck	Kevin Nixon	204.479.3187 knixon959@gmail.com

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



Virtual Programming

Programs will provide a LIVE class through the Zoom Cloud Meetings Program as well as access to a shared file with recordings of the LIVE program to watch later on.

Zoom:

After registering for one of MHRD's ONLINE programs, participants will receive a confirmation email containing a link to access the Zoom meeting. Just download the Zoom Program Application on the device you intend to use (Desktop Computer, Laptop, iPhone/Android Phone, iPad/Tablet).

Facebook/Instagram/YouTube:

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

[Facebook](#)

[Instagram](#)

[YouTube](#)

If you are new to the virtual world, we recommend asking a friend or family member to help you prepare for your online class ahead of time. But if you encounter any difficulties, please call our office, we will be happy to help you out. 204.885.2444

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



Program support
provided through the
Emergency Community
Support Fund.



VIRTUAL PRESENTATIONS

To Register: www.mhrd.ca info@mhrd.ca 204.885.2444



Wednesday, February 10 1:00 pm - 2:00 pm Online - Zoom Register by: February 3	Speaking of Bones <i>Presenter: Osteoporosis Canada</i> Osteoporosis is a potentially crippling disease characterized by low bone mass and deterioration of bone tissue, leading to increased bone fragility and risk of fracture. It affects 1 in 4 women and at least 1 in 8 men over 50. A speaker with Osteoporosis Canada will share information on the impact of osteoporosis, how it is diagnosed and managed and what you can do to keep yourself healthy!
---------------------------------------------------------------------------------------------------------------------	---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

Yoga Core

Instructor: Kelsey Sinclair

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

Location	Day(s)	Time	Fee	Registration Deadline
Online - Zoom	11 Tuesdays, January 12 - March 23	10:00 am - 11:00 am	\$55.00	Tuesday, January 5

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, January 12 - March 23	8:00 pm - 9:00 pm	\$55.00	Tuesday, January 5

Functional Fitness with Shelly

Instructor: Shelly Paton

Everyone benefits from functional fitness! Functional exercises will help you to build strength, improve your coordination and balance and enhance your ability to perform normal, daily activities. This program will help you increase your range of motion, muscle strength & cardiovascular conditioning. *You will need a set of light dumbbells, a stretch band and a yoga mat.*

Location	Day(s)	Time	Fee	Registration Deadline
Online - Zoom	10 Mondays, January 11 - March 22 (No class February 15)	10:00 am - 11:00 am	\$50.00	Monday, January 4

Yogalates

Instructor: Kristy Loewen

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

Location	Day(s)	Time	Fee	Registration Deadline
Online - Zoom	11 Thursdays, January 14 - March 25	8:00 pm - 9:00 pm	\$55.00	Thursday, January 7

Mobility, Stretch & Foam Roll

Instructor: Marci Manness

Feel better, move better and add some balance to your fitness routine! Join Marci for stretching and mobility exercises - then practice some foam rolling techniques to help keep your body healthy and flexible. *You will need a yoga mat and long foam roller.*

Location	Day(s)	Time	Fee	Registration Deadline
Online - Zoom	11 Thursdays, January 14 - March 25	6:00 pm - 6:45 pm	\$55.00	Thursday, January 7

Yin/Restorative Yoga

Instructor: Becky Watson

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 and we use the support of props to enhance our practice. Don't have props? You can use household items, ask us for some suggestions!*

Location	Day(s)	Time	Fee	Registration Deadline
Online - Zoom	11 Wednesdays, January 13 - March 24	10:00 am - 11:00 am	\$55.00	Wednesday, January 6

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
Online - Zoom	21 Mondays & Thursdays January 11 - March 25 (No class February 15)	7:15 pm - 8:15 pm	\$105.00 1 class/week \$55.00	Monday, January 4

Art Journaling to Navigate Stress & Anxiety

Instructor: Jess Winnicki, BA, BSW, RSW, DKATI, Safe Harbor Therapy

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

Location	Day(s)	Time	Fee	Registration Deadline
Session 1: Online - Zoom	4 Mondays, January 18 - February 8	7:00 pm - 8:30 pm	\$40.00	Monday, January 11
Session 2: Online - Zoom	4 Mondays, March 1 - March 22	7:00 pm - 8:30 pm	\$40.00	Monday, February 22

Coping with COVID: Finding Comfort in the Months Ahead

Instructor: Elizabeth Dvergsten, MSW, RSW

As we look ahead to the long winter months in the middle of a pandemic, it is not surprising to feel a sense of doom and gloom. This pandemic has been hard, and we are all feeling the impacts in one way or another. You are not alone. This dynamic series will ask the question: "What can I do in these winter months to make myself comfortable?" We will explore emotional health, identify ways to decrease distress, discuss healthy coping strategies, and create unique care plans to help us through these winter months. There will be elements of hope and fun, opportunities to connect with one another through group discussions, and even a few surprises that will be sure to make you laugh. Participation is welcomed to whatever extent you feel comfortable.

Location	Day(s)	Time	Fee	Registration Deadline
Session 1: Online - Zoom	4 Wednesdays, January 20 - February 10	7:00 pm - 8:30 pm	\$40.00	Thursday, January 14
Session 2: Online - Zoom	4 Wednesdays, March 3 - 24	7:00 pm - 8:30 pm	\$40.00	Wednesday, February 24

Healthy Aging through the Arts

Instructor: Art City

Join instructors from Art City in this online class to get inspired for visual art you can do at home. 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 recalibrate yourself. There is no wrong way to do it. *Supplies included and available for pick up upon confirmation of program.*

Location	Day(s)	Time	Fee	Registration Deadline
Online - Zoom	6 Tuesdays, January 19 - February 23	1:15 pm - 2:30 pm	\$30.00	Tuesday, January 12

Feet First

Instructor: Andrew Schindle

Join MHRD Fitness Instructor, Andrew Schindle for practical information on why you should put your “Feet First”! Did you know that weak muscles in your feet can negatively affect your knees, hips, back and even your neck? Learn the reasons why this occurs and some simple, daily exercises you can learn to prevent muscle atrophy in the feet and protect yourself against pain and injury throughout the rest of the body.

Location	Day(s)	Time	Fee	Registration Deadline
Online - Zoom	Friday, January 22	1:00 pm - 2:00 pm	Free!	Friday, January 15

Planning Pots with Panache!

Instructor: Heather Warkentin, Prairie Grove Greenhouse

We are all looking forward to seeing the beautiful and vibrant colors of spring and summer. It can be overwhelming just trying to decide on plants and color combinations. Join us to learn some sure-fire techniques to creating planters with style!

Location	Day(s)	Time	Fee	Registration Deadline
Online - Zoom	Tuesday, March 23	10:00 am - 11:00 am	Free!	Tuesday, March 16

Starting Seedlings from Scratch

Instructor: Heather Warkentin, Prairie Grove Greenhouse

Can't wait to get outside and into the garden again? Starting your own plants from seed is fun, fascinating and a great way to save money on plants for your garden and get a jump start on our short Manitoba growing season! Learn the tips, techniques and tools helpful to starting your seeds indoors.

Location	Day(s)	Time	Fee	Registration Deadline
Online - Zoom	Tuesday, March 16	10:00 am - 11:00 am	Free!	Tuesday, March 9

Valentine's Day String Art for Adults

Instructor: Mikala Mann

Jump in to the month of love with some do it yourself Valentine's Day art! Learn the fun and pretty technique of string art. Its a different type of art- you will use a hammer, nails and string to create a piece to jazz up your home décor. Our instructor will guide you through to the completion of the project. *Supplies included and will be available for pick up upon confirmation of the program.*

Location	Day(s)	Time	Fee	Registration Deadline
Online - Zoom	Thursday, February 11	6:00 pm - 8:00 pm	\$25.00	Thursday, February 4

Healthy Eating for your Brain

Instructor: Getty Stewart

Healthy eating is good for our bodies...and our brains! Join us for this interactive presentation about the latest recommendations on eating for brain health. Learn how to incorporate the recommendations into everyday cooking, which foods to avoid, which foods to eat more often and how to make tasty recipes that meet those goals.

Location	Day(s)	Time	Fee	Registration Deadline
Online - Zoom	Thursday, January 28	1:00 pm - 2:00 pm	\$10.00	Thursday, January 21

Mixed Media Mash-Up (Ages 6 - 8 & 9 - 12)

Instructor: Paige Marshall

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

Location	Day(s)	Time	Fee	Registration Deadline
Online - Zoom	4 Mondays, January 18 - February 8	Ages 6-8: 6:00 pm - 7:00 pm Ages 9-12: 7:15 pm - 8:15 pm	\$20.00	Monday, January 11

Crafting with Paige (Ages 6 - 12)

Instructor: Paige Marshall

This mini-series will dive into a variety of fun crafting classes! Each session will be a completely different craft that may incorporate pieces of nature, lovely décor for a room, or even get a little experimental with a STEM-based craft! A wide range of ages can access this class, as participant's are able to work at their own pace through the direction of the instructor. Allow your imagination to soar with your own personal touches! *Supplies included and available for pick up upon confirmation of program. Each box will include the supplies necessary for all 3 craft sessions.*

Location	Day(s)	Time	Fee	Registration Deadline
Workshop 1 Online - Zoom	3 Saturdays, January 16, 23 & February 27	10:00 am - 11:00 am	\$20.00	Friday, January 8
Workshop 2 Online - Zoom	3 Saturdays, March 6, 13 & 20	10:00 am - 11:00 am	\$20.00	Friday, February 26

Crafting with Brynn Workshop 1 (Ages 6 - 12)

Instructor: Brynn Sparks

This mini-series will dive into a variety of fun crafting classes! Each session will be a completely different craft that may incorporate pieces of nature, lovely décor for a room, or even get a little experimental with a STEM-based craft! A wide range of ages can access this class, as participant's are able to work at their own pace through the direction of the instructor. Allow your imagination to soar with your own personal touches! *Supplies included and available for pick up upon confirmation of program. Each box will include the supplies necessary for all 3 craft sessions.*

Location	Day(s)	Time	Fee	Registration Deadline
Workshop 1 Online - Zoom	3 Wednesdays, January 13, 27 & February 3	6:00 pm - 7:00 pm	\$20.00	Wednesday, January 6
Workshop 2 Online - Zoom	3 Wednesdays, February 10, 24 & March 10	6:00 pm - 7:00 pm	\$20.00	Wednesday, February 3

Kids' Yoga (Ages 6 - 10)

Instructor: Sally Macdonald

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

Location	Day(s)	Time	Fee	Registration Deadline
Online - Zoom	10 Thursdays, January 14 - March 18	5:15 pm - 6:00 pm	\$50.00	Thursday, January 7

Let's Get Movin' (Ages 5 - 8)

Instructor: Paige Marshall

Let's get our minds and bodies moving! Participants will move through a series of exciting exercises that promote physical health in a fun way. We will cool down our bodies at the end of our exercises, as we move to using our brain power! Activity sheets and bingo cards will help us explore what it means to be healthy and make good choices to live actively!"

Location	Day(s)	Time	Fee	Registration Deadline
Online - Zoom	4 Sundays, January 3 - 24	10:00 am - 10:45 am	Free!	Monday, December 28

Tiny Tots Yoga (Ages 2 - 5)

Instructor: Caryn Suderman

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

Location	Day(s)	Time	Fee	Registration Deadline
Online - Zoom	8 Tuesdays, January 19 - March 9	9:30 am - 10:00 am	\$40.00	Tuesday, January 12

Busy Littles (Ages 2+)

Instructor: Kirsten Petz Fraser, Headingley Healthy Child

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

Location	Day(s)	Time	Fee	Registration Deadline
Online - Facebook, YouTube & Instagram	6 Wednesdays, January 20 - February 24	9:45 am	Free!	Ongoing

Superhero Super Training (Ages 5 - 8)

Instructor: Nicole McDonald

Join the fun and burn some energy! Get ready for an evening of movement and exercise - superhero style. Participants will activate their muscles as they move their bodies in miraculous, superhuman ways! *Please have a space large enough and cleared of debris for your child to participate in jumping, running on the spot, arm circles, etc. If you would like to participate in a superhero costume you may have laying around at home, it is strongly encouraged!*

Location	Day(s)	Time	Fee	Registration Deadline
Online - Zoom	Tuesday, January 12	5:30 pm - 6:15 pm	Free!	Tuesday, January 5

Valentine's Day String Art for Kids (Ages 8 - 12)

Instructor: Mikala Mann

Let's get festive with some Valentine's Day fun! Follow along with the instructor to learn the technique of string art. You will weave string throughout pre-hammered nails to create a beautiful piece. *Supplies included and will be available for pick up upon confirmation of the program.*

Location	Day(s)	Time	Fee	Registration Deadline
Online - Zoom	Tuesday, February 9	6:00 pm - 8:00 pm	\$25.00	Tuesday, February 2

PowHERful (Ages 10 - 13)

Instructor: Nicole McDonald

PowHERful is a program created by women for young women. Activities and discussions are based around healthy eating and lifestyle, anti-bullying, leadership, positive relationships, and self confidence. PowHERful will help to create understanding of how our choices impact our lives. Girls will leave the program each week feeling strong and unstoppable! *Supplies included and available for pick up upon confirmation of program.*

Location	Day(s)	Time	Fee	Registration Deadline
Online - Zoom	8 Wednesdays, January 20 - March 10	6:00 pm - 7:00 pm	\$40.00	Wednesday, January 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. Parental supervision is required. *A supply list will be provided.*

Location	Day(s)	Time	Fee	Registration Deadline
Online - Zoom	4 Tuesdays, February 2 - 23	6:00 pm - 7:00 pm	\$24.00	Tuesday, January 26



Coming Soon!



Macdonald-Headingley
RECREATION DISTRICT

Camp in a Box
Programs &
in-person Day
Camps!



Coming Spring Break 2021!

*Pending public health
recommendations due
to Covid-19

March 29 - April 2 2021



Spring into Eggs-cercises (Ages 5 - 8)

Instructor: Nicole McDonald

A special local rabbit has dropped his eggs off in preparation for spring. Join in on the fun, as we crack open eggs one by one and complete the moves inside! This program will have you moving your body as you spring into the fun of exercise. *Please have a space large enough and cleared of debris for your child to participate in jumping, running on the spot, arm circles, etc.*

Location	Day(s)	Time	Fee	Registration Deadline
Online - Zoom	Thursday, March 25	5:30 pm - 6:15 pm	Free!	Thursday, March 18

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. Participants must attend the entire class to be eligible to receive their certificate. *Must be 10 years old by date of program.*

Location	Day(s)	Time	Fee	Registration Deadline
Online - Zoom	Saturday, February 6	9:00 am - 12:00 pm	\$30.00	Friday, January 29

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 March 31, 2021**. *The Babysitter's Training Manual must be picked up at the MHRD office by Friday, February 19th. Participants will need a pen and paper.*

Location	Day(s)	Time	Fee	Registration Deadline
Online - Zoom	Saturday & Sunday February 20 - February 21	Saturday: 9:00 am - 12:00 pm Sunday: 9:00 am - 12:00 pm	\$30.00	Friday, February 12

In-Person Programming going ONLINE

Due to the current Public Health recommendations and restrictions, all MHRD programs will be offered virtually until further notice. We understand that not everyone is comfortable with virtual online participation in programs. It is our intention to transition a selection of virtual classes to in-person classes as soon as Public Health removes restrictions. If you are interested in participating in a program when it resumes in person, please let us know and we will notify you as soon as in person classes are safe to proceed. The program descriptions highlight programs that will remain virtual/online and those that will start virtually and move to in-person when possible. It is important for participants to understand the status of the program when registering.

All in One Fitness

Instructor: Clovis Se Sousa Baptista

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

Location	Day(s)	Time	Fee	Registration Deadline
Online - Zoom	21 Mondays & Wednesdays	6:00 pm - 7:00 pm	2/week: \$105.00	Monday, January 4
Pending return to:	January 11 - March 24		1/week: \$50.00	
La Salle - Caisse Community Centre	(No class February 15)			

Fluid Flow Yoga

Instructor: Ashley Bourgeois

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

Location	Day(s)	Time	Fee	Registration Deadline
Online - Zoom <i>Pending return to:</i> <i>La Salle - Caisse Community Centre</i>	10 Mondays, January 11 - March 22 (No class February 15)	7:15 pm - 8:15 pm	\$50.00	Monday, January 4

Functional Fitness

Instructor: Andrew Schindle

Everyone benefits from functional fitness! Functional exercises will help you to build strength, improve your coordination and balance and enhance your ability to perform normal, daily activities. This program will help you increase your range of motion, muscle strength & cardiovascular conditioning. *You will need a set of 2lb weights, a Bender ball or similar size rubber ball, 1 light and 1 medium resistance band.*

Location	Day(s)	Time	Fee	Registration Deadline
Online - Zoom <i>Pending return to:</i> <i>La Salle - Caisse Community Centre</i>	22 Tuesdays & Thursdays January 12 - March 25	9:00 am - 10:00 am	2x/Week: \$110.00 1x/Week: \$55.00	Tuesday, January 5

Yoga- All Levels

Instructor: Karyn Astleford

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

Location	Day(s)	Time	Fee	Registration Deadline
Online - Zoom <i>Pending return to:</i> <i>Headingley Community Centre</i>	11 Wednesdays, January 13 - March 24	7:00 pm - 8:00 pm	\$55.00	Wednesday, January 6

Gentle Yoga

Instructor: Lorraine Marek

This gentle yoga practice stretches the large muscles of the legs, arms and back increasing flexibility, improving circulation and reducing stress throughout the body. Using deep, slow breaths pushes fresh blood and oxygen to the brain and vital organs while holding yoga poses strengthens muscles to improve balance, flexibility and posture. *Please bring a yoga mat and blanket to class.*

Location	Day(s)	Time	Fee	Registration Deadline
Online - Zoom <i>Pending return to:</i> <i>Headingley Community Centre</i>	11 Tuesdays, January 12 - March 23	10:00 am - 11:00 am	\$55.00	Tuesday, January 5

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! *You will need comfortable clothing and footwear. You will need a set of 2lb weights, a Bender ball or similar size rubber ball, 1 light and 1 medium resistance band.*

Location	Day(s)	Time	Fee	Registration Deadline
Online - Zoom <i>Pending return to:</i> <i>Headingley Community Centre</i>	21 Mondays & Wednesdays January 11 - March 24 (No class February 15)	11:00 am - 12:00 pm	\$105.00 1x/week: \$55.00	Wednesday, January 6

Yoga Flow

Instructor: Lorraine Marek

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

Location	Day(s)	Time	Fee	Registration Deadline
Online - Zoom <i>Pending return to:</i> <i>Headingley Community Centre</i>	11 Thursdays, January 14 - March 25	10:00 am - 11:00 am	\$55.00	Thursday, January 7

Fit & Flex

Instructor: Andrew Schindle

Maintaining fitness and strength will help to ensure we stay independent and able to do all activities of daily living. Gentle exercises for all fitness levels, gradually proceeding at your own pace. You can do it ... one step at a time! *You will need a set of 2lb weights, a Bender ball or similar size rubber ball, 1 light and 1 medium resistance band.*

Location	Day(s)	Time	Fee	Registration Deadline
Online - Zoom <i>Pending return to:</i> <i>Headingley Community Centre</i>	21 Mondays & Wednesdays January 11 - March 24 (No class February 15)	9:30 am - 10:30 am	\$105.00 1 class/week: \$55.00	Wednesday, January 6

Cardio, Core & Strength

Instructor: Marci Manness

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

Location	Day(s)	Time	Fee	Registration Deadline
Online - Zoom <i>Pending return to:</i> <i>Oak Bluff Community Centre</i>	11 Wednesdays, January 13 - March 24	6:30 pm - 7:30 pm	\$55.00	Wednesday, January 6

Yoga For Men

Instructor: Nicole Necsefor

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

Location	Day(s)	Time	Fee	Registration Deadline
Online - Zoom <i>Pending return to:</i> <i>Oak Bluff Community Centre</i>	10 Mondays, January 11 - March 22 (No class February 15)	7:15 pm - 8:15 pm	\$50.00	Monday, January 4

Gentle Yoga

Instructor: Nicole Necsefor

Come to this practice to unwind & 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. *We encourage you to bring 2 yoga blocks and a strap to class.*

Location	Day(s)	Time	Fee	Registration Deadline
Online - Zoom <i>Pending return to:</i> <i>Oak Bluff Community Centre</i>	10 Mondays, January 11 - March 22 (No class February 15)	6:00 pm - 7:00 pm	\$50.00	Monday, January 4



Brunkild

Brunkild Community Facilities

Brunkild Memorial
Recreation Centre
10 Prov. Rd 305
ROG OEO



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

Kim Kaminsky
Hall Bookings & Catering
204.736.4812

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



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



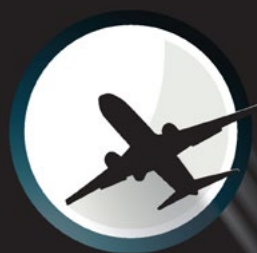
Worship at 10:00 am

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



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Domain

Domain Community Facilities

Domain Arena
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ROG 0M0

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

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

Domain Hall
Box 130
ROG 0M0

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



Domain

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.

Our monthly meetings (usually with speakers, tours, outings, crafts, food and fun) are held in accordance with Covid-19 protocols, and, as a result, may be suspended, if required.

Call Judy Cormier @ 204-736-4239 for details and plan to check us out!"

Domain Arena Skate Times

Please remember to wear a helmet!

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



The Cross Country Snow Drifters Club is a non profit organization and

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

For more information please contact Club

Rob Nowosad robnowosad@shaw.ca.

Join Cross Country Snow Drifters on Facebook!



crosscountrysnowdrifters.net

NEW MEMBERS ARE ALWAYS WELCOME.

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



Lobsterfest April 2021 Domain Hall

For more information or to
purchase tickets:
email barb@pituraseeds.ca

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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: Ron Manness 204.736.4001 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



Dee Romijn, Facility Manager
204.736.2679
204.801.7629 (cell)
dromijn@caissecc.com
www.caissecc.com
David Brown, President
davidbrown@mts.net

La Salle School
43 Beaudry Road
R0G 0A1

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

www.srsd.ca

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www.homesteadco-op.crs

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

Location	Day(s)	Time	Fee	Registration Deadline
La Salle - Caisse Community Centre Contact: Bernice Valcourt 204.272.5586	Pickleball has been paused due to Covid-19 and current restrictions. For up to date information please go to www.mhrd.ca			

**Macdonald-Headingley**
RECREATION DISTRICT

FOLLOW US ON
Instagram



@mhrd1

CAISSE COMMUNITY CENTRE

FITNESS Classes

instructor: Dee Romijn

sub-instructor: Pearl Moroz

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

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



CAISSE
COMMUNITY
CENTRE

2021 Winter Session
January - March
(pre-registration required)

For details, pricing and/or to register, please visit:
www.caissecc.com - programs tab
or contact Dee Romijn:

204-736-2679 | 204-801-7629 (cell) | dromijn@caissecc.com

Time for Fitness!

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

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



Fee Schedule (prices do NOT include GST)

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

R= Resident NR= Non-resident

Individual: An individual 16 years of age or older.

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

Senior: An Individual 65 years of age or older.

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

Contact:

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



CAISSE
COMMUNITY
CENTRE

www.caissecc.com - fitness centre tab

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lasalleinsurance.com

La Salle

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

Central

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

NEWEST LOCATION AT SEASONS OUTLET MALL

North

865 McGregor St.
Winnipeg | 204-334-4000

South West

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

South

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

Plezia Insurance Brokers

1525 Gateway Rd.
Winnipeg | 204-669-3865

St. Hyacinthe Roman Catholic Parish

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community

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

Catechism classes at a distance and in
person before Sunday mass.

Please contact Bernadette Lagace for catechism info,
204-736-2874 or bernadette_lagace@hotmail.com.

Visit our website for bulletin and resources.

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

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



Macdonald-Headingley
RECREATION DISTRICT

Virtual Recreation

*Online programs and activities to keep you healthy,
happy and engaged. Check out our selection of
virtual options starting on page 16.*



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Ph. 204-391-5090 debbie@prairieskyappraisal.ca

Winter 2020 - 2021 at the La Salle Curling Club

Thank
You



LSCC thanks you for your ongoing support.
For the latest on leagues, events, etc.
stay tuned to the website and Facebook page

Keep Safe
Keep Healthy
Keep "Rockin"

Check LSCC out at: lasallecurlingclub.ca & on Facebook @LaSalleCurlingClub

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
Caisse Community Centre
barbaraagland@hotmail.com



CAISSE
COMMUNITY
CENTRE

Caisse Community Centre

Facility Rentals

Socials * Birthday Parties * Team Windups * Weddings * Funerals

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

Occupancy license for:

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



CAISSE
COMMUNITY
CENTRE

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

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



LA SALLE Community Fellowship

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



Looking for a service to join from your own home?

Our Sunday morning worship services are live every Sunday on youtube.

Check out our channel on youtube and subscribe or find the link from our website home page.

- Sunday Service @ 10:30 LSCF.ca
- Student Ministry - Grades 7 to 12 lasalleyouth.ca
- La Salle VBS lasallevbs.ca

www.LSCF.ca info@LSCF.ca 204.736.3200

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

Blaine Pedersen MLA for Midland



Constituency Office Hours

Mon and Tues, 9-4 pm

Friday 9-12pm

195 Main St S - Unit 2 Carman, MB

midlandmla@outlook.com

www.blainepedersen.com

Caisse Community Centre

Before and After School Program In-Service Day Camp Program

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

Before and After School Program

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

In-Service Day Camp Program

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



online registration

Before and After School Program In-Service Day Camp Program

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

Ages 5 to 12



CAISSE
COMMUNITY
CENTRE

For information and/or to register:
www.caissecc.com - programs tab
or email beforeandafter@caissecc.com

La Salle Nursery School

Learn and play with us at La Salle Nursery School

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

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

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



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

www.twerdunwealth.com





Oak Bluff

Oak Bluff Community Facilities

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



Brent Sadler, President
204.275.2844
president@obrc.ca

Jeff Froese, Ice Rental
204.896.6881
icerentals@obrc.ca

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

Oak Bluff Community
School
155 Agri Park Road
R4G 0A5

Pamela Lee, Principal
204.895.0004
oakbluff@rrvscd.ca

www.obcs.rrvscd.ca



Macdonald-Headingley
RECREATION DISTRICT

Virtual Recreation

*Online programs and activities to keep
you healthy, happy and engaged. Check
out our selection of virtual options
starting on page 16.*



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

Prairie Palette Art Club



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

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

Pickleball

Come and play pickleball with us! This court sport combines the rules of ping pong, tennis and badminton. Pickleball can be played with 2 or 4 players using a paddle similar to a ping pong paddle and a plastic whiffle ball. Easy for beginners to learn but can develop into a fast-paced competitive game for experienced players. Register at any point to receive program updates as they arise. Day and times may vary without notice. *Please bring clean indoor shoes. No drop-in play allowed. Contact for more information.*

Location	Day(s)	Time	Fee	Registration Deadline
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Oak Bluff Recreation Centre
Contact: Lorraine & Bill Powell
204.895.0900

Oak Bluff Recreation Centre
Contact: Marie Poole
204.897.1545

**Pickleball has been paused due to Covid-19 and current restrictions.
For up to date information please go to www.mhrd.ca**



OAK BLUFF BIBLE CHURCH

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

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

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

**Address: 53 PTH 3
Oak Bluff**

Check our website for up-to-date information:
www.oakbluffbiblechurch.com

PASTOR CHRISTIAN LOEWEN
PastorChristian@oakbluffbiblechurch.com

PASTOR JOHN REIMER
PastorJohn@oakbluffbiblechurch.com

contactus@oakbluffbiblechurch.com 204-612-9623



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DACOTAH MB.


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COPP
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)
- Note odd behavior in the neighbourhood and report to RCMP (204-886-0358)

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



Sanford

Sanford Community Facilities

Sanford Recreation/
Arena

174 Mandan Drive
R0G 2J0



Eric Boyd, President
eric@bestlandexcavation.com

Andrea Morann, Ice Rentals
amorann@mymts.net

Sanford Collegiate
130 Blythefield Road
R0G 2J0

Jaynie Burnell, Principal
204.736.2366
sanfordcollegiate@rrvsc.ca

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

Scott Thomson, Principal
204.736.2282
jacuddy@rrvsc.ca
<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.

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



Macdonald-Headingley
RECREATION DISTRICT

Virtual Recreation

Online programs and activities to keep you healthy, happy and engaged. Check out our selection of virtual options starting on page 16

Meridian
Pastoral
Charge



Starbuck · Sanford · Domain



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



Sanford Collegiate

Registration

2021 - 2022



Please contact the school
or check our website for more information
(204) 736.2366 www.sanfordcollegiate.net
sanfordcollegiate@rrvsc.ca

SANFORD ARCHERY RANGE

Archery Manitoba's Sanford Range, in partnership with the Flatlanders Archery Club is the host location of recreational target and 3D shooting, sanctioned tournaments and programs.

Become a member today, to take advantage of this beautiful range from May to October

The Archery Manitoba Sanford Range is located Provincial Road 334 just south of Ferndale Road

visit www.ARCHERYMANITOBA.ca for more information

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Archery Club



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Starbuck

STARBUCK RECREATION ASSOCIATION



THE HEART OF THE COMMUNITY

President - Jan Morse

Ladies' Curling

Raelene Gardiner/Janice Novak
ladiescurling@starbuckrecreation.com

Men's Curling

Mitchell Tod/Pat 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

Starbuck Community Facilities

Starbuck Arena
60 Arena Blvd.
R0G 2P0



Jan Morse, President
president@starbuckrecreation.com

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

Starbuck Hall
25 Main Street
R0G 2P0

Dan Gargan, President
204.735.2743

Rental Info & Hall Bookings
starbuckcommunityhall@gmail.com
or call Val at 204-735-3139
www.starbuckrecreation.com/communityhall

Starbuck School
40 Arena Blvd
R0G 2P0

Dale Fust, Principal
204.735.2779
starbuck@rrvsc.ca
<https://starbuck.rrvsc.ca/>

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)

Yoga- All Levels

Instructor: Emily Lenehan

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

Location	Day(s)	Time	Fee	Registration Deadline
Starbuck Hall	Pending Return to in-person programming	8:00 pm - 9:00 pm	\$50.00	Monday, January 4

Exercises with Liza

Instructor: Liza Rasmussen

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

Location	Day(s)	Time	Fee	Registration Deadline
Starbuck Hall	Pending Return to in-person programming	10:00 am - 11:00 am	Free!	Monday, January 4

Trinity Lutheran Church in Starbuck

Worship Sundays - 10:00 am via Zoom

Sunday School is mailed out

For current information, please visit

www.tlcstarbuck.com

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

Email: tlc118@mymts.net Phone: 204.735.2503



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)

We are currently shut down. Please check our website below for updates!

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



Starbuck Art Club

The Starbuck Art Club provides a chance for adults to participate in art workshops led by a variety of instructors several times a year. Members can show their latest paintings. New members are welcome.

Due to COVID-19, workshops and classes are suspended until further notice.

For more information please contact:

Joyce Nadeau 204-436-2096 gilnadeau78@gmail.com
Barbara Kaminsky 204-736-4260 barbarakaminsky@hotmail.com
John Smeulders 204-791-8663 ttjsmeulders@hotmail.com
Laurel Gargan 204-735-2743 laurel_gargan@icloud.com

Starbuck Arena Skate Times

Pre-registration required due to capacity limits!

Register online: <https://starbuckrecreation.com/starbuck-public-skate/>

Public Skating - Saturdays 5:00 pm - 6:00 pm

Young Sticks & Pucks - Saturdays: 6:00 pm - 7:00 pm

Young Sticks & Pucks - Saturdays: 7:00 pm - 8:00 pm

Older Sticks & Pucks - Saturdays: 8:00 pm - 9:00 pm

For Older Sticks & Pucks please contact the rink to pre-arrange info@starbuckrecreation.com (Capacity 20)

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

Starbuck All Charities

Donate to your Favourite Charity



Saturday, April 17, 2021
(Storm Date: April 24)
Starbuck Community Hall
9:00 am - 1:00 pm



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



LUNCH AVAILABLE
SOUP/CHILI/HOT DOGS
PIE/COFFEE/TEA/JUICE

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
Susan Burns 204-735-2595
Table cost is \$10.00 plus donation
to the Brown Bag Auction



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



Macdonald-Headingley
RECREATION DISTRICT

Virtual Recreation

Online programs and activities to keep you healthy,
happy and engaged. Check out our selection of
virtual options starting on page 16.



CITY REACH, *Country Ease*

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



Assiniboine River view



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.

LIMITED TIME OFFER

From upgraded interior finishes, exterior enhancements, to extra landscaping, ask your builder about how you can use the valuable incentive for your new home in Taylor Farm.



Enter from Hwy. 334 between Hwy. 1 and Roblin Blvd.



TAYLOR FARM

IN HEADINGLEY
MANITOBA

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



Headingley Seniors' Services

Coordinator: Kristie Todd

Office located at: Headingley Community Centre
5353 Portage Avenue

Office Hours:

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

Wednesdays 1:00 pm - 4:00 pm

Phone: 204-889-3132, ext. 3

Email: hdlyseniorservices@mts.net

www.headingleyseniorservices.ca

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

Recreation & Fitness - Hall Walking, Encore Fitness Studio.

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

Social activities have been cancelled until further notice.



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;

hdlyseniorservices@mymts.net

(204) 889-3132 ext. 3

Pole Walking

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

Foot Care Clinics

For an appointment contact Kristie!

Online Cribbage

We're going to try online cribbage! If you are interested, contact Kristie to register!



NEW TO ZOOM?!

Get help with setting up Zoom on your device!

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

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Tea & TRIVIA

Macdonald-Headingley RECREATION DISTRICT

HEADINGLEY SENIORS' SERVICES

Tea time brings people together! And what better way to spend a winter afternoon than joining Quiz Master Kristie from the cozy comfort of your own home? Get your favorite cup of tea and be ready for a fun and light-hearted trivia quiz. There's sure to be a lot of laughs- and maybe even some prizes!

WEDNESDAY, JANUARY 27
1:30 PM - 2:30 PM
FREE!
REGISTER BY: JANUARY 25

www.mhrd.ca info@mhrd.ca 204.885.2444



For more information, or to book an appointment, contact Kristie at 204.889.3132 ext. 3 or hdlyseniorservices@mts.net



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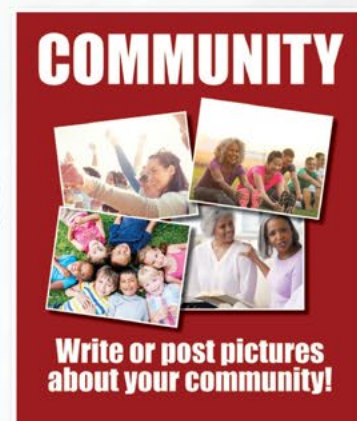


We have many ways for you to be part of WOW - West of Winnipeg Living or in any of our 11 other neighbourhood publications.

We are always looking for businesses to write educational articles about their industry.

Submit your fur baby for Pet of the Month, or your favourite recipe for our recipe page.

We also have our Community Corner page where you may post pictures from the community, sports, or write an article about the community, or be a cover family.



We provide a monthly delivery to area homes!

If you would like more information for your business or would like to be a Cover Feature Family contact:



Margaret Hemphill - Publisher:
Phone/Text: 204-290-3912
mhemphill@bestversionmedia.com



Best Version Media

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Headingley Healthy Child



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

Busy Littles (Ages 2+) FREE

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

Location	Day(s)	Time	Fee	Registration Deadline
Online - Facebook, YouTube & Instagram	6 Wednesdays, January 20 - February 24	9:45 am	Free!	Ongoing



Bright Beginnings
Educare inc.

www.brightbeginningseducare.com

Phone 204.895.1147

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

Join our email list

For access to newsletters & events!
Call 204.885.2444 or email info@mhrd.ca to be added!

Macdonald-Headingley
RECREATION DISTRICT

Ready, Set, Kindergarten!

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

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

The centers stations emphasize the concepts of:

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

The following dates have been planned beginning in January, 2021 pending Covid-19 restrictions:

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

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

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

Contact for more information:

204-889-5053

phoenix@sjasd.ca



The Headingley Historical Society

Join us today



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

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

Everyone Welcome!

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

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



Headingley

Headingley Community Facilities

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

Gail Coady, Facility Manager
204.889.3132 ext. 1
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

204.889.5053
phoenix@sjasd.ca
www.sjasd.ca/school/phoenix/Contact/Pages/default.aspx



St. Charles-Headingley United Church

All services of worship, meetings and events are still cancelled until further notice but be sure to go to our website to hear the most recent sermon and any news of re-opening!

Minister - Rev. Cathy Maxwell

110 Bridge Road

<https://headingleyuc.wordpress.com>

204.885.6021

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



HEADINGLEY RURAL CRIME WATCH

For info
contact Marian at
marian.craig52@gmail.com



Macdonald-Headingley RECREATION DISTRICT

Virtual Recreation

Online programs and activities to keep you healthy, happy and engaged. Check out our selection of virtual options starting on page 16.

Pickleball

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

Location	Day(s)	Time	Fee	Registration Deadline
Headingley Community Centre Contact: Sarah Fetterly, sfetterly@shaw.ca or Brodie Blair, brodiecblair@gmail.com	Pickleball has been paused due to Covid-19 and current restrictions. For up to date information please go to www.mhrd.ca			



Exploring the Sky FREE

Instructor: Scott Young & Mike Jensen

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

Location	Day(s)	Time	Fee	Registration Deadline
Headingley Community Centre *Pending Covid-19 Public Health Recommendations	Friday, March 19	6:30 pm - 8:00 pm	Free!	Friday, March 12



Macdonald-Headingley
RECREATION DISTRICT

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

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204-988-6353
jane.vanmassenhoven@rbc.com

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Myrna DRIEDGER
MLA for Roblin



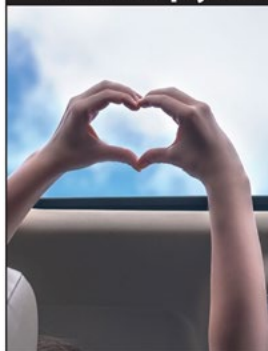
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A collection of artifacts showcasing the history of the petroleum industry in Canada.

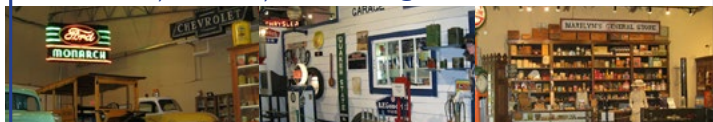
Hours of Operation: **Closed for the remainder of 2020**
Re-opening June 2021

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

Website - www.jimsvintagegarages.ca

Facebook - Jim's Vintage Garages

Rob Nowosad, Chairman, robnowosad@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.



Wishing you health & happiness!
Help us to help our community
Sign Up for E-News on our
website to learn more about HCF!

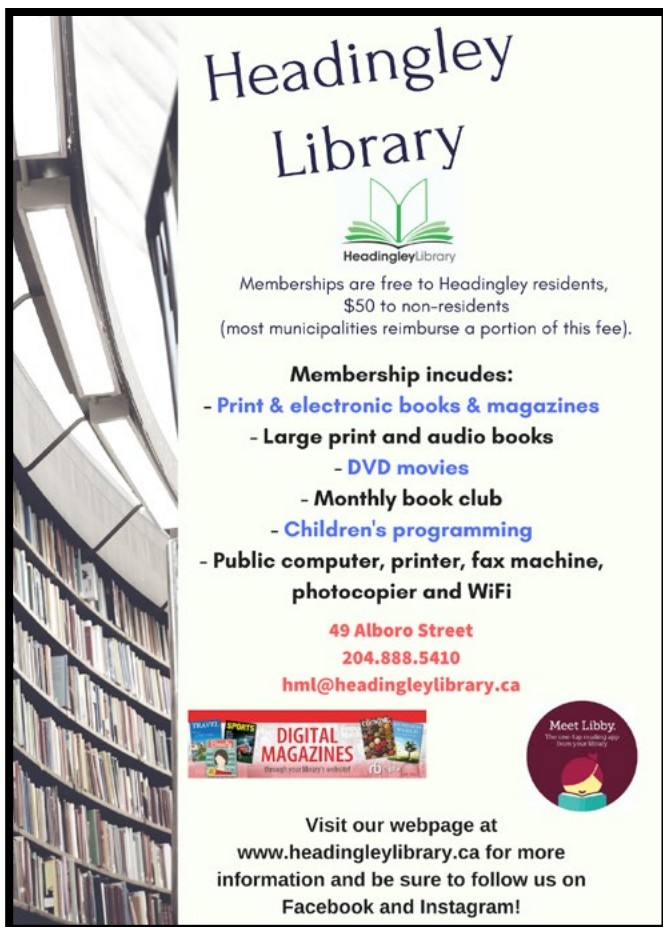


Giving for Good.

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



Headingley Library

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

Membership includes:

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

49 Alboro Street
204.888.5410
hml@headingleylibrary.ca

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

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Holy Trinity Anglican Church

5335 Portage Avenue, Headingley



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

We now have a lift and are fully accessible to everyone!
www.holytrinityanglicanchurchandcemetery.com

HOLY TRINITY CEMETERY HEADINGLEY

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



For information on purchasing a plot or niche, or interment, please contact Diane Trenholm, at 204-955-8116 or htcemhly@shaw.ca



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

Blue Birds

We are planning to start a blue bird box adoption program next spring to help monitor the boxes along the trail. More info in the spring.



Tall Grass Prairie

Restoration of the tall grass prairie is a work in progress. Watch for new flowers in the Spring. The tall grass prairie is located on the south side of the trail by Alboro.



Meet Your Neighbors

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



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

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

Contact us at:

headingleygrandtrunktrail@gmail.com

Or visit us on Facebook:

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



Geocaches

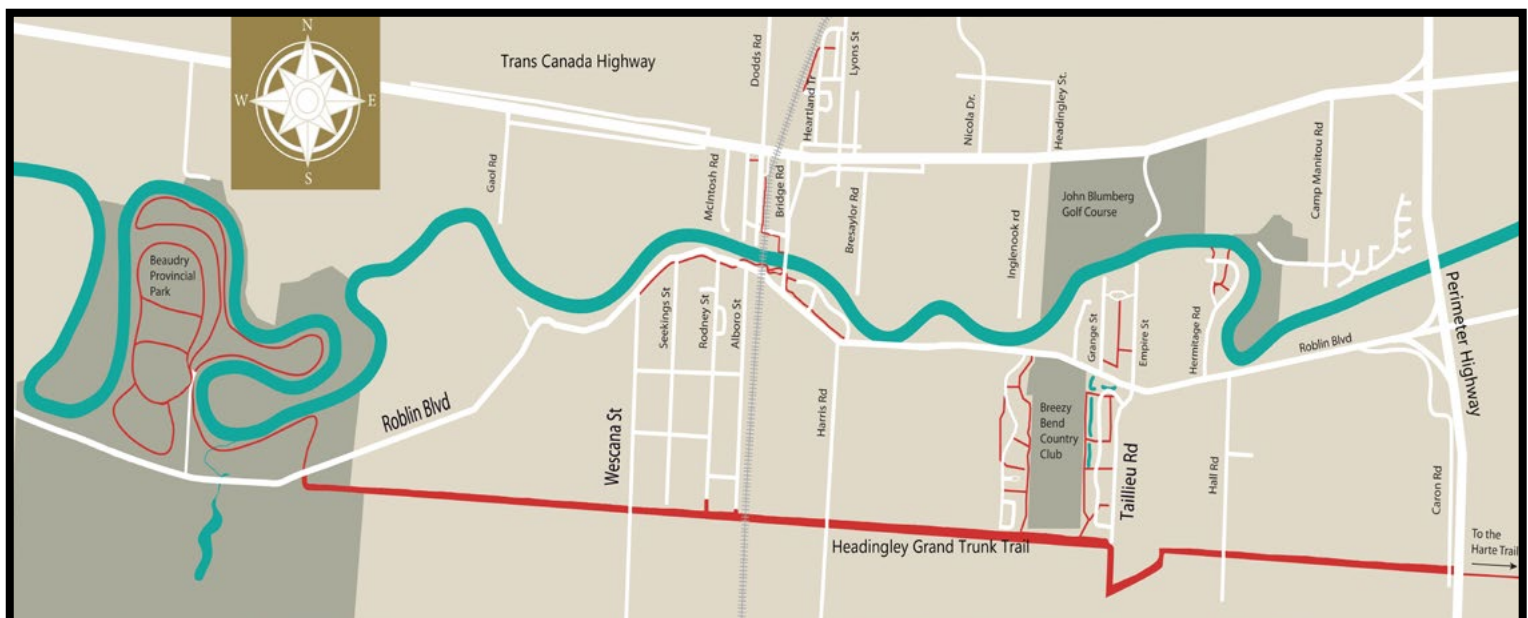
Geocaching has become an increasingly popular worldwide adventure activity.

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



Consider Getting Involved

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





Phoenix 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 Hockey Registration, Family Fun Nights, Halloween Howl, Preschool, etc will be on the website www.phoenixrec.com

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 2021 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!



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



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