

# Winter 2019

## *Program & Community Resource Guide*

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



Macdonald-Headingley  
RECREATION DISTRICT





# Upstream **LIVING**

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



## A NEW COMMUNITY IN HEADINGLEY

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

Just 5 minutes west  
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FOR MORE INFORMATION AND CUSTOM HOME  
BUILDER DETAILS VISIT OUR WEBSITE.

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communities

**SHOW HOMES  
NOW OPEN!**

**TAYLORFARM.COM**



# Macdonald-Headingley

R E C R E A T I O N   D I S T R I C T

81 Alboro Street

Headingley, Manitoba R4J 1A3

Phone: 204.885.2444

Fax: 204.889.2211

Website: [mhrd.ca](http://mhrd.ca)

Email: [info@mhrd.ca](mailto:info@mhrd.ca)

**Recreation Director - Susanne Moore**

**Program Director - Karen Lough**

**Communications & Office Coordinator - Alex Yuzwa**

**Accounting - Vona Guiler**

## SHARE YOUR SKILL

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

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## Advertise With Us!

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

**Spring Deadline: January 31<sup>st</sup>, 2019**



# Registration

## 3 WAYS TO *Register*

**Go Online**



[www.mhrd.ca](http://www.mhrd.ca)

**By Phone**



**204.885.2444**


**In Person**




**81 Alboro Street  
Headingley**

### General Information

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

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

### Student Rates

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

### Trial Class

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

### Give us your best smile!

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

### Late Registrations & Waiting Lists

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

## How to *Register* Online

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

### Fee Assistance

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

### Method of Payment

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

### E-Transfers

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

### Receipts

Receipts will be issued upon request.

### Non Resident Registrations

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

### Registration Refunds

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

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

### Free Classes

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

### Program Cancellations:

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

### Rescheduled Programs/Inclement Weather

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

### Withdrawals

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

### Program Transfers

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

### Commitment to Inclusion

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

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



# Macdonald Public Recreation Commission

## MACDONALD VOLUNTEER SERVICE AWARDS

The Macdonald Volunteer Service Awards were introduced in 2006 to commemorate the 125th Anniversary of the R.M. of Macdonald. Several awards are presented annually by the Macdonald Public Recreation Commission at a special event honouring the recipients. Since its inception, 88 residents and 3 organizations have been recognized for efforts and dedication to their communities.

### Who can be Nominated?

The Macdonald Volunteer Service Award will be presented to individuals who have embodied the spirit of volunteerism and have made a lasting and meaningful contribution through their volunteer activities.

- Candidate's volunteer work must have occurred in the R.M. of Macdonald.
- Individuals of any age can be nominated.

### Criteria

Candidates will be judged according to the following criteria:

- Activity - What did the candidate do? How many years did he/she commit to volunteer efforts?
- Leadership - How did the candidate demonstrate leadership?
- Other volunteer involvement - What other volunteer activities has the candidate participated?
- Impact - What has the outcome of the candidate's efforts? How many people benefited? What was actually accomplished?

## **AWARD CATEGORIES**

### **Youth**

The youth leadership category recognizes young people (under 25) who have made considerable contributions to their schools, organizations and communities through volunteer work. The young volunteers serve as a role model, encouraging other young people to give of themselves for the betterment of the community.

### **Individual Volunteers**

This is presented to exceptional individual volunteers whose efforts have contributed significantly to the quality of life in their communities.

### **Award of Merit**

This award will be presented to an individual who has made an outstanding, exemplary contribution to the community. Posthumous nominations will be accepted.

### **Older Adult**

Honours an older adult who generously give their time and energy to help others and their community.

## **DEADLINE FOR NOMINATIONS FEBRUARY 22, 2019**

**Nomination forms and further information is available from  
MHRD at 204.885.2444 or [info@mhrd.ca](mailto:info@mhrd.ca).**



## 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 31<sup>st</sup> 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 31<sup>st</sup>. For additional information, please call the Municipal Office at 204.736.2255.

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

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



# Macdonald Bench Dedication Program



The R.M. of Macdonald Bench Dedication Program offers a special way for individuals and groups to memorialize an individual or an occasion. Consider a bench dedication to . . . .

- Create a lasting legacy for a loved one
- Honour great achievements
- 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.



For more information contact the  
R.M. of Macdonald at 204.736.2255 or  
email [info@rmofmacdonald.com](mailto:info@rmofmacdonald.com)

## 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 7 lines of text; each line comprising of 16 characters (including punctuation and spacing).



# Macdonald Healthy Child

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



Areas of focus include:

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

Chairperson - Elise Johnson *Sanford* 204.736.3917

Coordinator - Brandi Noble 204.736.4141

Kaylee Goerzen *Starbuck* 204.330.6463

Sheena Beattie *J.A. Cuddy Child Care* 204.736.3289

Leanne Derlago *Oak Bluff Early Years* 204.792.6278

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

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

Heidi Watermulder *La Salle Public Health Unit*  
204.736.5030

Susanne Moore *MHRD* 204.885.2444

Healthy Child Coalition  
Central Region



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

## Starbuck Play Group (0 - 5 Years)

*Facilitator: Melanie Mosset 204.735.3017*

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

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

## Sanford Stay 'n Play (0 - 5 Years)

*Facilitators: Yvonne Bjornson and Danielle Mikolasek*

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

Location	Day(s)	Time	Fee	Registration Deadline
Sanford United Church	Mondays, January 7 - May 13	10:00 am - 11:30 am	Free!	Drop In

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

*Facilitator: Alison Forcier*

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

Location	Day(s)	Time	Fee	Registration Deadline
Caisse Community Centre	Wednesdays, January 9 - May 15	9:30 am - 11:00 am	Free!	Drop In



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

*Facilitator: Laura Dunphy*

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

Location	Day(s)	Time	Fee	Registration Deadline
Oak Bluff Recreation Centre	Tuesdays, January 8 - May 14	10:00 am - 12:00 pm	Free!	Drop In

## Whale Tales (2 - 4 Years)

*Facilitator: Brandi Noble*

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

Location	Day(s)	Time	Fee	Registration Deadline
Caisse Community Centre	6 Thursdays, January 17 - February 21	10:00 am - 11:00 am	Free!	Thursday, January 10

## Shake, Rattle & Roll (2 - 5 Years)

*Facilitator: Kirsten Petz-Fraser*

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

Location	Day(s)	Time	Fee	Registration Deadline
Oak Bluff Recreation Centre	8 Fridays, January 11 - March 1	10:00 am - 11:00 am	Free!	Friday, January 4

## Skating With Tots (2 - 4 Years)

*Facilitator: Elise Johnson*

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

Location	Day(s)	Time	Fee	Registration Deadline
Sanford Arena	6 Mondays, January 7 - February 11	9:00 am - 10:00 am	Free!	Wednesday, January 2

## Forest Families (3 - 5 Years)

*Facilitator: Sheena Beattie*

Help your child connect with nature by joining us for an open-ended, child-inspired outdoor exploration program. By following basic Forest and Nature School principles, you will have the opportunity to venture into a local forest with your child and engage in interesting outdoor activities that will take you back to your own childhood. Together we will make meaningful connections with one another, with your children, and with nature in its purest form. Be prepared for rain, shine and snow. *An outdoor information evening, hosted at the program site, will take place prior to the beginning of the program. Parental participation required.*

Location	Day(s)	Time	Fee	Registration Deadline
Sanford, 160 Blythefield Road	6 Tuesdays, January 15 - February 19	10:00 am - 11:00 am	Free!	Tuesday, January 8

## Music & Me (2 - 4 Years)

*Facilitator: Charlene Kubin*

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

Location	Day(s)	Time	Fee	Registration Deadline
Starbuck Hall	8 Tuesdays, January 15 - March 5	9:30 am - 10:30 am	Free!	Tuesday, January 8



# 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 <a href="http://www.4h.mb.ca">www.4h.mb.ca</a> . 		
Location	Contact Info	Events
La Salle 4-H Club	Julie Ann Purcha <a href="mailto:4hlasalle@mts.net">4hlasalle@mts.net</a> 204.736.4389 <a href="http://www.4h.mb.ca">www.4h.mb.ca</a>	La Salle 4-H Club Achievement Program will be held on Saturday, April 27th, 2019 at La Salle Community Fellowship. Doors open at 12:30pm.
Starbuck Combined 4-H Club	Sharon Masse <a href="mailto:sgmasse@gmail.com">sgmasse@gmail.com</a> 204.735.2809	Starbuck Combined 4-H Club - Contact Sharon Masse January 30 2018 - Communication Event: 7:00 pm Starbuck Community Hall February 22 - Family Bingo Fundraiser: Doors open at 6:30 pm. Games start at 7:00 pm. Starbuck Community Hall April 24 - Club Achievement: Doors open at 6:30 pm; program at 7:00 pm. Starbuck Community Hall
Headingley 4-H Club  Equine Projects	Estelle Bahuaud <a href="mailto:headingley4h@gmail.com">headingley4h@gmail.com</a> 204.889.9561 Rachael VanWyk <a href="mailto:rachaelvw123@gmail.com">rachaelvw123@gmail.com</a> 204.292.5183	Club Communications Event: Sunday, February 10, 2:00 pm at Headingley United Church Club Achievement Night: Thursday, April 25, 6:30 pm at Headingley Community Centre. All Welcome. Check the RM of Headingley website for information regarding our events <a href="http://www.rmofheadingley.ca">www.rmofheadingley.ca</a>



## Leaders Wanted!

**La Salle Meeting - Tuesdays**  
**La Salle School**  
**6:00 p.m. - 7:45 p.m.**  
**September - April**

Sparks for girls 5-6 years old.  
 Brownies for girls 7-8 years old.  
 Guides for girls 9-11 years old.  
 Pathfinders for girls 12-14 years old.  
 Rangers for girls 15-17 years old.

**For more info & to pre-register**  
 [www.girlguides.ca/web/mb](http://www.girlguides.ca/web/mb)



Everything she wants to be.



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

## That's Girl Guides of Canada.

When you sign your daughter up for Girl Guides, you are giving her the opportunity to discover herself - and so much more.  
 She'll explore, create, learn - and shine.

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

[girlguides.ca/jointoday](http://girlguides.ca/jointoday)
1-800-565-8111



# The multi-sport approach:

## How different sports help each other

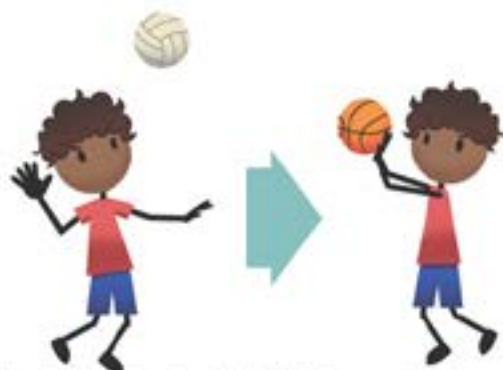
Can tennis help your child play baseball? Will figure skating make them better at hockey? Is gymnastics good for other sports?



Athletics helps soccer players to run and jump better.



Figure skating helps hockey players to skate better.



Volleyball helps basketball players to jump, catch, and track the ball better.



Tennis helps baseball and softball players to strike better.



Dancing, gymnastics, and swimming help all athletes to be agile, balanced, coordinated, strong, and flexible.

For most sports and physical activities, kids should avoid specializing too early. In fact, they should try as many different sports and activities as possible before their teen years. Through this multi-sport approach, they develop better physical literacy and athleticism.



# 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](mailto:info@macdonaldseniors.ca)  
[www.macdonaldseniors.ca](http://www.macdonaldseniors.ca)

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

We can help with:

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

## GEMS (Greet Eat Meet for Seniors)

Everyone benefits from staying active, being intellectually stimulated and socially connected. GEMS is a lunch and social program for seniors living in the R.M. of Macdonald and surrounding areas.

Wednesdays - Starbuck Hall  
Thursdays - Sanford Legion  
Begins at noon and is only \$8.00  
Register with Leanne on the Monday prior to the program.

## Frozen Meal Delivery

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

## Stay Connected!

### Join our mailing list!

Stay informed about upcoming events. Email [info@macdonaldseniors.ca](mailto:info@macdonaldseniors.ca) to be added to our mailing list!

### Social Media



Facebook

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

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

Information and Set up available through Leanne.

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



# LUNCH & LEARN

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

Wednesday, January 23  
12:00 pm - 2:00 pm  
Starbuck Hall

## Falls Prevention

*Presenter: Louise Hutton*

Did you know that falls are the leading cause of injury among older Canadians? 20-30% of seniors experience 1 or more falls each year! This workshop aims to help participants learn about why falls happen, how to prevent falls, exercise rules, home exercises, home safety tips, and more!

Thursday, January 31  
12:00 pm - 2:00 pm  
Sanford Legion

## Falls Prevention

*Presenter: Louise Hutton*

Did you know that falls are the leading cause of injury among older Canadians? 20-30% of seniors experience 1 or more falls each year! This workshop aims to help participants learn about why falls happen, how to prevent falls, exercise rules, home exercises, home safety tips, and more!

Thursday, February 21  
12:00 pm - 2:00 pm  
Sanford Legion

## Do I Still Need This Medication?

*Presenter: Allison Bell - Personal Care Home Pharmacy Manager, WRHA Long Term Care Manager*

Please join Allison Bell, Pharmacist, member of the Canadian Deprescribing Network, and passionate advocate for safe medication use to find out about medication risks and essential questions to ask your health care provider to help you prevent medication harms! [Learn more at deprescribingnetwork.ca](http://deprescribingnetwork.ca).

Thursday, March 14  
12:00 pm - 2:00 pm  
Sanford Legion

## Finding Your Balance

*Presenter: Lydia Baydak - D'arcy Bain Physio*

Good balance is often taken for granted. Dizziness, vertigo, unsteadiness and falls are common symptoms of a vestibular dysfunction. Learn about common conditions that could affect the vestibular system and how Vestibular Rehabilitation Therapy could help improve these symptoms and your quality of life.

## Exercises at Riverdale

*Instructor: Liza Rasmussen*

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

Location	Day(s)	Time	Fee	Registration Deadline
Riverdale Apartments	Tuesdays, Beginning January 8	10:00 am - 11:00 am	Free!	Drop In

## Hall Walking

*Contact: Maggie Crompton, 204.735.2378*

Join us for warm indoor hall walking. Nineteen laps around the hall is one mile! Currently taking place from 10:00 am - 11:00 am. Times may vary after January 17. *Please contact Maggie for more information.*

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

## Seniors' Events and Activities

### Tuesday

**Oak Bluff Shuffleboard**

**Location: Oak Bluff Recreation Centre**

1:00 pm, Refreshments provided

### Wednesday

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

**Starbuck Hall**

1:00 pm, \$2.00/person

Includes afternoon of fun, conversation and refreshments.

**Sanford Afternoon Out**

**Location: Mandan Manor**

Every 2<sup>nd</sup> and 4<sup>th</sup> Wednesday of the month, 1:30 pm

\$1.00/person, refreshments provided

## Foot Care Clinics

Foot care clinics are held every 8 weeks in Sanford, Starbuck and La Salle. Please contact Leanne to schedule an appointment in advance.



FOLLOW US ON  
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@mhrd1

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compassion while maintaining our  
competitive pricing!**

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



Oak Bluff, MB

204-275-2038

[CentralVet.ca](http://CentralVet.ca)



**Shannon Martin** **MLA**

[shannonmartin.ca](http://shannonmartin.ca) (204) 736-3610

[info@shannonmartin.ca](mailto:info@shannonmartin.ca)

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# How Snowy Weather Benefits Children

Seeing the Outdoors



from a New Lens

Increases in Exercise and



Using Different Muscles

Vitamin D Exposure



Breathing Fresh Air



and Avoiding Germs

New Challenges and



Problem Solving



# Macdonald Sports



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

**Macdonald Hockey  
Annual General Meeting  
April 17, 2019  
7:00 pm  
Oak Bluff Arena**

**Macdonald Ringette  
Annual General Meeting  
April, 2019  
Date TBA**

Watch [macdonaldringette.ca](http://macdonaldringette.ca) for details!



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

**Wildfire Ringette Clinics – Various  
Ringette Clinics will be offered this  
winter at the Oak Bluff Arena.**

Visit our website at  
[macdonaldringette.ca](http://macdonaldringette.ca) for more  
information about these programs, to  
download registration forms and to  
confirm registration deadlines. **Don't  
Delay! Space is Limited.**

**LaSalleLakers**



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

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



# Registration Saturday, March 2



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

<b>Caisse Community Centre</b>	Melissa Dixon	melissaddixon@gmail.com
<b>Sanford Arena</b>	Chris & Shauna Hewitt	204.736.3465 shaunahewitt@mymts.net
<b>Oak Bluff Arena</b>	Kerri Bell	204.299.6359 soccer@obrc.ca
<b>Starbuck</b> Registration forms distributed through school	TBA	TBA

## Baseball Umpire Clinic - Level 1 (Ages 12+)

*Clinican: Baseball MB*

Get active and involved in your community while earning money. No experience is required to obtain your Level 1 certification. Fees are waived for R.M. of Macdonald residents who agree to officiate for Macdonald Ball. Please bring a lunch, pen and paper. *Fees subject to change pending Baseball Manitoba revisions.*

Location	Day(s)	Time	Fee	Registration Deadline
Caisse Community Centre	Saturday, March 16	9:00 am	\$55.00	Friday, March 8



## REGISTRATION: SATURDAY, MARCH 2

<b>Caisse Community Centre</b>	Kalum Paull	204.293.4322 k_paull@hotmail.com
<b>Sanford Arena</b>	Karen Southam	204.736.4354 southam@mymts.net
<b>Oak Bluff Arena</b>	Tyler Russell	ball@obrc.ca
<b>Starbuck</b> Registration forms distributed through Starbuck School	Paulette Romanuk	204.735.3114 eromanuk@mymts.net



## KIDSPORT

### WHAT IS KIDSPORT?

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

### KIDSPORT FUNDING

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

### KIDSPORT EQUIPMENT

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

Please contact Macdonald-Headingley Recreation District or [www.kidsportcanada.ca](http://www.kidsportcanada.ca) for more information.

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



# Brunkild

## Brunkild Community Facilities

Brunkild Memorial  
Recreation Centre  
# 10 Prov. Rd 305  
ROG OEO



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

**Margret Boekhorst**  
**Hall Bookings & Catering**  
204.736.3838

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

**Brunkild St. Paul's Lutheran Church**



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

**Everyone Welcome**

For more information please call 204.736.4216.



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

**Archery Development Program Available at**

**Heights Archery**  
832-4421

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FOR PURPOSE

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visit our website:  
WWW.ABAM.CA OR GET YOUR SPONSOR  
Approved by Manitoba's Archery at  
**204-925-5697**  
EXECUTIVE@ABAM.CA

Introductory to Advanced programs for Youth to Adult

- Province wide **Archery in Schools** program and group sessions available









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



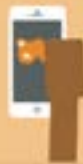
## WRITING AS STRESS RELIEF

This Monday, try writing as a way to find your creative spark and relieve stress. It doesn't have to be the Great American Novel - it just has to be yours!



### KEEP A JOURNAL

Writing down your feelings is a great way to relieve stress and tap into your talent for expressing yourself.



### USE AN APP FOR INSPIRATION

There are many free apps designed to get you started with a simple idea.



### FAN FICTION

If you've always wanted to see your favorite characters in a story of your own, write it!



### WRITE WITH SOMEONE

Have a creative friend? Write together! After one person starts a story, pass it back and forth until you finish - then try another one!

DE STRESS  
MONDAY

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**Eastside** ☎ 204.237.7111 **Thrifty** ☎ 204.949.7620  
**Eastside** ☎ 204.633.8223 **Thrifty** ☎ 204.949.7072  
**Thrifty** ☎ 204.949.7600

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[LittleLuxuries.ca](http://LittleLuxuries.ca)

**204-795-9835**





# Domain

## Domain Community Facilities

Domain Arena  
Secondary Rt-330  
ROG 0M0

**Kyle Kippen, President**  
kyle@elmhurstdrywall.ca

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

Domain School  
Box 54  
ROG 0M0

**Kristen Harley, Principal**  
204.736.4083  
kharley@rrvsc.ca

Domain Hall  
Box 130  
ROG 0M0

**Scott Manson, President**  
204.736.2914

**Jocelyn Kitchur, Hall Rental**  
204.612.1983  
domainhall@hotmail.com

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- Bussing available in many surrounding areas
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- Kindergarten
- Small class size
- Strong student leadership encouraged
- Artist in the school program
- Swim and Gym program at U of M
- Curling and Skating programs
- Music Program
- Active parent involvement opportunities

**For a tour or application, please contact us:**

Domain School  
Box 54  
ROG 0M0  
Phone: 204-736-4083  
Fax: 204-736-4483  
mloewen@rrvsc.ca

**DOMAIN SCHOOL**



*Achieving Academic Excellence in  
a Nurturing Environment*

# LOBSTERFEST

SATURDAY, APRIL 13, 2019  
DOMAIN HALL



FOR MORE INFORMATION, EMAIL  
**BARB@PITURASEEDS.CA**



**TIP**



Kids need to develop the building  
blocks of **#PhysicalLiteracy** on  
**WATER, LAND, AIR,  
SNOW AND ICE.**

# Domain Legion #208

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

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

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



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Sunday Services 9:30am

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

Chair lift accessible.

Coffee time after morning service.

Email Marianne at meridianunitedchurches@gmail.com, if you are interested in singing in our choir

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.

Domain Players Present



**THE ADDAMS FAMILY DINNER**

at the Domain Hall.

Meals provided by King Cole Catering.

Supper shows:

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

Matinee:

- Sunday, January 27, 2019

Tickets on sale October 1, 2018.

Call (204) 736 - 2613 or  
email cjh@gninc.ca



Domain

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

Our group meets once a month on a Wednesday from 10 - 2. (excluding July and August). We have speakers, do crafts, go on tours, restaurant hop.....always a good time. Come try us out! Call 204 736-2613 for more info

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



# La Salle

## La Salle Community Facilities

Caisse Community Centre  
Corner of Hwy 330 & 247



**David Brown, President**  
davidbrown@mts.net

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

www.caissecc.com

La Salle School  
43 Beaudry Road  
R0G 0A1

**Robert Bouchard, Principal**  
204.736.4366  
rbouchard@srsd.ca

www.srsd.ca



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

### be a part of the community

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

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

www.LSCF.ca info@LSCF.ca 204.736.3200

Located on Highway 247 between the Community Centre and Kingswood Golf

## Pickleball

Contact: Bernice Valcourt 204.272.5586

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

Location	Day(s)	Time	Fee	Registration Deadline
Caisse Community Centre	22 Classes, Tuesdays and Thursdays January 8 - March 21	1:00 pm - 3:00 pm	\$2/ Drop In \$10/Month	Drop In

## Co-Ed Recreational Soccer (Ages 16+)

Facilitator: Adrian Sturch

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

Location	Day(s)	Time	Fee	Registration Deadline
Caisse Community Centre	9 Mondays, January 14 - March 18 (No program February 18)	8:30 pm - 10:00 pm	Drop in: \$5.00	Monday, January 7

## Restorative Yoga

Instructor: Antia Winter

Rejuvenate from your week by aiding the body through restorative postures. Yoga Therapy techniques will be implemented in each pose complemented with guidance to mental ease. This class is designed to introduce ways to reset the balance in your system. *Please bring a yoga mat.*

Location	Day(s)	Time	Fee	Registration Deadline
Caisse Community Centre	10 Wednesdays, January 16 - March 20	7:15 pm - 8:15 pm	\$110.00	Wednesday, January 9



## All in One Fitness

*Instructor: Clovis Se Sousa Baptista*

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

Location	Day(s)	Time	Fee	Registration Deadline
Caisse Community Centre	31 classes, Monday, Wednesday & Friday January 7 - March 22 (No program February 1, 18)	6:00 pm - 7:00 pm	3/week: \$310.00 2/week: \$220.00 1/week: \$110.00	Wednesday, January 2

## Fluid Flow Yoga

*Instructor: Antia Winter*

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

Location	Day(s)	Time	Fee	Registration Deadline
Caisse Community Centre	9 Mondays, January 14 - March 18 (No program February 18)	7:15 pm - 8:15 pm	\$99.00	Monday, January 7

## Home Alone (Ages 10 - 13)

*Instructor: Brenda Halstead*

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

Location	Day(s)	Time	Fee	Registration Deadline
Caisse Community Centre	Saturday, February 23	9:30 am - 1:30 pm	\$45.00	Tuesday February 19

## Beginner's Karate (Ages 7+)

*Instructor: Ron Porath*

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

Location	Day(s)	Time	Fee	Registration Deadline
Caisse Community Centre	11 Wednesdays, January 9 - March 20	5:30 pm - 6:30 pm	\$121.00 Family Rate: (3 or more) \$302.50	Wednesday, January 2

## Girls Mindfulness & Yoga (Grades 4-6)

*Instructor: Nicole Necsefor*

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

Location	Day(s)	Time	Fee	Registration Deadline
Caisse Community Centre	6 Thursdays, January 17 - February 21	4:30 pm - 5:30 pm	\$60.00	Thursday, January 10

# La Salle Nursery School

Learn and play with us at  
La Salle Nursery School

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

Visit [www.lasallenursery.wix.com/lsns](http://www.lasallenursery.wix.com/lsns)  
or email at [lasallenursery@gmail.com](mailto:lasallenursery@gmail.com).



# Charleswood Karate

5924 Roblin Boulevard 204.896.3354  
[ron@charleswoodkarate.com](mailto:ron@charleswoodkarate.com)

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Youth & Adult  
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Free month &  
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*Many classes to choose from/ages 4 & older.*

[www.charleswoodkarate.com](http://www.charleswoodkarate.com)



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## *Winter 2018 - 2019 at the La Salle Curling Club*

### **Curl MB U18 Men's + Women's Berth Bonspiel**

January 10 - 13, 2019

Watch these teams compete & enjoy food and more at LSCC.

### **Family Bonspiel**

March 8- 10, 2019

Registration fee is included in league fee for those curlers registered in the Learn to Curl Program, \$60 for other teams. Contact Leah at 204.470.2727 or 5mcaulays@hotmail.ca or visit our website.

### **Ladies Bonspiel**

March 15 - 17, 2019

Registration includes Calcutta and a meal  
Contact Alison & Meagan at 204.218.9115  
or alisonhillier@live.ca or visit our website.

### **New Year's Funspiel**

New Year's Eve - Monday, Dec. 31, 2018

Food, Fun, Curling & More

Visit [lasallecurlingclub.ca](http://lasallecurlingclub.ca) for more details & registration.

### **Friday Night Fun League**

Register for the January start of the Friday Night Fun League by mid-December.

Play 6-end games with a fun twist, in a relaxed atmosphere.

Food and drink available.

Contact Steven at 204.803.1288 or  
[michaleski\\_@hotmail.com](mailto:michaleski_@hotmail.com).

### **Events for the New Year:**

**Wine Tasting**

**Mickey Spiel**

### **WEEKENDS & AFTERNOONS**

### **ARE AVAILABLE FOR RENTALS.**

HOST A BONSPIEL, FUNSPIEL, PRIVATE FUCTION,  
CATERED EVENT, CHRISTMAS PARTY AND MORE!

The Rock Café is available to book along with your rental.

CONTACT SHELDON ABOUT AVAILABILITY AT  
204.880.5653 or [sheldone@kodiakseating.com](mailto:sheldone@kodiakseating.com).

### **The Rock Cafe and Bar**

The MacFarlane's have returned this season! Come and try great homemade food, grab a drink and watch some live curling action or catch a Jets game on the big screen tvs! This is not just a place for curlers, the public is welcome too.

### **Ice Rentals Details**

Ice rentals are based on availability. Cost is only \$50 per hour for 3 sheets of ice (2 hour minimum and bar/canteen available for extra cost). Contact Sheldon at 204.880.5653 or [sheldone@kodiakseating.com](mailto:sheldone@kodiakseating.com).

### **Corporate Advertising**

Contact Jacques at [jake.jltruckrecycling@gmail.com](mailto:jake.jltruckrecycling@gmail.com) or visit our website for more information about advertising options.

**Check LSCC out at: [lasallecurlingclub.ca](http://lasallecurlingclub.ca) & on Facebook @LaSalleCurlingClub**



## Caisse Community Centre Rentals

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

### Occupancy license for:

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



CAISSE  
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](http://www.caissecc.com)

## CAISSE Community CENTRE Fitness Centre

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

### Fee Schedule (prices do NOT include GST)

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

R = Resident  
NR = Non-resident

### Packages:

Individual - an individual 18 years of age or older.

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

Senior - an individual 65 years of age or older.

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

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

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

Registration Form / Waiver form available at [www.caissecc.com](http://www.caissecc.com)  
- fitness centre tab.



CAISSE  
COMMUNITY  
CENTRE

## FITNESS CLASSES

Instructors:  
Dee Romijn | Desiree Hunt  
Sub-Instructor:  
Pearl Moros

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

*Try a fitness class offered at the Caisse Community Centre that is sure to keep you coming back for more!*

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

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

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

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

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

[www.caissecc.com](http://www.caissecc.com)  
programs tab - fitness classes

In support of the Caisse Community Centre

# CHASE THE ACE

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

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

♠ BONUS -  
ARCHES MEATS DRAWS ♠

**Prizes:**  
♠ 10 % of evening ticket sales and  
♠ Chance to Win the "CHASE the ACE" Jackpot

Participants must be 18 Years or Older

[www.caissecc.com](http://www.caissecc.com)  
204-736-2679

## In-Service Day Camp Program



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

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

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

- Register and Enroll your child/children
- Make payments
- Update your personal information
- View your bookings
- View your invoices

For more information and/or to register:

[www.caissecc.com](http://www.caissecc.com) - programs tab - in-service day camp  
or email [beforeandafter@caissecc.com](mailto:beforeandafter@caissecc.com)

## Before and After School Program



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

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

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

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

For more information and/or to register:

[www.caissecc.com](http://www.caissecc.com) - programs tab - before and after school  
or email [beforeandafter@caissecc.com](mailto:beforeandafter@caissecc.com)



La Salle Knights of Columbus

## Cash Bingo

For questions or information,  
please contact Jim: [jimlane@mts.net](mailto:jimlane@mts.net)

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

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

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



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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

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1525 Gateway Rd.  
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## St. Hyacinthe Roman Catholic Parish

**Come and join us for Sunday Mass**  
Everyone welcome!

**Mass times: Sundays 11:00 am**

\* Please note Mass time change

Catechism classes held before Mass.

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

Priest-Moderator: Father Isaie Blanchette PH: 204-736-2847  
Gayle Hansen: Office Admin Ph: 204-736-9260  
27 rue Beaudry, La Salle R0G 0A1 Fax: 204-736-2712  
Email: st.hyacinthe@mymts.net [www.sthyacinthelasalle.ca](http://www.sthyacinthelasalle.ca)



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# Oak Bluff

## Oak Bluff Community Facilities

Oak Bluff Recreation/  
Oak Bluff Arena  
83 Macdonald Road  
R0G 0N0



**Brent Sadler, President**  
204.275.2844  
president@obrc.ca

**Jeff Froese, Ice Rental**  
204.896.6881  
icerentals@obrc.ca

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

Oak Bluff Community School  
155 Agri Park Road  
R4G 0A5

**Pamela Lee, Principal**  
204.895.0004  
oakbluff@rrvsc.ca

[www.obcs.rrvsc.ca](http://www.obcs.rrvsc.ca)



## Oak Bluff Seniors Club

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




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

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

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

## Arena Skate Times



**Public Skating**  
Sundays, 12:45 pm - 1:45 pm

**Sticks & Pucks**  
Sundays, 1:45 pm - 2:45 pm

Please remember to wear a helmet!



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](mailto:obeydirector@live.com)  
[www.oakbluffearlyyears.com](http://www.oakbluffearlyyears.com)

## Pickleball

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

Location	Day(s)	Time	Fee	Registration Deadline
Oak Bluff Recreation Centre Contact: Bill/Lorraine 204.895.0900	11 Mondays, January 7 - March 25 (No program February 18)	1:30 pm - 3:30 pm	\$2.00/Drop In \$5.00/Month	Drop In
Oak Bluff School Contact: Wendy 204.897.5634	11 Wednesdays, January 9 - March 20 (No program February 27)	6:30 pm - 8:30 pm	\$2.00/Drop In \$5.00/Month	Drop In

## Yoga For Men



*Instructor: Nicole Necsefor*

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

Location	Day(s)	Time	Fee	Registration Deadline
Oak Bluff Recreation Centre	9 Mondays, January 14 - March 18 (No program February 18)	7:30 pm - 8:30 pm	\$99.00	Monday, January 7

## Pilates



*Instructor: Kristy Loewen*

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

Location	Day(s)	Time	Fee	Registration Deadline
Oak Bluff School - Library	8 Wednesdays, January 30 - March 20	8:00 pm - 9:00 pm	\$80.00	Wednesday, January 23

## Yogalates



*Instructor: Kristy Loewen*

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

Location	Day(s)	Time	Fee	Registration Deadline
Oak Bluff School - Gym	8 Thursdays, January 31 - March 21	8:00 pm - 9:00 pm	\$80.00	Thursday, January 24





## Recreational Cheerleading (Ages 9 - 12)

*Instructor: Kelsey Henderson*

Join us for this fun-filled cheer program and learn about jumps, stunting, tumbling/gymnastics, and motions/dance. Starting with the fundamentals and ensuring safe progressions, the group will build on their skills each week-all in preparation for their final performance when friends and family are encouraged to come and watch! With an emphasis on fun and teamwork, we will ensure your child loves their weekly class, and can't wait to get back to be with their new friends each week. *Please wear clean, indoor running shoes, and athletic clothing you can move in!*

Location	Day(s)	Time	Fee	Registration Deadline
Oak Bluff School - Gym	7 Tuesdays, January 29 - March 19 (No program February 26)	6:30 pm - 7:30 pm	\$77.00	Tuesday, January 22

## Macrame 101 - Plant Hanger Workshop

*Instructor: Katrina Craig*

It's "knot" like the 70's! Join us for a fun evening and learn the vintage craft of macrame; the art of decorative knotting. You will learn how to work several different knots and how to incorporate rings and beads, and leave with a finished plant hanger! All supplies included; you may choose between black or white macrame cord. *Pots and plants not included. No previous experience necessary.*

Location	Day(s)	Time	Fee	Registration Deadline
Oak Bluff School - Library	Monday, February 11	6:30 pm - 9:00 pm	\$40.00	Monday, February 4



## Hooked on Crochet

*Instructor: Shantel Saliga*

Learn to crochet your own throw blanket and stay cozy warm all winter long! Participants will be taught all skills required to create a crocheted granny square-style blanket. The first two classes will be dedicated to skill-building and the latter two classes will be dedicated to the blanket project. A variety of basic skills will be taught. The course fee includes three skeins of yarn (2 neutrals and 1 colour per participant), crochet hook, stitch marker, yarn needle, and pattern. Additional materials may be purchased to make a larger blanket after completion of the class. No previous experience with knitting or crocheting is required!

Location	Day(s)	Time	Fee	Registration Deadline
Oak Bluff School - Library	4 Mondays, January 21 - February 11	7:00 pm - 9:00 pm	\$90.00	Monday, January 14

## Core Sculpt

*Instructor: Kristy Loewen*

Come out and try our resistance only class! We will use sliders, bands and body weight to sculpt your muscles from head to toe with a strong emphasis on core. We will also add a nice stretching time at the end to increase flexibility and help to ease that day after muscle pain! *Please bring a yoga mat.*

Location	Day(s)	Time	Fee	Registration Deadline
Oak Bluff School - Gym	7 Tuesdays, February 5 - March 19	8:00 pm - 9:00 pm	\$70.00	Tuesday, January 29

## Psychology of Eating

*Instructor: Kristy Loewen*

Let's explore how lifestyle changes can affect us as much as what we eat. The focus will never be on what we are eating, but on how and when we are eating it. This is the change you've been looking for! We look at food as a symptom, rather than a problem. The first session is mainly on stress and how it affects our bodies and how we can make small adjustments to help our bodies improve how we handle it. The second session will explore the 11 Dimensions of Mind Body Nutrition. These points will show you how the non-food related parts of eating are just as important as what we eat. The third session will look at intermittent fasting and how it can transform your health and weight loss without feeling deprived. There are so many ways to do it that you are bound to find one that works!

Location	Day(s)	Time	Fee	Registration Deadline
Oak Bluff School - Library	3 Mondays, January 7, 14, 21	8:00 pm - 9:00 pm	\$35.00	Wednesday, January 2



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e: melanie@twerdunwealth.com

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## Prairie Palette Art Club



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

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

Welcome to  
**OAK BLUFF**  
BIBLE CHURCH


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

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

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

**10:40 am** - Church Service  
coffee is always on

kids age 6 & under dismissed during service for jr church

Connect with us on  or  
at [oakbluffbiblechurch.com](http://oakbluffbiblechurch.com).

Find out more about all our mid-week activities  
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# Sanford

## Sanford Community Facilities

Sanford Recreation/  
Arena  
174 Mandan Drive  
ROG 2J0



**Trevor Richardson, President**  
204.736.3346  
trichardson101@hotmail.com

**Andrea Morann, Ice Rentals**  
amorann@mymts.net

Sanford Collegiate  
130 Blythefield Road  
ROG 2J0

**Jaynie Burnell, Principal**  
204.736.2366  
sanfordcollegiate@rrvsc.ca

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

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

[www.jacuddy.blogspot.ca](http://www.jacuddy.blogspot.ca)

## Arena Skate Times

### Sticks & Pucks

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

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

### Family Skate

Sundays, 12:15 pm- 1:45 pm

Please Remember to wear a helmet!

## Yoga- All Levels

*Instructor: Emily Lenehan*

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

Location	Day(s)	Time	Fee	Registration Deadline
J.A. Cuddy School	9 Mondays, January 14 - March 18 (No program February 18)	6:00 pm - 7:00 pm	\$99	Monday, January 7

## Beginner & Intermediate Karate (Ages 7+)

*Instructor: Ron Porath*

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

Location	Day(s)	Time	Fee	Registration Deadline
J.A. Cuddy School	10 Wednesdays, January 9 - March 20 (No program January 30)	7:00 pm - 8:15 pm	\$110.00 Family Rate: (3 or more) \$275.00	Wednesday, January 2



# Save the Date: Sanford Recreation - Mixed Bonspiel March 15<sup>th</sup>, 16<sup>th</sup> and 17<sup>th</sup>

## Recreational Badminton (Ages 14+)

Contact: Dana Sigurdson/ Daley Moors

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

Location	Day(s)	Time	Fee	Registration Deadline
J.A. Cuddy School	11 Thursdays, January 10 - March 21	7:30 pm - 9:00 pm	\$2/Drop In	Drop In

## Home Alone (Ages 10 - 13)



Instructor: Brenda Halstead

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

Location	Day(s)	Time	Fee	Registration Deadline
Sanford United Church Basement	Saturday, March 9	9:30 am - 1:30 pm	\$45.00	Monday, March 4

## Fusion Fitness



Instructor: Marci Manness/Jillian MacDonald

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

Location	Day(s)	Time	Fee	Registration Deadline
J.A. Cuddy School	20 Classes, Mondays & Thursdays January 7 - March 21 (No program February 4 or 18)	Mon: 7:15 pm - 8:15 pm Thurs: 6:15 pm - 7:15 pm	1/week: \$110 2/week: \$200	Thursday, January 3

## Kids Can Cook! (Ages 7 - 10)

Instructor: Leanne Wilson

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

Location	Day(s)	Time	Fee	Registration Deadline
Sanford United Church	6 Tuesdays, January 22 - February 26	5:30 pm - 7:00 pm	\$72.00	Tuesday, January 15

2019-2020

# Sanford Collegiate

## Open House & Grade 9 Registration Night

Thursday February 21, 2019 7:00pm

(204) 736 2366    [WWW.SANFORDCOLLEGIATE.NET](http://WWW.SANFORDCOLLEGIATE.NET)

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[www.meridian-pastoral-charge.ca/sanford](http://www.meridian-pastoral-charge.ca/sanford)





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

For more information please contact Club President, Brian Franzmann at [befranzmann@gmail.com](mailto:befranzmann@gmail.com) or Rob Nowosad [robnowosad@shaw.ca](mailto:robnowosad@shaw.ca).

Join Cross Country Snow Drifters on Facebook!



[crosscountrysnowdrifters.net](http://crosscountrysnowdrifters.net)

**NEW MEMBERS ARE ALWAYS WELCOME.**



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

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

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

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

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

**Everyone welcome.**

For more information on Sanford Legion #171, please contact Roy - [royswit@mymts.net](mailto:royswit@mymts.net).

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**J.A. Cuddy**  
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[jacuddy@mymts.net](mailto:jacuddy@mymts.net)

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**Springstein Mennonite Church**

15 Victoria Road, Springstein

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Sunday School for all ages at 9:30 am

Pastor Randy Hildebrand

(204) 735-2758 or [sprmench1@gmail.com](mailto:sprmench1@gmail.com)



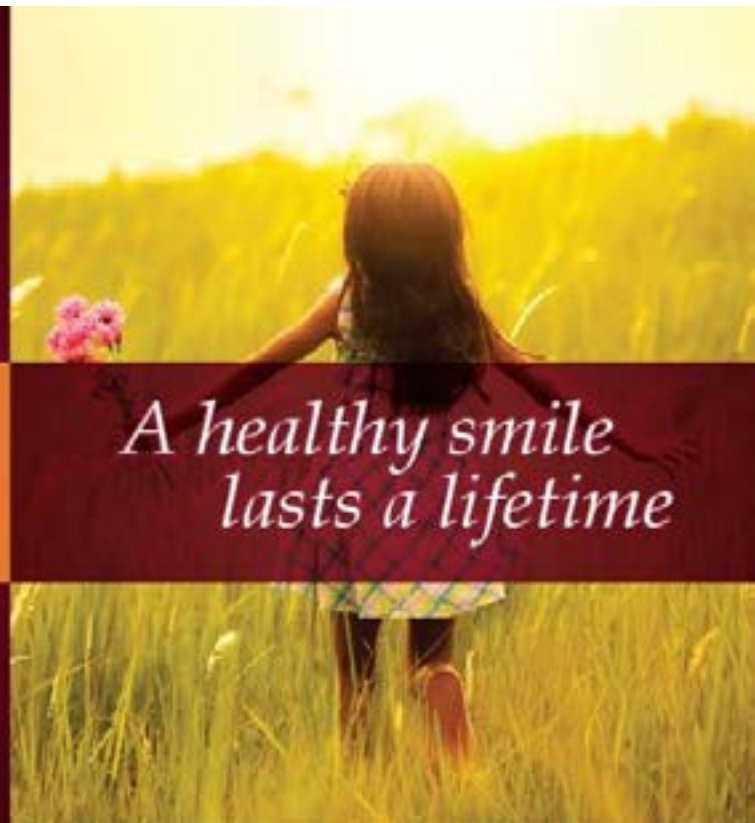
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# Starbuck

## Starbuck Community Facilities

Starbuck Arena  
60 Arena Blvd.  
ROG 2P0



**Kevin Nixon, President**  
204.479.3187  
knixon959@gmail.com

**Brenda Borley, Ice Rentals**  
204.479.1400  
icerentals@starbuckrecreation.com  
For current info and ice schedule:  
[www.starbuckrecreation.com](http://www.starbuckrecreation.com)

Starbuck Hall  
25 Main Street  
ROG 2P0

**Dan Gargan, President**  
204.735.2743

**Rental Info & Hall Bookings**  
starbuckcommunityhall@gmail.com  
[www.starbuckrecreation.com/communityhall](http://www.starbuckrecreation.com/communityhall)

Starbuck School  
40 Arena Blvd  
ROG 2P0

**Dale Fust, Principal**  
204.735.2779  
starbuck@rrvsc.ca  
[sites.google.com/site/starbuckschoolmb/home](https://sites.google.com/site/starbuckschoolmb/home)

# STARBUCK RECREATION ASSOCIATION



THE HEART OF THE COMMUNITY

**President - Kevin Nixon**

**Ladies' Curling**  
Raelene Gardiner, 204.735.2398  
raelene.sisson@gmail.com  
Tuesdays, 7:00 pm

**Men's Curling**  
Mitchell Tod, 204.792.6686  
mitchell\_tod@yahoo.ca  
Wednesdays & Thursdays, 7:30 pm

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

[www.starbuckrecreation.com](http://www.starbuckrecreation.com)

## Arena Skate Times

### Sticks & Pucks

12 & under - Saturdays, 6:00 pm - 8:00 pm  
13 & over - Saturdays, 8:00 pm - 9:00 pm

### Family Skate

Saturdays, 5:00 pm - 6:00 pm  
Please Remember to wear a helmet!

## Pickleball

Contact: Brenda Shirtliff 204.735.2880

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

Location	Day(s)	Time	Fee	Registration Deadline
Starbuck School	11 Thursdays, January 10 - March 21	6:30 pm - 8:30 pm	\$2.00/Drop In \$5.00/Month	Drop In

## Kids Can Cook! (Ages 7 - 10)

Instructor: Liza Rasmussen

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

Location	Day(s)	Time	Fee	Registration Deadline
Trinity Lutheran Church	6 Thursdays, February 14 - March 21	3:45 pm - 5:15 pm	\$72.00	Thursday, February 7

## 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	9 Mondays, January 14 - March 18 (No program February 18)	7:45 pm - 8:45 pm	\$99	Monday, January 7

## Recreational Badminton (Ages 14+)

Contact: Rebecca DeVehr 204.232.8100

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

Location	Day(s)	Time	Fee	Registration Deadline
Starbuck School	9 Mondays, January 7 - March 18 (No program February 4, 18)	7:00 pm - 8:30 pm	\$2.00/drop in	Drop In

## Fit & Flex

Instructor: Erika Wilken

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

Location	Day(s)	Time	Fee	Registration Deadline
Starbuck Hall	10 Thursdays, January 17 - March 21	10:00 am - 11:00 am	\$100	Thursday, January 10

## STARBUCK LADIES BONSPIEL

JANUARY  
18 and 19

Tacky  
Tourist  
Theme!

Team entry fee  
160.00

Contact:  
wendy.dunlopwalker@hotmail.com

STARBUCK  
OPEN  
BONSPIEL  
FEBRUARY  
22-24

Contact  
karlammeter@hotmail.com





## Starbuck United Church

Everyone Welcome!

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

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

**Special event dates posted on our website.**  
[www.meridian-pastoral-charge.ca](http://www.meridian-pastoral-charge.ca)

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

*Welcomes you!*

Mass times: Sundays at 9:00 a.m.

Alternating Sundays between  
Starbuck and Fannystelle

**Priest: Father Lawrence Agorchukwu**

**Phone: 204-745-2204**

**Email: [chukslarry@yahoo.com](mailto:chukslarry@yahoo.com)**

## Starbuck Art Club

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

**Everyone is welcome!**

For more information on becoming a member please contact:

Barbara Kaminsky 204-736-4260

Joyce Nadeau 204-436-2096

Grace Hendrickson 204-735-2776 [hendric@mymts.net](mailto:hendric@mymts.net)

Laurel Gargan 204-735-2743



## STARBUCK TRINITY LUTHERAN CHURCH

Everyone Welcome!

**Worship Sundays - 10:00 am**  
**Sunday School - 11:15 am**

Phone: 204-735-2503

Email: [tlc118@mymts.net](mailto:tlc118@mymts.net)

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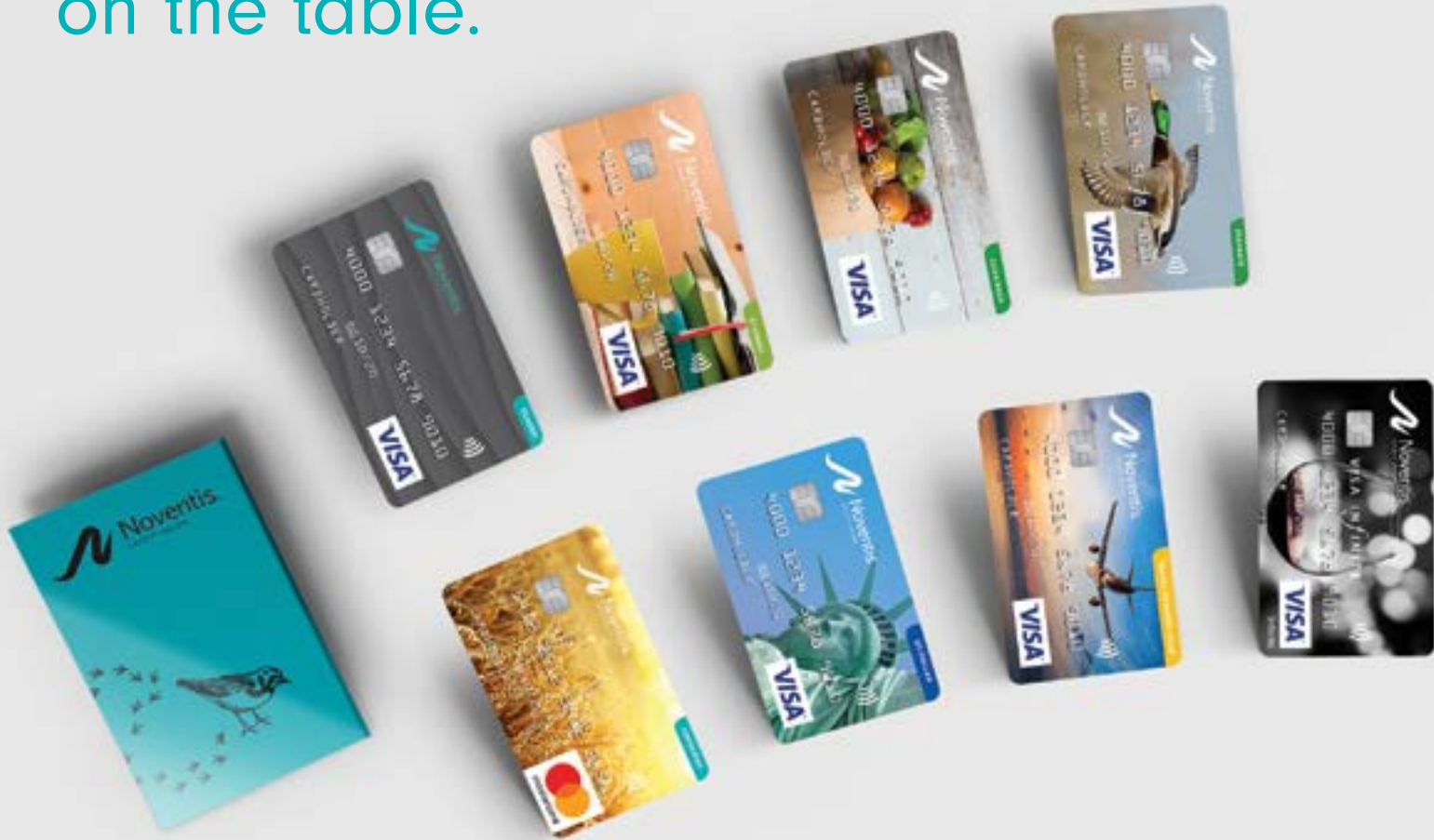
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**VISA**

**Headingley** 5240 Portage Ave.  
**Starbuck** 21 Main St.



\*Visa Int. / Licensed User







# Headingley Seniors' Services

**Resource Coordinator - Shelley Jensen**



Office located at: Headingley Community Centre  
5353 Portage Avenue

**Office Hours:**

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

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

Phone: 204-889-3132, ext. 3

Email: [hdlyseniorservices@mts.net](mailto:hdlyseniorservices@mts.net)

[www.headingleyseniorservices.ca](http://www.headingleyseniorservices.ca)



HSSI provides a number of programs & services!

**Recreation & Fitness** - Hall Walking, Encore Fitness Studio.

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

**Social** - Lunch & games, Cribbage, Friendly visits.

**Education** - Lunch & Learns, and workshops.

## Cribbage & Coffee

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

## Hall Walking

Headingley Community Centre

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

Everyone Welcome!

## Foot Care Clinics

For an appointment,  
contact Shelley!

Phone 204-889-3132, ext. 3

Email: [hdlyseniorservices@mts.net](mailto:hdlyseniorservices@mts.net)

**Dates:**

**January 31**

**March 14**

**April 25**



## ENCORE

HEALTH & FITNESS STUDIO

Your *STAGE* to Active living  
Headingley Community Centre



## Hours of Operation

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

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

Ph. 204-889-3132, ext. 3

[www.headingleyseniorservices.ca](http://www.headingleyseniorservices.ca)

[hdlyseniorservices@mts.net](mailto:hdlyseniorservices@mts.net)

# JOIN US FOR LUNCH!

Headingley Community Centre  
1st & 3rd Tuesdays,

12:00 pm - 2:00 pm

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

## LUNCH & LEARN

Tuesday, January 15  
12:00 pm - 2:30 pm  
Register by: January 8

### Gut Health Matters! Part 2



*Presenter: Kerby Sylvester, RD, Chronic Disease Dietician, Southern Health*

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

Tuesday, February 5  
12:00 pm - 2:30 pm  
Register by: January 29

### Finding Your Balance

*Presenter: Lydia Baydack - D'arcy Bain Physio*

Good balance is often taken for granted. Dizziness, vertigo, unsteadiness and falls are common symptoms of a vestibular dysfunction. Learn about common conditions that could affect the vestibular system and how Vestibular Rehabilitation Therapy could help improve these symptoms.

Tuesday, March 5  
12:00 pm - 2:30 pm  
Register by: February 26

### Medicinal Marijuana: Is It Right For Me?

*Presenter: Janine Rivest, Pharmacy Manager, Sobeys Brandon South*

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

## Musical GrandFriends

### Calling all generations!

We are excited to bring you this intergenerational music program!

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

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

Headingley Community Centre

Dates: 8 Tuesdays, January 22 - March 12  
10:45 am - 11:30 am

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



Free to register!

Program supported by:







# Headingley Healthy Child

Healthy Child Coalition  
Central Region

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

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

The following 8 sessions have been planned:  
Jan.10, Feb.7, Mar. 7, April 4, May 2



Ages 2 - 6

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

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

## Ready, Set, Kindergarten!

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



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

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

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

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

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

### Stay & Play (0 - 5 Years)



Facilitator: Kristen Petz Fraser


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

Location	Day(s)	Time	Fee	Registration Deadline
Phoenix Community Centre	9 Wednesdays, January 16 - March 20 (No program February 6)	9:45 am - 11:15 am	Free!	Drop In

**Instructor:** Kristen Petz Fraser

A time for parents and children to have fun together with active play. Songs, rhymes, making music, story time, crafts, life skills and messy play are all part of the fun. Gross motor activities and age appropriate games are included in every session. Parent(s) must participate in the program.

Location	Day(s)	Time	Fee	Registration Deadline
Phoenix Community Centre	6 Thursdays, February 14 - March 21	10:00 am - 11:00 am	Free!	Wednesday, February 6



**Phoenix Nursery School**  
**Headingley, MB**

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

Contact:  
 For more information, please contact Emily Laycock at (204) 899-5975  
 or email [nurseryschool@phoenixrec.org](mailto:nurseryschool@phoenixrec.org)

BIG HEARTS GUIDING LITTLE HANDS



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 Phone 204.895.1147

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



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 Macdonald-Headingley  
 Recreation District





# Headingley

## Headingley Community Facilities

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

**Gail Coady, Facility Manager**  
204.889.3132 ext. 1  
gcoady@rmofheadingley.ca  
www.rmofheadingley.ca

Headingley Library  
49 Alboro Street  
R4J 1A3

204.888.5410  
hml@mymts.net  
www.headingleylibrary.ca

Phoenix School  
111 Alboro St  
R4J 1A3

**Linda Daniels, Principal**  
204.889.5053  
phoenix@sjasd.ca  
www.sjasd.ca/school/phoenix/  
Contact/Pages/default.aspx



## Download the app!

Search "Headingley" and get connected.



### Yoga - All Levels

*Instructor: Karyn Astleford*

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

Location	Day(s)	Time	Fee	Registration Deadline
Phoenix Community Centre	9 Wednesdays, January 16 - March 20 (No program February 6)	7:00 pm - 8:00 pm	\$99.00	Wednesday, January 9

### Baby & Me Fitness (Ages 6 Weeks - 1 Year)

*Instructor: Erica Wilken*

This is a baby friendly workout environment open to new mothers and their little ones! Mothers in the post natal stage, anywhere from 6 weeks to about a year are welcome to join! We will focus on all aspects of fitness, making sure to take into consideration all the changes to the body after your baby is born. Moms should be 4 weeks postpartum (6 for cesareans). There will be a variety of programming types such as; baby wearing, stroller fitness or baby-free workouts (baby gets to socialize with bootcamp friends!). Please make sure to bring a yoga mat, indoor footwear, water bottle for yourself. And a mat/blanket for baby as well as whatever items you think might keep them happy. Some classes will be formatted to use your baby as weight, please bring whatever carrier/wrap you are comfortable with and a stroller. Modifications will be made if you prefer to not participate in baby wearing or stroller use!

Location	Day(s)	Time	Fee	Registration Deadline
Phoenix Community Centre	Session 1: 4 Mondays, January 7 - January 28 Session 2: 4 Mondays, February 25 - March 18	9:30 am - 10:30 am	\$40.00 /session	Wednesday, January 2 Monday, February 18

## Gentle Yoga

*Instructor: Kelsey Sinclair*

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

Location	Day(s)	Time	Fee	Registration Deadline
Headingley Community Centre	11 Tuesdays, January 8 - March 19	9:30 am - 10:30 am	\$99.00	Wednesday, January 2

## Yoga Flow

*Instructor: Nicole Nescefor*

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

Location	Day(s)	Time	Fee	Registration Deadline
Headingley Community Centre	11 Thursdays, January 10 - March 21	9:30 am - 10:30 am	\$99.00	Thursday, January 3

## Yoga Core

*Instructor: Kelsey Sinclair*

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

Location	Day(s)	Time	Fee	Registration Deadline
Phoenix Community Centre	10 Fridays, January 11 - March 22 (No program February 8)	10:00 am - 11:00 am	\$110.00	Friday, January 4

## Men's Yoga

*Instructor: Karyn Astleford*

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

Location	Day(s)	Time	Fee	Registration Deadline
Phoenix Community Centre	9 Wednesdays, January 16 - March 20 (No program February 6)	8:15pm - 9:15 pm	\$99.00	Wednesday, January 9

## Dear Self

*Instructor: Amanda Burkowsky - Shift Wpg*

In this workshop we will explore the practice of self compassion through slow flow yoga, meditation & open reflection. We will discuss our connectedness as human beings, learn how to be more mindful of our negative self talk and learn ways to treat ourselves more kindly as we would a close friend or loved one. All levels welcome. *Please bring a yoga mat, small blanket and dress extra cozy.*

Location	Day(s)	Time	Fee	Registration Deadline
Headingley Community Centre	Tuesday, March 12	7:00 pm - 9:00 pm	\$30.00	Tuesday, March 5

## Mindful Mondays

*Instructor: Bonnie Schroeder - Integral Wellbeing*

Looking for more meaning and balance in your life? Struggle with stress from work, illness, anxiety, depression or chronic pain? Join us to explore mindfulness practices and how they can help. Experience the benefits of meditating in a group along with dialogue, questions and answers. First time and long time meditators welcome! *Please note the registration deadline is one week prior to each session. Series non-refundable after first class. Class on February 4 will be held at St. Charles-Headingley United Church.*

Location	Day(s)	Time	Fee	Registration Deadline
Headingley Community Centre	3 Mondays January 7, February 4, March 4	6:30 pm - 8:00 pm	\$20/Class \$55/Series	Wednesday, January 2 Monday, January 28 Monday, February 25



## Babysitter's Training (Ages 12+)



*Instructor: Brenda Halstead*

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

Location	Day(s)	Time	Fee	Registration Deadline
Phoenix Community Centre	Saturday, February 2	9:00 am - 3:30 pm	\$45.00	Monday, January 28

## Home Alone (Ages 10 - 13)



*Instructor: Brenda Halstead*

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

Location	Day(s)	Time	Fee	Registration Deadline
Phoenix Community Centre	Saturday, March 16	9:30 am - 1:30 pm	\$45.00	Monday, March 11

## Pickleball

*Contact: Sarah Fetterly, sfetterly@shaw.ca or*

*Brodie Blair, brodieclair@gmail.com*

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

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

## D.I.Y. Woven Art - Learn to Weave a Wall Hanging

*Instructor: Chris Uhres-Todd*

Learn to weave a beautiful wall hanging that will add instant charm to your space. Using a mixture of different materials, weavers will learn four basic stitches to complete your own interesting piece. This might just be your new favourite hobby! *Participants will receive their loom, wool, and instructions to keep!*

Location	Day(s)	Time	Fee	Registration Deadline
Phoenix Community Centre	Monday, January 21	7:00 pm - 9:00 pm	\$75.00	Monday, January 14



**CREATIVITY IS EXPERIMENTING, GROWING,  
TAKING RISKS, BREAKING RULES, MAKING  
MISTAKES AND HAVING FUN.**

## Self Defense for Women & Teens Part 2 (Ages 13+)

*Instructor: Markus Erkelenz*

This is an action-packed day for those who want to learn more about the ABC's of Self Defense. The workshop builds on the introductory class held in October, but is suitable for first time participants as well. Please wear comfortable work-out clothing and ensure that fingernails and toenails are clipped short. You will be asked to remove all jewelry for safety reasons. Minors will require a signed consent/ waiver available on the MHRD website or at registration. If you have access to a pair of boxing gloves, please bring them with you however these are not a requirement. *Please bring a towel, water and a snack.*

Location	Day(s)	Time	Fee	Registration Deadline
Phoenix School	Saturday, January 26	9:30 am - 12:00 pm	\$25.00	Friday, January 18

## Make Your Own Moccasins

*Instructor: Amber Cook - Amber's Leather Creations*

Design and learn to make your own unique pair of moccasins in this 4-week course. Classes include beading techniques, sewing and full instruction. The materials package includes your choice of coloured suede, dyed rabbit fur, foot and leg linings, crepe sole, beads, beading needles, beading thread, specialty leather needle, specialty leather thread, and much more. Learn where to shop for supplies so you can make more at home for family and friends! Ages 12-16 welcome, but must be accompanied by a registered adult. *Course fee includes all materials plus access to patterns and equipment required to make your first pair of moccasins.*

Location	Day(s)	Time	Fee	Registration Deadline
St. Charles-Headingley United Church	4 Tuesdays, February 5 - February 26	6:30 pm - 9:00 pm	\$154.00	Tuesday, January 29



## Make Your Own Mukluks

*Instructor: Amber Cook - Amber's Leather Creations*

Design and learn to make your own unique pair of mukluks in this 4-week course. Classes include beading techniques, sewing and full instruction. The materials package includes your choice of coloured suede, dyed rabbit fur, foot and leg linings, crepe sole, beads, beading needles, beading thread, specialty leather needle, specialty leather thread, and much more. Learn where to shop for supplies so you can make more at home for family and friends! Ages 12-16 welcome, but must be accompanied by a registered adult. *Course fee includes all materials plus access to patterns and equipment required to make your first pair of mukluks.*

Location	Day(s)	Time	Fee	Registration Deadline
St. Charles-Headingley United Church	6 Tuesdays, February 5 - March 12	6:30 pm - 9:00 pm	\$330.00	Tuesday, January 29

## T-Shirt Memory Quilt

*Instructor: Janet Ushakas & Ivy Reagan*

Learn to make a T-Shirt Memory Quilt in 6 classes! This program will take you from cutting t-shirts, to planning your layout, to assembling and sewing your very own t-shirt memory quilt. Participants should have basic sewing skills, know how to sew in a straight line, and know how to use their machine (threading a bobbin, etc). *Participants will need to supply their own sewing machine as well as t-shirt quilting supplies. Supply lists will be sent upon confirmation of the program.* Please Note: class will be held at Headingley Community Centre in the MPR on February 7th.

Location	Day(s)	Time	Fee	Registration Deadline
Phoenix Community Centre	6 Thursdays, January 24 - February 28	7:00 pm - 9:00 pm	\$110.00	Thursday, January 17





## Ukulele For Beginners

*Instructor: Lorelei Goldau*

Have you been putting off learning to play a stringed instrument? The ukulele is a great place to start; affordable, compact, social, and a lot of fun! Come out and learn to play songs using basic chords and strumming patterns on a standard ukulele (soprano, concert, tenor or baritone). *\*The first class will cover types of ukuleles, what to look for, and suggestions for stores with a great selection to buy or rent. A few extra ukuleles will be on hand for the first class.*

Location	Day(s)	Time	Fee	Registration Deadline
Phoenix School	8 Mondays, January 21 - March 18 (No program February 18)	6:30 pm - 8:00 pm	\$106.00	Monday, January 14

## Wood Carving for Beginners & Returning Carvers

*Instructor: Fred Gross*

This is a carving course designed to teach novice carvers the basic carving cuts and proper use of the knife. Students will advance from simple to more complex projects. Returning carvers are welcome; you will be guided to advance your skills and complete more complex projects. *Instructor will provide carving tools for beginners.*

Location	Day(s)	Time	Fee	Registration Deadline
St. Charles-Headingley United Church	6 Thursdays, February 14 - March 21	6:30 pm - 8:30 pm	\$120.00	Thursday, February 7

## Mixed Media for Budding Artists (Ages 6 - 12)

*Instructor: Chris Uhres-Todd*

This is the perfect class for your young artist to unleash their creativity! Students will explore printing, paint, modeling materials, collage and mixing the medias in a project of their own choosing. We will draw from the art of famous artists and work towards an exhibition for family & friends on the last day of class. *Please wear old clothing.*

Location	Day(s)	Time	Fee	Registration Deadline
St. Charles-Headingley United Church	4 Saturdays, January 12 - February 2	9:30 am - 11:30 am	\$100.00	Monday, January 7

## Recreational Cheerleading (Ages 9 - 12)

*Instructor: Kelsey Henderson*

Join us for this 8-week cheer program and learn about jumps, stunting, tumbling/gymnastics, and motions/dance. Starting with the fundamentals and ensuring safe progressions, the group will build on their skills each week-all in preparation for their final performance when friends and family are encouraged to come and watch! With an emphasis on fun and teamwork, we will ensure your child loves their weekly class, and can't wait to get back to be with their new friends each week. *Please wear clean, indoor running shoes, and athletic clothing you can move in!*

Location	Day(s)	Time	Fee	Registration Deadline
Phoenix School	8 Wednesdays, January 30 - March 20	6:30 pm - 7:30 pm	\$88.00	Wednesday, January 23

## Fit & Flex

*Instructor: Andrew Schindle*

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

Location	Day(s)	Time	Fee	Registration Deadline
Headingley Community Centre	19 Classes, Mondays & Wednesdays January 14 - March 20 (No program February 18)	10:00 am - 11:00 am	2/week: \$152.00 1/week: \$80.00	Monday, January 7

“

Andrew Schindle is a highly qualified instructor who is able to adjust his class to suit everyone's abilities. I always look forward to his classes and can't think of any way to improve them. Can't say enough nice things!

- Bonnie B., Fit & Flex Participant

”

## Making the Most of the Encore Gym

### Core Strength

*Facilitator: Andrew Schindle*

This presentation will focus on what muscles are part of the core area, why it is an important area to strengthen and what exercises will elicit the greatest gains in core strength. You will receive a handout at the end of the presentation with some exercises to do at home to improve your core strength.

Location	Day(s)	Time	Fee	Registration Deadline
Headingley Community Centre	Wednesday, January 30	1:00 pm - 2:00 pm	Free!	Wednesday, January 23

### Exercises to Prevent Injuries

*Facilitator: Andrew Schindle*

There are many movements in everyday life that can cause injury. This presentation will discuss what types of exercises will prevent injuries in everyday life and why. You will receive a handout at the end of the presentation with some exercises you can do at home to help prevent injuries.

Location	Day(s)	Time	Fee	Registration Deadline
Headingley Community Centre	Wednesday, February 27	1:00 pm - 2:00 pm	Free!	Wednesday, February 20

### Make the Most of Your Android

*Instructor: Sarah Sgambato*

Do you need help with your Android phone or tablet? Come and learn how to manage your android device. We will cover basic tasks such as using your address book and contacts, taking and sending pictures via emails or messages, text messaging, capturing videos, how to use email with your device as well as how to buy, download and use apps (Applications). We'll talk about the different setting options and how to make changes to suit what's best for you!

Location	Day(s)	Time	Fee	Registration Deadline
Headingley Community Centre	Thursday, January 31	1:00 pm - 2:30 pm	\$12.00	Thursday, January 24

### Healthy Aging Through the Arts

*Instructor: Art City*

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

Location	Day(s)	Time	Fee	Registration Deadline
Headingley Community Centre	8 Thursdays, January 24 - March 14	1:30 pm - 3:30 pm	Free!	Thursday, March 14

### Internet Safety For Seniors

*Instructor: Sarah Sgambato*

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

Location	Day(s)	Time	Fee	Registration Deadline
Headingley Community Centre	2 Mondays, March 4, March 11	1:00 pm - 2:30 pm	\$25.00	Monday, February 25

head over to [mhrd.ca](http://mhrd.ca) to register  
for your favourite programs!





# Phoenix Recreation Association

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

Phoenix Recreation Association meets once a month at the Headingley Community Centre. Everyone is welcome. Meeting dates for the beginning of 2019 are January 21, February 25, March 18, and April 15.

Stay in the loop on upcoming events and sports registrations at [www.phoenixrec.org](http://www.phoenixrec.org)



## HEADINGLEY WINTER CARNIVAL FEBRUARY 4 - 10, 2019

COME CHEER ON THE PHOENIX  
FLAMES!

HOCKEY TOURNAMENT | FIREWORKS  
FREE FAMILY BBQ | COMMUNITY  
EVENTS

For more information, visit  
[www.phoenixrec.org](http://www.phoenixrec.org)

### HOCKEY HUTCH HOURS

Weather permitting, the Hockey Hutch & Outdoor Rinks are Open:

Monday - Friday 3:00 pm - 10:00 pm

Saturday - Sunday 10:00 am - 10:00 pm

December 24: 10:00 am - 10:00 pm

December 25: Closed

December 31 - January 4: 10:00 am - 10:00 pm

*We encourage Rink #1 (south side) to be used for family skating and Rink #2 (north side) to be used for hockey, sticks and pucks. We recommend helmets and adult supervision.*

### CANTEEN HOURS:

Weather permitting, the canteen hours are:

Monday - Friday 6:00 pm - 9:00 pm

Saturday - Sunday: 1:00 pm - 7:00 pm

The canteen is volunteer operated and stocked full of hot chocolate and snacks! To volunteer, contact Marian Templeton at [marian.craig52@gmail.com](mailto:marian.craig52@gmail.com)

Baseball  
&  
Softball

### Boys and Girls Ages 4 - 18

Competitive and Recreational

More information on the 2019 Season will be posted at  
[www.phoenixrec.org/baseball-softball](http://www.phoenixrec.org/baseball-softball)—2

Anyone interested in coaching or umpiring please contact:

[Lindsay.baseball@phoenixrec.org](mailto:Lindsay.baseball@phoenixrec.org)

[Jana.Moore softball@phoenixrec.org](mailto:Jana.Moore softball@phoenixrec.org)





# Phoenix Recreation After School Program

www.phoenixrec.org

## Looking for after school child care?

Join the *Take It Outside* After School Program!

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

### Program Details

September - June

Monday - Friday: 3pm - 6pm

In-service/full day programming offered!

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

Please contact the Program Manager for questions and registration forms.

phoenixafterschoolprogram@gmail.com

Limited space -  
register now to  
save your spot!

### Mission Statement

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

**PHOENIX  
RECREATION  
ASSOCIATION**

153 Seekings St  
Headingley, MB

### Program Manager:

Nicole McDonald:  
204-995-0505

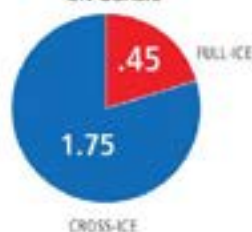
phoenixafterschoolprogram@gmail.com

# NHL ANALYTICS

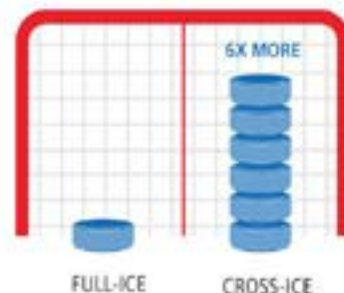
Tracking of 8U Hockey Players

# CROSS-ICE HOCKEY

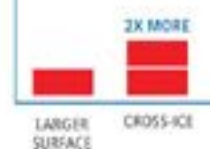
## SHOTS PER MINUTE ON GOALIE



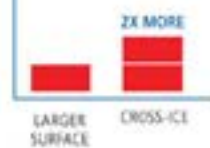
## SHOTS PER PLAYER



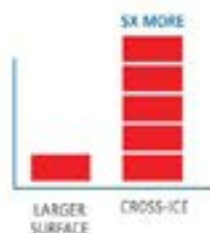
## CHANGES OF DIRECTION PER PLAYER



## PASS ATTEMPTS PER PLAYER



## PASSES RECEIVED PER PLAYER

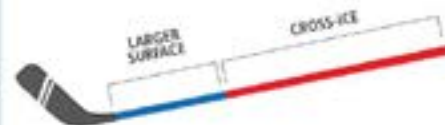


## BODY-CONTACT PUCK BATTLES



"Every player benefited from Cross-Ice hockey but more advanced players benefited the most."

## PUCK TOUCHES PER PLAYER



## CROSS-ICE HAD:



## CONCLUSION:

Cross-Ice training is better at supporting kids to reach their hockey potential and more fun!

On December 7th, 2014, USA Hockey and Little Caesars 8U Mite Team met at the Joe Louis Area for study with an NHL Analytics Team. They got the kids to demonstrate an exercise of playing Hockey on Cross-Ice, Half-Ice and Full-Ice.



## Geocaching Loan Program

### What is Geocaching?

It's like a real life treasure hunt! Geocaching is an outdoor adventure for all ages. To play, participants use a GPS device to find hidden containers called geocaches. A geocache can be anything from a film canister to a large bucket. There are millions of geocaches around the world, some are probably near you right now!

### What do I need to Geocache?

- A GPS enabled device
- A computer to input coordinates if using a handheld GPS unit
- AA Batteries (always bring extra so your adventure doesn't get out short!)

### Geocaching Kit Includes:

- A Garmin eTrex 10 Handheld GPS & Instructions
- Geocaching Brochure
- Program Feedback Form

### Find More Information About Geocaching at:

geocaching.com | mhggeocaching.ca

Get in Touch!



facebook.com/mhrd2



info@mhrd.ca



81 Alboro St. Headingley



204.885.2444





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

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

**Summer Hours (June - September):**

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

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

Groups welcome.


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

Website - [www.jimsvintagegarages.ca](http://www.jimsvintagegarages.ca)


Facebook - Jim's Vintage Garages

Rob Nowosad, Chairman, [robnosad@shaw.ca](mailto:robnosad@shaw.ca)





## Headingley Library





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

**Membership includes:**

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

49 Albano Street  
204.888.5410  
[hml@headingleylibrary.ca](mailto:hml@headingleylibrary.ca)

Visit our webpage at  
[www.headingleylibrary.ca](http://www.headingleylibrary.ca) for more  
information and be sure to follow us on  
Facebook and Instagram!

# The Headingley Historical Society

*Join us today*



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

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

*Everyone Welcome!*

For more information contact Jean Ammeter at 204.832.1444 or [ammer@mymts.net](mailto:ammer@mymts.net)

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



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

### *Blue Birds*

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



### *Enjoy the Scenery*

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



### *Meet Your Neighbors*

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



### *Presentations & Special Events*

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



### *Consider Getting Involved*

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



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

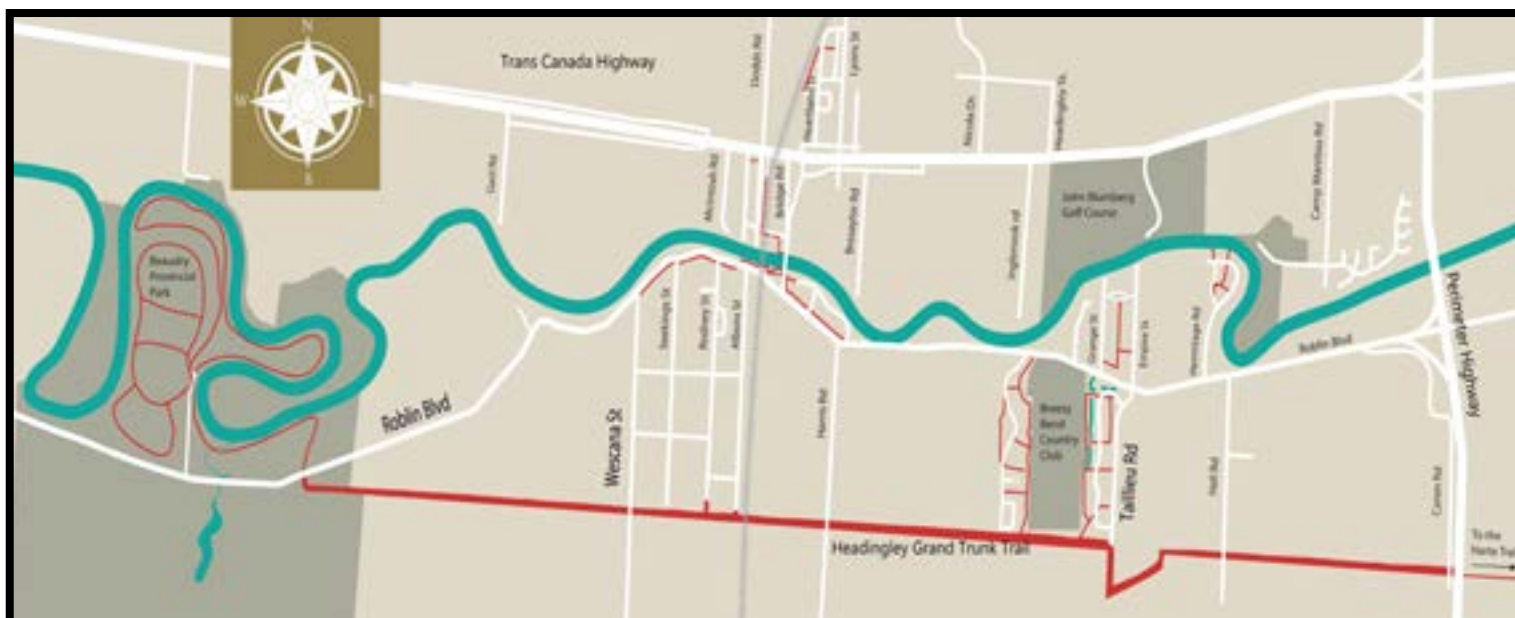
[www.rmofheadingley.ca/p/headingley-grand-trunk-trail](http://www.rmofheadingley.ca/p/headingley-grand-trunk-trail)

**Contact us at:**

[headingleygrandtrunktrail@gmail.com](mailto:headingleygrandtrunktrail@gmail.com)

**Or visit our blog at:**

[headingleygrandtrunktrails.blogspot.com/](http://headingleygrandtrunktrails.blogspot.com/)





## Holy Trinity Anglican Church

5335 Portage Avenue, Headingley



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

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

[www.holytrinityanglicanchurchandcemetery.com](http://www.holytrinityanglicanchurchandcemetery.com)

### Holy Trinity Anglican Cemetery, Headingley

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



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

## Headingley 55+ Club

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

For more information please call:

Rose Leclair 204.889.2288

**Everything  
gets better  
when you  
get active.**



## Headingley Library Children's Department

Winter  
Storytime



Winter 2019 Programs

To register call 204-888-5410 or email [hml@headingleylibrary.ca](mailto:hml@headingleylibrary.ca)

### Baby Storytime (0-12 months)

January 23<sup>rd</sup> – March 13<sup>th</sup>  
(8 Wednesdays) at 11:00AM

### Tots Storytime (12-36 months)

January 22<sup>nd</sup> – March 12<sup>th</sup>  
(8 Tuesdays) at 10:30AM

### Preschool Storytime (3-5 years)

January 21<sup>st</sup> – March 11<sup>th</sup>  
(no session on February 18<sup>th</sup>)  
(7 Mondays) at 10:30AM

Siblings welcome



### St. Charles-Headingley United Church

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

Sunday School during the  
service

Welcome to our new Minister!  
Rev. Cathy Maxwell

110 Bridge Road

[www.headingleyuc.org](http://www.headingleyuc.org)

204.885.6021

### Coffee Morning

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

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



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[OAKBLUFFWEST.CA](http://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





## Realizing Community Dreams Through Philanthropy

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

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

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

## Giving for Good.

Want to learn more about how you can support your community? Find us at:  
[www.headingleyfoundation.ca](http://www.headingleyfoundation.ca)  
 204-889-3132 Ext. 2    
[hcfinfo@headingleyfoundation.ca](mailto:hcfinfo@headingleyfoundation.ca)



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[jane.vanmassenhoven@rbc.com](mailto:jane.vanmassenhoven@rbc.com)

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



## Macdonald-Headingley

R E C R E A T I O N   D I S T R I C T

Macdonald - Headingley Recreation District  
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Headingley, Manitoba  
R4J 1A3  
Ph: 204.885.2444  
F: 204.889.2211  
Email: [info@mhrd.ca](mailto:info@mhrd.ca)  
[www.mhrd.ca](http://www.mhrd.ca)

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