

## Trudy Turchyn

**From:** whitemouth.river.rec@me.com on behalf of Whitemouth River Recreation Commission  
<whitemouth.river.rec@me.com>  
**Sent:** Thursday, February 27, 2014 9:53 PM  
**To:** rmreynoldscao@mymts.net  
**Subject:** MARCHing Into Spring!

# What's Happening Whitemouth River Rec

March 2014 - 4th Edition



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*Dear Friends,*  
Happy March! Cheers to spring being just around the corner!  
Please take a look and see what's happening in your communities this month. Feel free to [contact](#) WRRRC with any suggestions for future programming or events, or with any questions you might have.  
- Josie



### Whitemouth River Women's Wellness Day!

Ladies, 12 and up, you are invited to join us for fun, food, friendship, fitness & inspiration!

Super sessions, such as Art by Annie, fitness with Miss Julie, and guest speaker Alina Schumacher, who will share about making each day your masterpiece!

Enjoy an international lunch while celebrating International Women's Day, catered by The Spicy Radish Cafe! Special prizes as well!

**Registration available online!** Limited space, so please register ASAP!  
Use promo code: **EARLYBIRD** by March 6th & save!  
Pay at the door: \$30 for 18+, \$25 for ages 12 to 17.



## Ready, Set, Grow!

Wednesday, March 19th, from 2pm - 6pm at the Whitemouth School. Promoting healthy childhood development and screening opportunities.

Preschoolers between the ages of 2 and 5 (born between 2009 and 2011) are invited to attend with their caregiver.



### St. Patrick's Day Social

Saturday, March 15th  
From 8pm - 1am  
at the  
Rennie Community Club

\$10.00 a ticket

#### Advance tickets only!

Tickets Available from:  
Rennie General Store  
Rennie River Leisure  
Rennie Hotel  
Sherri McInnis  
Shannon Amos  
Kayla Cathcart  
Darlene Bourne

Seven Sisters Community Club  
&  
North Eastman Transition Network  
present

## **IN TRANSITION 2.0**

Stories of ordinary people  
making their communities more resilient  
in the face of climate change



1 hour film and conversation over tea & cookies

7:00 pm  
Thursday March 20, 2014  
Seven Sisters Curling Club  
Everyone Welcome  
Silver Collection

### "In Transition" Film

*Stories of ordinary people  
making their communities  
more resilient in the face  
of climate change.*

Thursday  
March 20th  
7pm

Seven Sisters Curling Club



### Healthy Cooking for One or Two!

Wednesday, March 12th  
1 pm  
Hadashville Rec Center  
OR

Wednesday, April 9th  
11:30 am  
Whiteshell Baptist Church

Join a Nurse and Dietitian  
to find out how healthy  
habits can impact your  
health!

\* Blood Pressure Checks  
\* Taste Testing, Recipes  
And More!

\* Free! Funded by:  
Healthy Together Now!

To register call:  
1-877-979-WELL (9355)





## Drums Alive!

Using rhythm as the source of inspiration to discover a new group fitness experience Drums Alive® combines the benefits of a traditional physical fitness program with the brain affected benefits of music and rhythm. Drums Alive® is a program that fosters a healthy balance physically, mentally, emotionally and socially! Join our 10 sessions and experience how it provides an element of fun and creative expression.

**Dates:** Mondays, April 7th - June 16th (No class May 19th)

**Times:** 6 - 7 pm

**Location:** Whitemouth School

**Registration:** ONLY \$50 for all 10 sessions! (drop-in fee \$6 per class)

Cheques payable to Whitemouth River Rec BEFORE March 31st.

\*\* Ages 7 to 97! Please note: children between 7 & 10 years old MUST be accompanied by a caregiver.

**Contact:** Josie for more info! 204-340-6895

### Grant Opportunities!

\* Designated Heritage Building Grants

\* KidSport

\* Canadian Tire Jumpstart

### Stay Connected!



Join Our Mailing List!

Thank you again, for promoting positive and healthy recreation within our communities!

Do you have a program or event you would like us to help promote? Drop me an [email](#) or give me a call!

A special thanks to ALL those who volunteer in our communities! There are so many of you who give to the communities by sharing your time and talents so that others might benefit! You are ALL appreciated!

- Josie

Recreation Director  
Whitemouth River Recreation Commission

204-340-6895

[recreationdirector@whitemouthriverrec.com](mailto:recreationdirector@whitemouthriverrec.com)

<http://www.whitemouthriverrec.com>

### MAY YOUR DAY

be touched by a bit of IRISH LUCK

inspired by a song IN YOUR HEART,

and warmed by the smiles

OF THE PEOPLE YOU

LOVE

## British Soccer Camp!

July 21st - July 25th, 2014



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