

Municipality of the District of Lunenburg Recreation Department

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www.modl.ca

Director of Recreation Services: Trudy Payne
Program Co-ordinator: Janice Rand
Trails & Open Space Co-ordinator: Laura Barkhouse
Recreation Secretary: Sherrie Wessell

Winter/Spring 2012

"Working with you to create recreational opportunities for all."

Online Registration!

You can now register for the recreation programs **online at your convenience. Save time, save gas,** and register from the comfort of your home **any time of the day or night!** Set up your account today. Online registration requires Credit Card payment. A 2.99% surcharge will be charged for credit card use.

Step 1. Visit us online at www.modl.ca and click the blue **"View & Register for Programs"** button.

Step 2. "Create an Account". You will need to enter a login name and password which you create yourself.

Step 3. Next **"View & Register for Activities"**.

Step 4. Have FUN!

Note - you can still register by calling us at 541-1343 or in person. Fees can be dropped off during office hours or after hours in the drop-off slot by the front door.

Participants must verbally or electronically agree with the Municipal waiver upon registration.

Registration begins Tuesday, January 3, 2012, from 8:30 a.m. - 4:30 p.m. or online at your convenience. **Please pay your fees one full week prior to the program start date.** All programs are subject to minimum and maximum enrollment. Register early to reserve your spot and avoid disappointment. Waiting lists will be taken for full programs and additional programs added if possible.

Cheques payable to **Lunenburg Municipal Recreation**. Post dated cheques **will not** be accepted. Interac/debit available. Credit card available online only.

For program cancellations, additions or changes please call 541-1343 or call our information line at 541-1344 after hours. Watch for new programs in the Lighthouse Log.

Eight Pack To Go Plan

You can take advantage of our "8 Pack to Go Plan"! If you see a program in this brochure, or you have another great idea that you would like to see offered in your community, just find seven others and give us a call. We will do our best to make the program happen where and when you want it!

Where applicable, HST has been included in the registration fees.

Please help us keep our programs Smoke and Scent Free Indoors and Out.

Refund Procedures

If notice is received during regular office hours (8:30 a.m. - 4:30 p.m.) before the commencement of the second class of a program, a prorated refund will be issued less a 10% administrative fee. For workshops, clinics, and bus trips, if notice is received at least five working days prior to the program date, a refund will be issued less a 10% administrative fee. No refunds will be issued for cancellation notice received within 4 days of the program or for 'no-show' registrants.

If an individual cannot continue participating in a program due to an illness or injury, a prorated refund will be issued less a 10% administrative fee. A doctor's note is required as proof that illness or injury prohibits further participation.

Recreation Integration Services

The Municipality of Lunenburg recognizes and will help to meet the needs of people who have special needs. Staff will help identify leisure needs by exploring the individual's interest, leisure involvement, awareness, skills, and available leisure time. Barriers such as transportation, equipment, accessibility, volunteer support time, fees, attitudes, and information will be identified. Supports including resources, activity sampling and equipment loan may be easily identified and provided. By becoming more aware of and accessing supports, people who have disabilities have greater recreation options available to them. Anyone interested in discussing the possibilities may contact Trudy Payne, 541-1333.



PRO Kids - Financial Assistance for Youth Activities

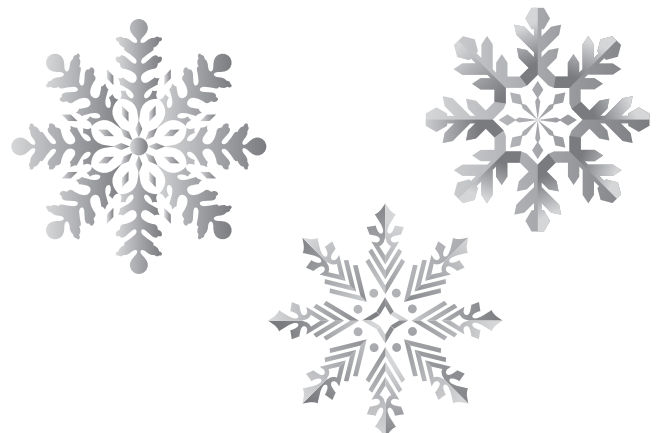
Youth from financially disadvantaged families in the District of Lunenburg can apply for assistance for sport, recreation or cultural activities. PRO Kids (supported by MODL, Lunenburg Co. United Way, Canadian Tire Jump Start and private donations) can assist with registration fees and equipment costs. Everyone is welcome to contribute or hold a fundraiser for PRO Kids. For information contact Janice Rand, 541-1335 or pick up a pamphlet in our office or from www.modl.ca



KidsSport is another option (sports organization must be registered with Sport NS) - visit their website www.kidsport.ca, call 425-5450, ext 350.

Healthy Living Tax Incentive

The Province provides an allowable tax credit of up to \$500 per child registering in sport or recreation activities that offer health benefits. Receipts from groups who have registered with NS Health Promotion and Protection are eligible. Lunenburg Municipal Recreation is registered. Save those receipts! For information visit www.gov.ns.ca/ohp/HealthyLivingIncentive.



PARKS AND TRAILS

Winter Fun at the MARC

Do you like to skate, ski, snowshoe or toboggan? Check out the Municipal Activity and Recreation Complex (MARC) in Dayspring this winter!

- Two outdoor rinks are available; one for recreational skating and one for hockey. Both are lit until 11:00 p.m. when ice conditions are good. The rinks are available to anyone on a drop in basis. Contact us if you would like to have a bonfire.
- 6 km of trails await you for hiking, snowshoeing or skiing. Levels of difficulty range from beginner to advance. Maps are available on site.
- 3 hills of varying slope await your toboggan or sled.

All of these outdoor areas are open to the public free of charge everyday! If you are planning a party and need more space, indoor space is available to rent. Contact Sherrie Wessell at 541-1343 for rental information or to book space.

Pick up copies of trail and tourism brochures at the Municipal office for more information on parks and open space within the District of Lunenburg.



Please note that Municipal Parks, except the MARC, are closed for the winter months. No winter maintenance is scheduled.



Municipal Park Signage

These signs direct you to fun and great outdoor adventures. Look for them throughout the Municipality to discover our hidden treasures. These signs not only direct you to our sites, but they let you know what amenities are at each site.

COMMUNITY TRAILS

Get out and enjoy our local trails! Even a little bit of activity adds up and goes a long way to better health. If you have any questions or concerns, please contact the Trails and Open Space Coordinator for the Municipality of the District of Lunenburg at 541-1352 or email lbarkhouse@modl.ca

Remember, our community rail-trails are shared-use, so everyone gets an opportunity to enjoy them. Don't be a nuisance to adjoining landowners and be considerate of everyone else on the trail!!! These trails are managed by six non-profit community groups.

South Shore Annapolis Valley Trail - This 122 km trail travels between the Goose Chase Road in New Germany to the Town of Bridgetown in the Annapolis Valley and Caledonia in the Region of Queens. Parking is available at various access points along the trail. The trail is groomed in the winter by the Crossburn Snowmobile Club.

LaHave River Trail - This trail will re-create a trail link between the Town of Bridgewater and the South Shore Annapolis Valley Trail in New Germany. Currently, there are 3 km under construction along Wentzell Lake. Parking is available at the southwest end of the trail.

Bull Run Trail - This 24 km trail connects to the Centennial Trail in the Town of Bridgewater to the Region of Queens. This trail features a covered bridge in the community of Hebbville along with various restaurants and services along the route. Parking is available at access points along the trail.

Bay to Bay Trail - This 10 km trail along the "Lunenburg Spur", connects the Towns of Lunenburg and Mahone Bay, and links with both the Adventure Trail and the Dynamite Trail. Parking is available at access points along the trail.

Adventure Trail - This 14 km trail runs between the Towns of Mahone Bay and Bridgewater and connects with the Dynamite Trail to the east and the Centennial Trail in the Town of Bridgewater to the west.

Dynamite Trail - This 10 km trail runs between the Chester Connection Trail to the east and the Bay to Bay and Adventure Trails in the Town of Mahone Bay.



YOUTH PROGRAMS

Red Cross Swim Program #12100

The Red Cross Swim Program includes 7 preschool levels (ages 6 months to 5 years) and 10 levels in Swim Kids (ages 6+). Saturday mornings February 18 - May 5 (no classes March 17 and April 7) Class times available one week prior to start date. Some levels will be combined. **Bathing caps are required.** emOcean Spa & Aquatic Center, 296 Lincoln St., Lunenburg \$75/10 wks

Preschool Soccer Fun (ages 3 - 5) #12101

Fun activity with a soccer theme. Indoor sneakers. Shin pads recommended. Parents must be on site and available to assist if necessary. Must be toilet trained. Wednesdays, 6:45 - 7:30 p.m., January 18 - March 7, Michelin Social Club, Bridgewater \$30/8 wks

Red Cross Babysitter Course (ages 11 - 14)

Teaches the skills and knowledge needed to care for infants, toddlers, preschoolers and school aged children. Topics include the rights and responsibilities of a babysitter, first aid, dealing with emergencies, child care skills, and ideas for fun. Bring an infant sized teddy bear or doll, pencil and lunch. This is a safety education course, not a guarantee of competence. Instructed by Lindsay Randall.

#12102 Saturday, January 28,
9:00 a.m. - 4:00 p.m., Mahone Bay Centre

#12103 Saturday, March 10,
9:00 a.m. - 4:00 p.m., MARC, Dayspring

#12200 Saturday, April 28,
9:00 a.m. - 4:00 p.m., MARC, Dayspring
\$30 (includes booklet and certification card)

South Shore District Soccer

TOTS U4 Soccer (Pre-school soccer)
Mondays, 5:30 - 6:30 p.m.
U6 Soccer (players must be in school)
Mondays, 6:30 - 7:30 p.m.
March 19 to May 7, HB Studios Sport Centre,
543 Glen Alan Dr., Bridgewater \$45
Registration begins in January. Information is online at www.sssoccer.ca or call 543-5348
Space is limited.

Empower Your Teenage Girl

(ages 13 - 19)

#12121

We teach our children how to brush their teeth, to read, to drive a car, but do we teach them how to protect themselves? All females, young and older, should learn basic techniques for self safety. Come learn basics self defense techniques. This workshop is created for teens with "no" previous training. You will learn hands on, effective, easy to learn techniques, without using strength. Workshop includes safe escapes, safety tips and how to gain knowledge from your surroundings. Mothers are welcome to participate with their daughters. Instructor Colleen Skinner has a 1st degree black belt.

Thursday, March 15, 7:00 - 9:00 p.m., MARC,
Dayspring \$10 pp

South Shore Young Naturalists Club

South Shore Young Naturalists Club is a fun, free nature club for kids & families with a goal of teaching kids about nature through nature talks and nature walks led by local naturalists. Kids learn about all aspects of the natural world through hands-on experiences and interactions with naturalists. SSYNC meets the 2nd Saturday monthly (Sept - June) at the Fisheries Museum in Lunenburg and also have a nature walk on the 3rd Sunday afternoon monthly. For information please contact Pamela Wentzell McDormand pamjwm@gmail.com

Birthday Parties at the MARC

The MARC is a great place for a birthday party or other celebrations!

Lots of indoor and outdoor space for games, dancing and theme ideas.

For information or to book a room, call Sherrie Wessell at 541-1343.

The Benefits of Horseback Riding

- Horseback riding helps improve coordination, balance, and core strength.
- Riders learn independence by accepting the responsibilities of grooming, tacking up, keeping their area clean and caring for their horse and its equipment.
- Riding can help build both the child's body and character and can turn a shy child into a confident team player.
- Leadership skills are developed when a child is given the opportunity to be a leader within their group and mentoring of new riders is supported.
- Friendly in-house competitions show riders how to win, and lose, graciously while encouraging their fellow riders.
- What a child ultimately learns is pride in their abilities and achievements, pride that carries through to their lives outside the equestrian centre.

Basics Horsemanship #12104 (All Ages) March Break

Love horses but don't know where to start? Join Julia Chapman of Legacy Equestrian Center to learn: how to catch a horse, put on a halter, lead a horse, tie a horse up, groom a horse, horse anatomy, pick up and clean feet, put on and take off rugs, put on and take off saddle and bridle. For the horse enthusiast who would like to do some "hands on" BUT not ride! Monday to Friday, March 12 - 16, 10:00 a.m. - 1:00 p.m. Bring a Snack. Legacy Equestrian Centre, 166 George Whynot Road, New Germany
\$100/5 classes

Horseback Riding #12105 (ages 8 to 14) March Break

For horse crazy kids, come and learn the basics of horseback riding. By the end of this series you will know how to catch a horse, lead a horse, tie up a horse, groom, tack up your own horse, mount, walk, trot, stop, dismount, untack, put your horse away and clean your tack. Come and join us in a safe and controlled environment for lots and lots of fun. Check out our school horses and ponies at www.legacyequestriancentre.ca Parent must stay for the program. Maximum of 4 participants. Indoor arena.

Monday to Friday, March 12 - 16, Arrive at 4:00 p.m. to prepare for 4:30 - 5:30 p.m. instruction. Legacy Equestrian Centre, 166 George Whynot Road, New Germany \$210/5 lessons

Horseback Riding (ages 8 to 14)

For horse crazy kids, come and learn the basics of horseback riding. By the end of this series you will know how to catch a horse, lead a horse, tie up a horse, groom, tack up your own horse, mount, walk, trot, stop, dismount, untack, put your horse away and clean your tack. Come and join us in a safe and controlled environment for lots and lots of fun. Check out our school horses and ponies at www.legacyequestriancentre.ca Parent must stay for the program. Maximum of 4 participants. Indoor arena.

#12201 Tuesdays, April 3,10, 17, 24 and May 1.
Arrive at 4:00 p.m. to prepare for 4:30 - 5:30 p.m. instruction.

#12202 Wednesday, April 4,11,18, 25 and May 2.
Arrive at 4:00 p.m. to prepare for 4:30 - 5:30 p.m. instruction.

#12203 Tuesday, May 8, 15, 22, 29 and June 5.
Arrive at 4:00 p.m. to prepare for 4:30 - 5:30 p.m. instruction.

#12204 Wednesday, May 9,16,23,30 and June 6.
Arrive at 4:00 p.m. to prepare for 4:30 - 5:30 p.m. instruction.

\$210/5 lessons

Bio: Julia Chapman started riding at five years of age at the prestigious Maple Ridge Riding Centre in British Columbia. She bought her first horse at fifteen and by eighteen she was in England training to be a riding instructor. She completed her BHS AI, returned home and went back to England and completed her BHS II. For more information visit www.legacyequestriancentre.ca



Hinchinbrook Farm Society

Therapeutic Riding and Horse Boy TM Programs.

652 Highway 325, Blockhouse. www.hinchinbrookfarm.com 624-0603.

Pre-registration and by appointment. Nova Scotia Equestrian Federation current membership is required (\$40) to participate in programs at Hinchinbrook Farm.

Canadian Therapeutic Riding Program

Horsemanship & adapted riding for special needs children. (Physician's referral required.) Mondays, Wednesdays and Saturdays. By appointment. \$360/6 wks

Horse Boy TM Program

- Horse Boy After School Program
(for Autistic +/- PDD Families)
3:00-6:00 p.m., Tuesdays,
January 3, 10, 17, 24,
31, February 7, 14, 21,
28, March 6, 13, 20 & 27
\$360/6 weeks



Horse Boy Weekends at the Farm Autistic Families

Hinchinbrook Farm Society hosts weekends with volunteers and the critters by advance booking only. Stay at the farm. HB trained volunteers manage inside and outside activities for families. Advance assessment and Registration required. Call for information.

4:00 p.m., January 20 to 4:00 p.m., January 22
4:00 p.m., February 17 to 4:00 p.m., February 19
4:00 p.m., March 23 to 4:00 p.m., March 25
\$400/weekend.

Horse Boy Movie screening

January 20 - \$10/ticket
7:00 p.m., Friday, January 20, Mahone Bay
Center, Room 202 - For tickets please call 624-0603

FAMILY PROGRAMS & SPECIAL EVENTS

Parent and Tot Times

Mondays, 10:00 - 11:30 am, starting January 9, Bridgewater Memorial Arena

Mondays, 10:00 - 11:30 a.m., starting January 9, Aeon Baptist Church, Chester Basin

Mondays, 10:00 - 11:30 am, starting January 9, St. John's Anglican Hall, 64 Townsend St., Lunenburg.

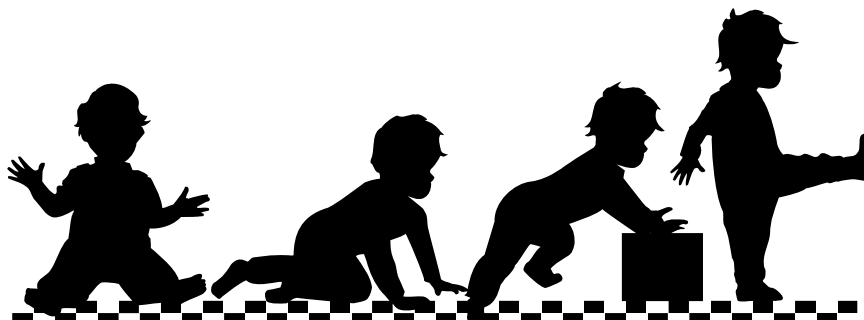
Tuesdays, 10:00 - 11:30 am, starting January 10, St. Joseph's Parish Hall, Bridgewater

Wednesdays, 10:00 - 11:30 a.m., starting January 11, St. John's Anglican Church Hall, New Germany

Wednesdays, 10:00 - 11:30 a.m., starting January 11, United Church, 87 Hillcrest St., Bridgewater

Fridays, 10:00 - 11:30 a.m., starting January 13, Mahone Bay United Church Hall

Free for parents and children 0-6 years old. This program includes family focused activities such as singing, stories, crafts, physical activity and lots of fun. For information or to start a new group, call the South Shore Family Resource Association, 543-1301 or check their web-site www.southshorefamilyresource.org



Take the ROOF off WINTER

& FAMILY CHALLENGE!

Join the Family Physical Activity Challenge! #12106

If all or part of your family participates in physical activity during the month of February, simply call 541-1343 and say "We took the Roof Off Winter this week". Leave your name and contact information to be entered to win prizes! Grand prize for the South Shore is a \$100 gift certificate for Canadian Tire.

Snow Sculpture Competition #12107

Build a snow creation up until February 29 and send in a photo! Prizes for the top three

entries. Submit your photo electronically to jrand@modl.ca, drop it off at the Municipal Office or mail it to



us. Challenge your friends. Get your neighbours involved. For information call 541-1335.

Visit www.taketheroofoffwinter.ca for more ways to get active this winter. A new initiative includes Winter Walk to School Day. Visit the website to find out how to get your school involved and have a chance to win \$500 worth of recreation equipment.

Visit www.activekidsns.ca for information on physical activity and health for children.

Community Winter Activity Days:

Mahone Bay "Winter Wonderland" - Sunday, January 29, 3:00 - 5:00 p.m., Jubilee Park

Big Tancook Island - Sunday, February 12, 1:00 - 4:00 p.m., Community Hall

North River/Meisners Section - Sunday, February 19, 1:00 - 4:00 p.m. Skating, bonfire and crafts at the North River Community Hall and free sleigh rides, skiing and snowshoeing at 6727 Hwy 10, Meisners Section.

"Take the Roof Off Winter" Saturday afternoons at the MARC! 1:00 - 4:00 p.m., February 4, 11, 18 & 25

You can skate, ski, snowshoe, hike, play in the snow or slide. A warm-up room and hot chocolate are provided. A bonfire will be lit later in the afternoon for you to enjoy. Skis and snowshoes are available for your use, free of charge, during this time!

Winter Moonlight Walk at Miller Point #12108

Meet at the Miller Point Peace Park front gate at 6 p.m. We'll hike or snowshoe to the point to see the full moon. It rises at approximately 5:39 p.m. Hot chocolate provided at the end of the walk. Bring a flashlight and something to sit on. Dogs welcome on leash. Weather & clear sky permitting. Please let us know you plan to attend. Tuesday, February 7, 6:00 p.m., Miller Point Peace Park (13941 Hwy 3, Dayspring) main gate. To contact Janice Rand that night call 527-6717.



Snowshoe Hikes!

Bring your snowshoes for a snowshoe hike. All ages welcome. We have some snowshoes to loan but supply is limited. Prize draw provided by Hike NS.

#12122 MARC (33 Leary Fraser Road, Dayspring) - 10:00 - 11:30 a.m., Saturday, February 4. (indoor facilities available) Approximately 6 K hike on wide trail but hilly terrain.

#12123 New Germany - 2:00 - 3:30 p.m., Saturday, March 3, meet at the Community Center, 5284 Hwy 10, New Germany. We'll work our way over to the South Shore Annapolis Valley Trail for an approximate 6 K hike on a level, wide, groomed trail.

Conditions permitting. Cell phone day of - 527-6717.

Mark these upcoming Spring events on your calendar!

Annual Easter Egg Hunt - April 7

Bring the whole family for this fun Easter Egg Hunt. A massive Egg Hunt will take place over the big hill with activity options following. Prizes will be awarded for finding "Special Eggs" but every child will receive an Easter prize. The Easter Bunny will be hopping happy to see you! Dress for the outdoors. Bring something for gathering eggs. Please arrive by 2:00 p.m. Saturday, April 7, 2:00 - 3:30 p.m. MARC, Dayspring. **It's FREE!**

Annual Children's Fishing Derby - May 26

The Municipality, the LaHave River Salmon Association, Canadian Tire and NS Inland Fisheries work together to create this educational and fun day for families. Children catch fish from our stocked pond. Bring your gear and bait. Children must be accompanied by an adult. Lots of prizes! Free BBQ on site. Three age categories: 6 and under, 7 to 11, 12 and up. Register on site. Saturday, May 26, 9:00 a.m. - Noon. MARC, Dayspring. **It's FREE!**

Outdoor Activity Sampling (in conjunction with our Fishing Derby)

After catching your limit at the Fishing Derby, stay at the MARC to sample a variety of Outdoor Activities. Watch or call for more details. Saturday, May 26, 10:00 a.m. - 1:00 p.m. MARC, Dayspring. **It's FREE!**



PERSONAL INTEREST



Extreme Couponing Canadian Style #12107

Join Gail Quigley to learn how to make your dollar go farther. You can save a remarkable amount of money and maybe even get ahead by learning how to take advantage of coupons - online, flyers, in store! Gail's family saves on average \$350 - 400 a month but it takes time to build up to that level. Saturday, February 4, 2:00 - 4:00 p.m., MARC, Dayspring **\$15 pp** (minimum 25 people)
Read more by googling Gail Quigley Couponing.



Beginner Wine Classes #12120

Enter into the world of wine! Topics include: how and where wine is made, how to taste wine, reading labels, serving and preserving wine, grapes and their wines, wine culture and more! Includes tasting 4 wines at each class. Instructors: Ardythe and Bruce Wildsmith, Professional Sommeliers.
Tuesdays, 6:30 - 8:30 p.m., January 24, 31, February 7, March 20 & 27, MARC, Dayspring. **\$150/5 wks**

Digital Photography #12108

A beginner course on the photography arts suitable for film but with emphasis on digital. The course will take a person with little knowledge and give them the tools to become a good photographer. For best results a student should have the use of a camera that can be used manually and be prepared to complete photographic assignments. Basics of digital storage and image manipulation will also be covered. Grant Dixon was at one time a technical editor for O'Riely publishing and a beta tester for Adobe. He is versed in both Mac and Windows and presently doing client support through the SSR library.
Check out Grant's website sideways-glance.com
Mondays, 7:00 - 9:00 p.m.,
January 23 - March 19, Mahone Bay Centre
\$100/8 wks.

Beginner Bass Fishing Workshop #12208

Learn the basics of this exciting sport. Prepare for Bass Fishing tournaments. Let us know if you'd be interested in a Spring Workshop.

GPS Course

This interactive one day course will show you how to use the GPS, the Map and the Compass. No prior experience is necessary. The course will give you confidence to use one or all three components for your recreation and everyday use. This includes the skills, the content and standards for completing a certified GPS course or general interest program. Instructed by Paul Olmstead, Search and Rescue Specialist. All equipment and materials supplied. Each participant will receive: a full color course GPS Book; an interactive CD; and a Map Plotter tool. Bring your lunch and outdoor clothing. Express interest. Once we have a group a class will be organized for a Saturday, March 31, 8:30 a.m. - 4:30 p.m. at the MARC, Dayspring **\$100**

#12109

**NEW! Empowering You!****Self Defense for Women**

#12207

Be prepared for the unexpected. Protect yourself from physical violence. Come learn basics self defense techniques. This workshop is created for women with "no" previous training. You will learn hands on effective, easy to learn techniques, without using strength. Workshop includes safe escapes, safety tips and how to gain knowledge from your surroundings.

Instructor Colleen Skinner has a 1st degree black belt.

Tuesday, April 17, 7:00 - 9:00 p.m., Mahone Bay Centre (Dance Studio), **\$12 pp**

Space to Thrive - Get Organized! Watch for courses with Shirley Oickle in the Spring.

Creative Non-Fiction

#12110

We read non-fiction daily in magazines, newspapers, biographies, personal essays, history, travel writing, food writing, memoirs and so on. Even so, many people ask "What, exactly, is Creative Non-Fiction?" It is a hybrid of literary style and factual material. It can be playful, evocative, and imaginative, while at the same time, it communicates factual information. This course is for beginners and experienced writers alike. We will work in a safe and supportive environment. The classes will help participants write creative non-fiction in their own unique voices about topics in which they take a keen interest.

6:30 - 9:00 p.m., Mondays, January 30 - March 19, MARC, Dayspring **\$120/8 wks**

Bio: Beth Munroe has made her living as a writer and creative writing teacher for many years. She has worked in various forms of Creative Non-Fiction—magazine articles, documentaries and personal essays—in topics of particular interest to her which include homesickness, building wooden boats, Cape Breton music/culture, and the journey of the soul.

Wood Carving - Ornament

#12111

Join Liz Brown to learn the basics of creative wood carving. Liz loves to discover what lies beneath the exterior of a piece of wood. Liz has been teaching carving workshops for Lee Valley Tools for over 5 years. Visit her website at www.woodpilecarvings.com for more information. All materials and tools are provided but if you have carving tools, feel free to bring them along. Saturday, April 21, 2:00 - 5:00 p.m., MARC, Dayspring Maximum of 8 people so register early. **\$30**



Kippers School of Gymnastics
215 Dominion Street, Gateway Plaza
Bridgewater, NS

Gymnastics classes available for girls & boys. Preschool, Recreational, Trampoline & Competitive programs in a safe & fun environment.

Class ages: Parent & Tot: 18 months - 3, Preschool: Age 3 to 5, Recreation: age 5 to 7 & Cangym: age 7 and up.

Discount offered for more than 1 child/family.

New to Kippers: Adult Fitness classes.

Times include: weekdays, daytime, after school & Saturday classes.

Call 543-4010 for more info or details to register your child.

<http://kippersgymnastics.com/>

BUS TRIPS

Bargain Shopping Trip to the French Shore - May 17 #12205

We visit bargain stores from Digby to Saulnierville on the French Shore. Enjoy beautiful scenery. Meet in WalMart's parking lot. Pre-arranged pickups available along highway #10. Thursday, May 17, 8:00 a.m. - 9:00 +/- p.m. **\$35** Meals at your own cost.

Winery Tour to the Valley - June 15 #12206

We'll start at the Lunenburg County Winery and make our way to the Valley to visit the Nodding Farm, Fox Hill Cheese Farm, Gaspereau Vineyards, Gaspereau Valley Fibres, Muir Murray Estate Winery and the Domaine De Gran Pre. Meet in the WalMart parking lot. Prearranged pickups available at Exit 11 and along the Cornwall Road. Friday, June 15, 8:00 a.m. - 6:00 p.m. **\$45** Lunch will be at the Port Pub in Port Williams at your cost.

Healthy Strides Walking Club (for adults)

Jan. 10- Apr. 27

Come join the Healthy Strides Walking Club! Walk the indoor track at HB Studios Sports Centre (or another location), and keep track of your progress on the chart we are posting upstairs. A great way for beginner walkers to get started in a walking program, or for experienced walkers to increase their activity level...and learn more about walking. Walk alone or with friends, and make new friends by joining in on our Tuesday morning and evening group walks and learn more about walking and physical activity at the "Walk & Talks". As you reach predetermined distance goals, your name will go in for prize draws. There is no cost to join the club but when walking at HBSSC there is an admission fee of **\$2** per day, or purchase a monthly pass for **\$20** for track use.

Kickoffs - Tuesday, January 10 - 10:00 a.m. & 6:00 p.m. at HBSSC, Glen Alan Drive, Bridgewater
Come see what it's all about! Meet, Tracy Burgess and learn about the **Heart&Stroke Walkabout™** program, join in on our first group walk and register and receive your registration package. Free Walkabout Tracker for your fridge for the first 100 to register. As part of the "kick off" HB Studios Sports Centre is offering a **"Try Our Track Tuesday"**. Walking/running on the track will be **FREE** all day long!

Groups walks - every Tuesday and Thursday - 10:00 a.m. and 6:00 p.m. at HB Studios Sports Centre

Walk & Talks (10:00 a.m. & 6:00 p.m.)

Tues., Jan 17 - Walking 101, Danielle Korol,
On Track Physio

Tues., Feb. 21 - Nutrition & Hydration,
Alicia Strong

Tues., Mar. 20 - Heart Health,
Matt Naugler & Alicia Strong

This is a joint project of HB Studios Sports Centre, Bridgewater Parks, Recreation & Culture, YMCA Lunenburg County, and Lunenburg Municipal Recreation, with funding from the Nova Scotia Department of Seniors. Supported also by **Heart&Stroke Walkabout™**



ACTIVE PROGRAMS

Men's Drop-in Basketball #12112

Recreation basketball for men (19+). Supervised by Steve Goode.

Tuesdays, 7:30 - 9:00 p.m., starting January 10 (no ball March 13), Bayview Community School, Mahone Bay \$5/night.

Thursdays, 7:30 - 9 p.m., starting January 12 (no ball March 15), French School, Cookville \$3 drop in. Sign waiver on site

Ballroom Dancing

Looking for some fun and exercise; or maybe you need a "date night"? One hour a week, for ten weeks, you will learn the basic dance steps to the Jive, Foxtrot, Waltz, and Triple Jive. No experience necessary for the beginner class -- just a good sense of humor and a partner! Those who have completed beginner class might like to come for a refresher to the intermediate group and learn additional steps to the above dances, plus we will be learning the basics of some Latin dances. (Smooth-soled shoes are best) Instructed by Valerie and Richard Levy.

#12113 Beginners - 6:30 - 7:30 p.m.

#12114 Intermediates - 7:30 - 8:30 p.m.

Tuesdays, January 17 - March 27 (no class March 13), Hebbville Academy - P - 4 gym.

\$95/cpl/10 wks

Strengthen and Tone at the

Broad Cove Hall

#12115

Stretching and strengthening at your own pace. Instructor: Elizabeth Conrad . Bring two 5 lb weights, mat and water.

11:00 a.m. to noon. Mondays, 11:00 a.m. - noon, January 16 to March 26 (No class February 20), Broad Cove Community Hall \$55/10 wks

Zumba at the MARC

#12116

It's a blast! Zumba is "exercise in disguise".

Participants have so much fun they don't even know they are exercising.

It's different! The music, the steps, the moves, the class, the energy ... nothing compares to a Zumba Fitness party.

It's easy! Zumba is designed for everyone. People of any fitness level and any age can start the program.

It's effective! Zumba is a cardio-based workout that combines fast and slow rhythms that tone and sculpt the body. It achieves a unique blended balance of cardio and muscle-toning benefits.

Mondays, 5:15 - 6:15 p.m. January 16 - March 19, MARC, Dayspring \$70/10 classes Led by Tracey Haigh. Let us know if you are interested in a second night.

Activities at HB Studios Sports Centre - 543-5348

Shuffleboard Courts

Shuffleboard is available for drop in use during regular hours at \$2 pp. This also includes use of the walking track for the day. Unlimited use during calendar day/one hour per game limit if others are waiting to use the courts.

Bocce

Bocce is a fun field game where the object is to roll your Bocce ball closest to the jack (white ball). It can be played with teams of one, two or four. Bocce is available for rent at \$2 per person, per use, 9:00 a.m. to noon subject to field bookings. To book call Janet Clark at 543-5348.

Golf Driving Range Rooms

Golf driving range 'rooms'. \$5 per half hr/\$10 per hr. Tee times are available 9:00 a.m. to 3:00 p.m. subject to availability. To book a tee time call Janet Clark at 543-5348.



Healthy Strides Walking Club - a walking club for adults

In house tracking system, incentives. Kickoff event Tuesday, January 10, 10:00 a.m. & 6:00 p.m. Regular \$2 track fee applies after the free Kickoff. See page 12 for more details.

Mahone Bay Centre

Lifelong Learning at the Centre Fall 2011 Session

A program of the Mahone Bay Area Seniors Project www.mahonebaycentre.com

Winter 2012 Lecture Series

Admission \$5 per lecture

Wednesday, January 18, 2:00 p.m.

Rear Admiral (retired) Michael Saker: Defence Procurement

Wednesday, February 8: 2:00 pm

Ralph Getson - Foreign Protestant settlement of Lunenburg & Mahone Bay

Wednesday, February 22, 2:00 pm

Colin Starnes - University of King's College and the Foundation Year Programme - Looking Backward and Forward

Wednesday, March 28, 2:00 pm

Charles Cirtwill - What's wrong with Equalization and how can we fix it?

"Conversations with..."

Interesting talks, stimulating discussions and refreshments

Thursday, January 26, 2:00 p.m.

North America's First Female to sail an open 60 across the Atlantic ... Solo - Patianne Verburch

Thursday, February 16, 2:00 p.m.

Search and Rescue in Nova Scotia - Mike Wearing

Thursday, March 15, 2:00 p.m.

Grandmothers, the unsung heroes of Africa! Ime Joost

Seniors' College Association of Nova Scotia (SCANS)

Registration and "open house" for the winter term SCANS at the Centre will take place at the Centre on **Tuesday, December 13**. Speakers will present an overview at **10:30 a.m.** Registration will follow from 11:00 a.m. to noon. Meet the instructors over coffee and cookies, ask questions about the courses, and learn more about SCANS. To take courses you must join SCANS, at a cost of \$120 for 12 months. This allows you to take as many SCANS courses, in Mahone Bay and several other locations, as you wish. Learn more, and register online at www.thescans.ca. See full Mahone Bay course descriptions on the Centre website: www.mahonebaycentre.com

At the Centre . . .

Mondays, starting January 16, 1:30 - 3:30 p.m., 7 wks Dr. Rosalie Osmond: Poetry and Ideas

Tuesdays, starting January 17, 1:30 - 3:30 p.m., 8 wks. Dr. Daphna Levit: Market and Ethics

Thursdays, starting January 19, 1:30 - 4:00 p.m., 7 wks. Dr. Daphna Levit: Another Selection of Japanese Films

7 wks. Dr. Daphna Levit: Another Selection of Japanese Films

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7 wks. Dr. Daphna Levit: Another Selection of Japanese Films

7 wks. Dr. Daphna Levit: Another Selection of Japanese Films

Lifewriting, with Ellen Gordon

Fall groups will continue January 19 - March 22.

Former members are welcome to rejoin by calling Ellen at 764-2026 or email ellengordon@eastlink.ca.

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Life Drawing Studio Sessions - Sundays

Artists of all ability levels are welcome to join our studio session to work on figure drawing with a model in a friendly and supportive atmosphere every Sunday 10:00 a.m. - 1:00 p.m. \$15 for room and model. Basic materials area available at cost. Individual tuition with a teacher can be arranged for an additional fee. Contact Sally Warren, 531-2161 for information.

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SENIOR'S CORNER

Mahone Bay Older Adult (50+) Fitness #12117

A fitness program for older adults who are interested in becoming more active through an easy low impact program. Those over 69 should get permission from their Doctor. Chairs are used for support. Led by Paula Masson. Tuesdays and Thursdays, 10:30 - 11:30 a.m., January 10 - March 1, Royal Canadian Legion Hall, Mahone Bay \$55/16 classes.

Elderfit www.elderfitlunenburg.ca

A water exercise program designed for seniors and the physically compromised but is open to everyone.

We are running classes at three venues:

Days Inn (50 North Street, Bridgewater) Monday, Wednesday and Friday mornings at 11:00 am

The Best Western Bridgewater Hotel (Highway 10 (Cookville) at Exit 12, Bridgewater)

Tuesday and Thursday mornings at **9:00 am and at 10:00 am**

Atlantica Hotel and Marina - Oak Island (Western Shore) Monday, Wednesday and Friday mornings at 10:30 am

(Classes cancelled on school holidays)

For fees and any other information, please contact 766-0272 or elderfit@eastlink.ca

Need funding for an Age-Friendly Project Funding?

The Municipality has been working towards being an age-friendly Municipality, and one of the ways to achieve this goal is to partner with other organizations. The Municipality applied and received funding from the Department of Seniors to assist us in expanding our partnerships with local community organizations and to financially assist age-friendly projects throughout the District. We would like to see more age-friendly projects, activities, promotion of services and knowledge sharing events. For information contact Trudy Payne, tpayne@modl.ca or call 541-1333.

Check out our Bus Trips and Walking Club on page 12.



The Municipality hosted a Seniors Christmas Party on December 7. Here you see Doug Moore having some fun and the band South Wind.



"Both of us enjoyed it very, very much. The entertainment was wonderful. The food fantastic. It was great. Very nice." Sylvia and Bill Corkum.

SAFETY

WHMIS training on-line at your convenience. Ask us how. \$40 gives you an access email.

Food Handlers Course

This course is for people who work in the food industry. The course covers the causes and types of food borne illness and emphasizes practices designed to enhance food safety. The topics of safe food preparation and storage, as well as personal hygiene and sanitation are covered. This is a six-hour certification course conducted by John Peters, Food Safety Specialist, NS Agriculture.

#12118 6:00 - 9:00 p.m., Wednesday & Thursday,
February 8 & 9

#12207 6:00 - 9:00 p.m., Wednesday & Thursday,
May 9 & 10

MARC, Dayspring \$35

See self defense workshop for women page 11.

Boating Competency

All operators of pleasure craft fitted with a motor and used for recreational purposes are required to carry proof of competency. For information visit the Office of Boating Safety website www.boatingsafety.gc.ca or Call their information line **1-800-267-6687**. To request a course and/or exam for a group, contact Janice Rand, 541-1335.

Boating Safety Course & PCO Certification #12119

Learn best in a classroom setting? Need more information before taking the test? This is the newly accredited Canadian Coast Guard course. It will prepare you and put you through the Pleasure Craft Operators Card test. Week night evenings in May. Leave your name and contact information and we will contact when the courses are set up.



Did you know ice thickness should be:

- 15 cm for walking or skating alone
- 20 cm for skating parties or games
- 25 cm for snowmobiles



COMMUNITY DEVELOPMENT



Provincial Volunteer Week
April 15 - 21, 2012
"Passion, Action, Impact"

Volunteer Recognition

We are looking for two separate nominations:

1. A volunteer who fits the category of **Outstanding Volunteer** for the Municipality of Lunenburg. We will choose one person to represent the Municipality at the Provincial Awards Ceremony on Monday, April 2, 2012 at the Westin Hotel in Halifax sponsored by Recreation Nova Scotia. **Deadline for nominations - February 10, 2012.** Please call for a nomination form or pick one up at the Municipal office, 210 Aberdeen Road.

2. Community organizations and clubs are invited to send two representatives to the **Municipal Reception**. We are considering changing the time and venue of our Volunteer Reception to accommodate more volunteers. Watch our website and the Spring Guide for details. It will be during Volunteer Week, April 15 - 21. Please submit the names to Sherrie Wessell by **March 23, 2012** by calling 541-1343. Include the name, address, phone number and the name of the organization they represent. Volunteers are the heart of our community!

We can offer workshops for volunteers on Recruiting, Fundraising, and Effective Meetings.

3rd Annual 2012 South Shore Regional Soccer & Sport Symposium

February 3 - 12, 2012, HB Studios Sports Centre, 543 Glen Allan Dr, Bridgewater, NS
 Includes coaching education, Goalkeeping Certificate, High Five Sport, NSSAF School Coach, Run-Jump-Throw, Fundamental Movement NCDCCP, and club coach.

For more information, please contact: John Charman, Regional Technical Director, 543-5348, jdcharman@gmail.com www.sssoccer.ca / www.hbstudiossportscentre.ca

Blue Crane Karate Club - accepting new members

Beginner classes (8 yrs - adult), Tuesdays and Fridays, 6:30 - 7:30 p.m. at the Royal Canadian Legion in Mahone Bay. First two classes are free! Members of the NS Chito Ryu Association. For information call 543-9660.

Coaching Courses - NCCP Multi Sport Introduction to Competition, Part A

February 3 & 4, Tusket. Call Argyle Recreation at 648-3379 to register.

Sport Groups with 12 or more people needing training may request a course by contacting Ray Green, 637-3052 or rcgreen@ns.sympatico.ca

Becoming an Outdoors Woman Workshop - February 17 - 19

Gaelic College, Cape Breton Includes ice fishing, snow shelter building, winter camping, xcountry skiing, scouting for wildlife, trapping & snaring, navigation, birding and more! For information call 424-5832 or visit www.gov.ns.ca/natr/outdoor

The **Canadian Ski Patrol System** is a volunteer organization and this year will be hosting a course on the South Shore starting in September. If you are a skier or snowboarder and would like to know more contact Mike Huggins at (902)880-2396 or scotiazonerecruitment@gmail.com. Check out www.scotiazone.com or www.csps.ca

Municipal Grants for Non-Profit Organizations

Two grants are available from The Municipality of the District of Lunenburg for non-profit organizations within the District. The first is a Capital Grant which cost shares up to 75% of a project to a maximum of \$1,000. This grant is to assist community associations with projects of a capital nature. The second grant is a Program Grant which cost shares 75% of a program to a maximum of \$500. This grant is to assist community associations who wish to initiate a new program (s) or expand existing ones in the community. For a grant application or for more information contact Trudy Payne, Director of Recreation Services, at 541-1333 or visit our website, www.modl.ca

Municipal Budgeted Grants

The Municipality may grant funds to community organizations (registered charity, or a non-profit registered with the NS Registry of Joint Stocks) from its annual operating budget. A letter of application and supporting documentation can be addressed to Municipal Council and must be received by March 1, 2012. For further information, contact Trudy Payne, 541-1333 or visit www.modl.ca (Municipal Services, Recreation, Municipal Grants).

Lucky Duck Lotto, Fundraising Opportunity

An easy, risk-free ticket sales fundraising program to help schools, community clubs, and other non-profit groups and organizations raise monies for their programs and activities. Tickets come in books of ten and sell for \$1 each. Groups keep \$7 of every book sold. Cash prizes! Selling dates now to March 23. Draw date, March 30, 2012. Contact Recreation Nova Scotia at 425-1128, bmahon@recreationns.ns.ca or check their website www.recreationns.ns.ca/luckyduck

Field Bookings Deadline - Friday, April 6

This is a reminder to all teams and leagues that you must have your written requests for use of the MARC softball fields to the Recreation office by 4:30 p.m. April 6. For information call Sherrie Wessell, 541-1343 or recreation@modl.ca. Soccer fields are to be booked directly with schools.

New Germany Community Centre - 644-3695

"Friday Evenings" "Youth Activity Evening"
Grade 7 - 12, 7:00 - 9:30 p.m. at the Community Centre. Snacks & Activities, Movies, Wii, Air Hockey, Guitar Hero, crafts, etc.

Exercise with Gym Equipment with music is available at the Community Centre.

If you are interested in a program please call the Community Centre and we will make every effort to coordinate it with you. Our Community Centre is available for rent.

The Community Centre also has a LCD projector to help facilitate your meetings. Check the community events page on our web site for updates.

<http://newgermanycap.ednet.ns.ca>



Summer Employment Application Deadlines

We are looking for strong leaders with lots of ideas, energy, motivation and people skills for our summer program.

March 9, 2012

(manager positions, 14 to 17 weeks)

April 13, 2012

(Adventure Leaders/Swim Instructors/Sport Leaders, 8 to 9 weeks)

Mail or drop off your resume to Janice Rand, Program Coordinator, 210 Aberdeen Rd, Bridgewater, NS B4V 4G8 or email jrand@modl.ca Job descriptions are available on the Municipal website www.modl.ca (Municipal Services, Recreation, Employment)

Notes:

1. Some positions may be filled by returning staff.
2. All positions require access to a vehicle
3. Evening and weekend hours may be required.
4. Part time positions are available.

For program additions or changes read our weekly column in the Lighthouse Log, hear us on CKBW's South Shore Sunday Morning or call the Recreation Information Line at 541-1344.

LOCAL ORGANIZATIONS & CLUBS

- Adult Learning Program Paula MacKay 543-0500 www.nsc.ca
 Adventure Trail Association - Municipal Trail Coordinator 541-1352
 Arnis De Mano Martial Arts Club Paul Steadman 530-2389
 Aspotogan Arts & Crafts Rene Laramee 228-2469 www.aandc.org
 Atlantic Therapeutic Touch Network Practice Group Janet Manthorne 543-4266
 Bay to Bay Trail Association - c/o Municipal Trail Coordinator 541-1352
 Be Well Connected (Information Referral Services) 543-9550 (1-877-777-9550)
 Bluenose Agility & Recreational Canine Association Linda Bozac 685-2302 or www.barc.7p.com
 Bluenose Track & Field Club Tanya Daniels tdaniels@staff.ednet.ns.ca
 Blue Crane Karate Club Aaron Goodick 543-9690
 Boxing Club Greg McGrady, Coach 521-7891
 Bridgewater & Area Chamber of Commerce Ann O'Connell 543-4263 bacc@eastlink.ca
 Bright Stars Children Center Michelle Ernst 634-9148 brightstars@eastlink.ca
 http://brightstars-lunenburg.com
 Bridgewater Barracudas Swim Club Andrew Tanner, President 530-5253
 Bridgewater Baseball Association Shawn Woodworth 543-8388
 Bridgewater & Area Christian Women's Club Dorothy Veinot 543-5537, Nora Nauss 644-2232
 www.stonecroft.org
 Bridgewater Curling Club Dave Rose 543-5569, Ron Hutchin 543-2841 www.bridgewatercurlingclub.com
 bwcurling@eastlink.ca
 Bridgewater Duplicate Bridge Club Rick Sheppard 275-5219
 www.bridgeclubs.biz/bridgewater.ns/pageen.php3
 Bridgewater Fire Dept. Band Laura Allen 634-8205 www.bfdband.com
 Bridgewater Heritage & Historical Society Gary Selig 543-6585
 Bridgewater Judo Club (Bulldog Fitness Centre) Tim Lohnes 543-2836
 Bridgewater Garden Club Betty Lou Smith 543-5081
 Bridgewater Minor Hockey Association Tim Rock 543-2423
 Bridgewater Photographic Society Margaret Campbell 543-5718
 Bridgewater Skating Club Amy Tanner 530-5253
 Bridgewater Tae Kwon Do Vincent Wight 212-1549
 Bridgewater Tennis Club Russell Miller 644-3298 info@bridgewaterterennisclub.com
 Bridgewater Triathlon Club Janelle Knickle 530-2522 bridgewatertriclub@gmail.com
 www.bridgewatertriclub.com
 Bridgewater Uechi-Ryu Karate Victor Swinimer 543-9551, Terry Lantz 634-8700 (Lunenburg Club)
 Bull Run Trail Association - c/o Municipal Trail Coordinator 541-1352
 Canadian Mental Health Association - Lun. Co. Branch Denton Conrad 543-7082
 Canadian Cancer Society/Relay for Life Beth Atherton 275-2236 beth.atherton@ns.cancer.ca
 Canadian Red Cross Lisa Linscott 543-8565
 Central Nova ATV Club Gerald Veinot 624-0516
 Crossburn Snowmobile Club John Brown 644-2913
 Dynamite Trail Association - c/o Municipal Trail Coordinator 541-1352
 Dynamo Gym Club Craig Budgell 543-4397 dynamogymclub @eastlink.ca
 users.eastlink.ca/~dynamogymclub
 Elderfit (Aqasize for 55+) Martha Saunders 766-0272 elderfit@eastlink.ca
 http://www.elderfitlunenburg.ca
 Empire House (youth homeless shelter) 527-1327
 Family Support Center (Bridgewater) Tami Cushing 543-1301
 German Canadian Cultural Association of Lun. Co. Denton Conrad 543-7082
 Girl Guides of Canada/South Shore Guiding Community Linda Oickle 543-9686
 Friends of Crescent Beach-Green Bay & Area Bruce Raymond 677-2768
 Harbour House (womens shelter) Crisis Support Line (24 hr) 543-3999 or 1-888-543-3999
 Halifax & South Western Railway Museum Duane Porter 634-3184 www.hswmuseum.ednet.ns.ca
 HB Studios Sports Center 543-5348
 Hinchinbrook Farm Society Patricia McGill 624-0603 mcgill@eastlink.ca
 Kedge Weavers Guild Peggy Struve 543-6000
 Kiwanis Club of Bluenose Golden K Harry DeLong 527-0781
 Kippers School of Gymnastics 543-4010 http://kippersgymnastics.com/
 Kubukwai Judo Blaine Moffatt 644-2703
 La Leche League (Breast Feeding Support Group) 543-4988
 LaHave River Ramblers (Dancers) Michael & Rosy Touesnard 634-4591 mrtouesnard@yahoo.ca
 or Paul & Carol Conrad 543-5256 cacprc@eastlink.ca
 LaHave River Salmon Association Carroll Randall 543-3372
 LaHave River Trail Association - c/o Municipal Trail Coordinator 541-1352
 LaHave River Yacht Club "Learn to Sail" Doug Philp 640-3202 www.lryc.ca
 Lighthouse Hookers (RHGNS) Joan Young 644-2765

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|---|--|
| Lunenburg Aikikai (Japanese martial art, Aikido)..... | James Constable 277-0862 http://www.lunenburgaikikai.com jconstablens@mac.com |
| Lunenburg County Adult Learning Network..... | Sue Kaulback 543-0488 |
| Lunenburg County Amateur Radio Club..... | Barry Colp 644-2293, Bob Comeau 644-2517 |
| Lunenburg County Fiddlers' Club..... | Reg MacMillan 543-5356 |
| Lunenburg County 4 H Council..... | Valorie Oickle 634-7575 |
| Lunenburg County Historical Society..... | Donna Malone 688-1970 |
| Lunenburg Minor Hockey..... | Randy Ottens 634-3787 |
| Lun/Queens Parkinson Support Group..... | Chris McBain 688-1188 cmcbain@eastlink.ca |
| Lunenburg Skating Club..... | Bethaire Larsen 624-6300 (evenings) |
| Lunenburg & District Swimming Pool Society..... | Summer 634-4499 |
| Maritime Motorcycle Touring Association, SS Chapt. III..... | Eddy Crossland 543-9668 |
| Mahone Bay Centre..... | Colleen Demond 624-0890 thecentre@mahonebay.com |
| Mahone Bay Quilters Guild..... | Sandy Ternoway 275-3249 |
| Maritime Concert Opera..... | Nina Scott-Stoddart 634-4280 |
| New Germany Canada Day Committee..... | Bill Alexander 644-2217 |
| New Germany Girl Guides..... | Sandra Matchett 644-2740 |
| New Germany & Area Arts & Crafts Association..... | Heather Knight 547-2755 or 866-4075 |
| New Germany and Area Lions Club..... | Nancy Veinot 644-3366 |
| Parkdale-Maplewood Community Museum..... | 644-2893 (Barbara Wentzell 644-2375) p-mcm@hotmail.com |
| Pine Grove Archers Association..... | Alfie O'Quinn 543-8761 |
| Portrait Painting..... | Penny Carver 624-0866 http://www.bridgeclubs.biz/bridgewater.ns/page3 |
| River Talkers Toast Masters..... | Bernice Theriault 543-1498 rivertalkers@eastlink.ca |
| Rosedale New Horizon Senior Citizens Club..... | (New Germany) Franklyn Dauphinee 543-5493 |
| Senior Citizens Club..... | (Bridgewater) Edna Weldon 543-2213 |
| Rotary Club of Bridgewater & District..... | Todd Gregory 543-3357 |
| Royal Canadian Sea Cadet Corps #39 Neptune..... | 634-4673 co.39sea@cadets.net |
| Schizophrenia Society of NS..... | - Lunenburg, Co. Jean Covert 527-1893 |
| Scouts Canada (Beavers, Cubs, Scouts - Lun. Co.)..... | Peter Biddle 527-1793 scouterp.biddle@yahoo.ca |
| Second Story Women's Center..... | 543-1315 or 640-3044 secstory@eastlink.ca www.secstory.org |
| Senior Wheels Assn..... | Gloria Hubley 543-6449 |
| Sexual Health Centre Lunenburg County..... | Katie Boudreau 527-2868 www.theSHaC.org lunco@nssexualhealth.ca |
| Simpsons Corner Community Hall Society..... | Wayne Veinot 644-2451 |
| Small World Learning Center..... | Donna Stapleton 543-9840 |
| South Shore Annapolis Valley Recreational Trail Association..... | - c/o Municipal Trail Coordinator 541-1352 |
| South Shore Bassmasters..... | Angela Kendrick 723-2522 |
| South Shore Big Brothers/ Big Sisters..... | Sandra Murray 543-4435 southshorebbbs@ns.sympatico.ca www.bigbrothersbigsisters.ca/southshore |
| South Shore Community Justice Society (volunteer opportunities)..... | 543-1841 |
| South Shore Duelists..... | Ed Matchett 644-2740 ed.matchett@ns.sympatico.ca |
| South Shore Hiking Club..... | John Hutton 543-1943 |
| South Shore Genealogical Society..... | Barbara Spindler 634-4794 ext. 226 |
| South Shore Kennel Club..... | Gloria Fielding 543-2286 info@southshorekennelclub.com |
| South Shore Players..... | Jon Allen 624-8961 |
| South Shore Naturalists Club..... | Judith Smits 766-4716 |
| South Shore Paddlers..... | www.sspaddlers.wordpress.com Scott Merry 644-3389 smerry@ns.sympatico.ca |
| South Shore Remote Control Flying Club..... | Errol Joudrey 624-9519 or Andreas Ritter 275-2286 |
| South Shore Scottish Country Dancers..... | Lynn Johnson 640-2156 |
| South Shore Spinners..... | Peggy Struve 543-6000 |
| South Shore Women's Sword Dance (English Folk Dancing)..... | Ellen Agger 624-0427 |
| South Shore Wildlife Association..... | Stephen Joudrey 543-9891 |
| South Shore Ukulele Players..... | Sandra Obritsch 530-2256 sandra@ukulele.ca |
| South Shore Waldorf School & Kindergarten..... | Darlene Eisner 624-0874 www.waldorfns.org sswaldorf@waldorfns.org |
| Special Olympics (Lun)..... | John McIntosh 530-2068, (Queens) Betty Ann Dorey 354-7382 |
| Stamp Club..... | Denis Falvey 766-4481 or David Baugil 634-3505 |
| St. John Ambulance Therapy Dog Program..... | Clarke Johnson 627-1354 brenarke@eastlink.ca |
| Sunrise Squares (Square Dancing)..... | Neil Dorey 644-2757 |
| Taoist Tai Chi Society..... | Susan Casey 543-9267 |
| VON Lunenburg County..... | Leslie Taylor 624-0318 |
| West Northfield Nursery School..... | Michele Knott 685-3291 |
| Wee Wisdom Nursery School..... | Connie Crouse 543-1400 |
| "Young at Heart" Senior Club - Broad Cove, Cherry Hill, Voglers Cove..... | Margaret Campbell 677-2644 |

Add your non-profit community organization or club to this list by calling 541-1343.

Healthy Strides Walking Club (for adults)

Jan. 10- Apr. 27

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Kickoffs - Tuesday, January 10 - 10:00 a.m. & 6:00 p.m. at HBSSC, Glen Alan Drive, Bridgewater

Come see what it's all about! Meet, Tracy Burgess and learn about the Heart&Stroke *Walkabout*[™] program, join in on our first group walk and register and receive your registration package. Free Walkabout Tracker for your fridge for the first 100 to register. As part of the "kick off" HB Studios Sports Centre is offering a "Try Our Track Tuesday". Walking/running on the track will be **FREE** all day long!

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Walk & Talks (10:00 a.m. & 6:00 p.m.)

Tues., Jan 17 - Walking 101, Danielle Korol, On Track Physio

Tues., Feb. 21 - Nutrition & Hydration, Alicia Strong

Tues., Mar. 20 - Heart Health, Matt Naugler & Alicia Strong

This is a joint project of HB Studios Sports Centre, Bridgewater Parks, Recreation & Culture, YMCA Lunenburg County, and Lunenburg Municipal Recreation, with funding from the Nova Scotia Department of Seniors. Supported also by Heart&Stroke *Walkabout*[™]



Q: What do a firefighter, a museum tour guide, and a model train enthusiast have in common?

A: They are all VOLUNTEERS in Lunenburg!

The Lunenburg Queens Volunteer Partnership helps individuals get involved in the community through volunteering. No matter your interests, there's a volunteer opportunity just right for you. Find out how you can make a difference as a volunteer!

Visit www.lqvc.ca to find:

- Volunteer opportunities in the Lunenburg area
 - Training and tools for volunteers
 - Blog, newsletter, videos and more!

Contact the Volunteer Navigator at lqvolunteerpartnership@gmail.com or (902) 543-3422 for more information.

Say "YES" to Family Fitness

YES, YOU CAN DO IT!

Schedule a regular time throughout the week for physical activity.
Take turns selecting an activity for the family to do as a group each week.
Help everyone to find something active that makes them feel successful.

IT DOES NOT HAVE TO COST A LOT OF MONEY TO ACTIVATE THE FAMILY!

Designate indoor and outdoor play areas for rolling, climbing, jumping, and tumbling.

Buy toys or equipment that promote physical activity (skipping rope, ball, Frisbee).

Use physical activity rather than food as a reward (family goes skating).

Emphasize the importance of having fun and learning; avoid a push to "win".

Shovel snow ... build a snow sculpture; make snow angels; build a snow fort.

Take a long walk or jog on a beach or local trail.

Go tobogganing in a local park or in your yard.

Ice skate for a great winter workout.

Go up, up and away with a kite flying day.

Plan cycling trips on safe trails.

Spend as much time outside as possible.



YES IN YOUR OWN BACKYARD

Run, jog, and walk in a family treasure hunt.

Have a snowball fight or build a snowman.

Roll around as many different-shaped balls/objects as you can find.

Play "hit and go" croquet – hit the ball and run to it – across the whole yard.

Play hopscotch and organize a family tournament.

Run and dodge in a "tag and you're it" game.



YES IN YOUR NEIGHBORHOOD, COMMUNITY AND BEYOND

Create your own Olympic events at a family reunion or neighborhood block party.

Walk or bike to a nearby playground – challenge family members to try their skills swinging, crossing a horizontal ladder.

Take a historical walk or cycling tour.

Plan a "block fitness festival" including relay races.

Adopt a highway, park or beach and keep it clean.

Contact local recreation departments for information on family events.



DON'T BE STUCK – LIVEN IT UP! MUSIC MAKES IT EASY!

Create a family video of exercise routines.

Play your favorite music and dance like nobody's watching



FITNESS CAN BE SO MUCH FUN.

Talk to your children about what they learned in school or other extracurricular activities.

Read the Canada's Physical Activity Guide for Children for more specific information on the level of activity your child needs for health benefits.

Visit <http://www.phac-aspc.gc.ca/hp-ps/hl-mvs/pa-ap/index-eng.php>

KNOWING HOW TO SWIM IS A MUST – IT IS A SKILL THAT COULD ULTIMATELY SAVE YOUR OR YOUR CHILD’S LIFE.

If you're not confident in the pool, have never learned to swim or don't know how to get your children started, you might need some advice. Swimming lessons are available for ages 6 months to seniors from your local recreation department.

REASONS WHY SWIMMING IS SO GOOD FOR YOU

The recommended amount of exercise is one hour every day for children and 30 minutes at least five times a week for adults, and swimming is a great way to hit these targets.

So next time you're wondering whether getting your hair wet is worth the effort, glance over this list and grab your towel!

- It's great for shaping up. Even a gentle swim **can burn over 200 Kcal** in half an hour and a fast front crawl can burn as many calories as an 8mph run.
- It's great for mental health. Studies have shown swimming improves psychological well being. Female swimmers in particular have been shown to experience significantly less tension, depression and anger after exercising than before.
- It's a fun activity. Who doesn't love to splash and play in water!
- It's the only sport that can save your life. **Over 400 people drown in Canada every year.**
- Swimming is for all. No matter what your age, weight and physical ability, swimming and water-based activities can provide you with a workout.
- Swimming is particularly good for pregnant women or those with disabilities, injuries or illnesses like arthritis because swimming can support up to 90% of the body's weight in the water.
- Swimming can offer the ultimate challenge at any level, whether that's swimming the length of your local pool or taking the plunge at public beach.
- Swimming is a sport people can start at any age, and can do for life.

Plus, knowing how to swim opens up a whole range of other sports. You could don a snorkel and swim with fish, or even complete a scuba diving course. You could join a canoeing or sailing club or even take your swimming to the next level and enter competitions!

Lunenburg County Lifestyle Center (LCLC)

We can all look forward to a local indoor public swimming pool in 2013.



Lunenburg County Lifestyle Centre

Included in the plan is:

- A 6 lane, 25 metre swimming pool which will be ideal for competitive swimming, Synchronized swimming, swimming lessons, water sports, aquatic leadership development and more!
- A leisure pool which will be ideal for those who enjoy shallower and warmer water for play and exercise.
- A therapeutic pool for those with physical challenges.

Visit www.lclc.ca or email info@lclc.ca



ADAPTIVE RECREATION EQUIPMENT LOAN PROGRAM

The Canadian Tire Jumpstart Adaptive Recreation Equipment Loan Program is a new resource for families of Children and Youth who have a physical disability or acquired brain injury. Families have the opportunity to borrow a variety of equipment to experience new leisure pursuits. Below are brief descriptions of the equipment:

Hippocampe – An innovative all terrain wheelchair is great for the beach and trails. The Hippocampe enables everyone - of any age - to enjoy outdoor activities to their full ability. We offer a ski attachment for winter, as well. In short, the Hippocampe puts the fun into function. 2 available - 1 child, 1 adult.

Lo-Mo 360 – Designed to be attached to the front of most rigid framed wheelchairs and, when installed, lifts the front wheels off the ground. It increases the wheelchair's ability to cross any obstacle and roll without effort. The 14" front wheel turns to 360° which allows comfort and handling. 1 available.

Fatwheels – Older, larger children (and adults) who have never learned to ride a bike find these liberating. Many people with Down Syndrome, Autism, and cerebral palsy, for example, have found that Fatwheels have opened new doors for outdoor recreation. 2 sets available - 1 for 20 inch bike and 1 for 24 inch bike.

Trikes – We have three trikes designed for children who may have low muscle tone, mobility challenges, or issues with balance. They are easier to stop and start, and more stable than other trikes; they come with optional trunk supports.

IMP Trike – for ages 2 ½ to 5 years, or up to 70 lbs.

Terrier Trike – for ages 4 ½ years and up, or up to 100 lbs.

TMX Trike – for ages 8 years and older, or up to 130 lbs.

Duet Cycle – This “go anywhere” tandem bicycle is basically a wheelchair (which can be taken off) mounted to the front of a bike. It's surprisingly easy to pedal and allows the passenger to go “for a ride” in a comfortable seating position.

Sledges – We have 12 telescopic nosed sledges (2 with high backs and 2 optional push bars) and all the sticks, picks and safety gear you need.

Please contact your local recreation department for info.

Region of Queens
354-5741

Municipality of Lunenburg
541-1343

Town of Bridgewater
543-2274

Town of Lunenburg
634-4006

Municipality of Chester
275-3490

- * Equipment is loaned on first come, first served basis.
- * Please book at least a week in advance of use.
- * Borrow for up to 2 weeks at a time.
- * Cost to borrow is only \$15. This money goes into an annual maintenance fund.

This program has been generously funded by:

- IWK Health Centre
- NS Department of Health and Wellness
- Canadian Tire Jumpstart
- Canadian Paralympic Committee
- Queens County Community Health Board
- Lunenburg County Community Health Board

Program Coordinated by:



Everybody Gets to Play

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