



What's Happening—Spring 2014

Whitemouth River Recreation Commission

Greetings Friends!

How lovely to see small signs of spring! The sun is certainly starting to warm things up! Equally exciting is the fact that we at WRRC are celebrating two years of being up and running!

Please note, we have moved to monthly online newsletters. Just email recreationdirector@whitemouthriverrec.com if you would like to receive our online newsletter.

In the meantime, please check out this Spring Newsletter to see What's Happening! Thank you for your continued partnership and support in promoting positive and healthy recreation within our communities! Your participation is valued!

~ Josie



Learn to Lead Others in Physical Activity!

Become an Active Living Facilitator (ALF) and learn to lead others in physical activity. This leader training course is an introductory program from the Manitoba Fitness Council. Once trained, an Active Living Facilitator is able to guide active living activities in the following areas:

Indoors or Outdoors, Walking, Basic Stretching and Range of Motion, Activities of Daily Living, Basic Body Weight Strengthening

Date: Saturday, April 26th, 2014

Time: 9am Registration, Class from 9:30am to 4pm.

Where: Whitemouth School, Multipurpose Room

Cost: \$10.00 includes lunch and nutrition breaks.

Please make cheque payable to *Interlake-Eastern Regional Health Authority* and mail to: **Community Wellness Program**

Interlake-Eastern Regional Health Authority, 589 3rd Avenue South Stonewall, MB RoC 2Z0

Deadline to register is Tuesday, April 22, 2014



Josie – Recreation Director

Mailing Address:

Box 90 Whitemouth, Mb.
RoE 2G0

Email:

recreationdirector
@whitemouthriverrec.com

Website:

www.whitemouthriverrec.com

Facebook:

whitemouthriver.recreation

Twitter: whitemouthriver

Classic Hatha Yoga

at Moon Gate B & B

April 23—June 11, 6:30-8:30pm
\$80 for 8 weeks, or \$13 drop-in.

Come early to the first class to register and stay after each class for Sat Sang which means - the company of the "highest truth". When people sit together for tea it's an opportunity to build a sense of community, a place to talk, a place to listen and a place to learn. Open to all levels of experience. Bring your own mat, although some will be available to use or purchase. Also bring a blanket and water bottle.

Contact: Fran Desautels

[254-6889](tel:254-6889) to register.

Rennie Community Club

☺ Spring Craft/Bake Sale TBA.

Contact: Darlene @ 369-5567
or the hall @ 369-5343

Reynolds Community Club

☺ **Perogy Dinner Fundraiser**
May 3rd 2014

Doors open @ 5pm,
Supper @ 6pm

ADVANCE TICKETS ONLY
Kids ages 5-12—\$6.
Adults—\$12.

To purchase tickets please call:

Lori 204-426-5427
Kim 204-426-5556
Trudy 204-426-2180
Holley 204-426-5446

Shotokan Karate

Weekly classes for older children & adults, instructed by Michele Dupas, 1st Dan Black Belt in Shotokan Karate. This martial art uses only body to promote fitness, self defense & confidence.

Cost: \$100 for 10 classes

Dates & Times: Thursdays, Apr.10-June 12, 7-8pm

Location: Whitemouth School

Contact: Michel or Jenny @ 348-2473

Seven Sisters Falls Community Club- Contact: Marc @ 348-7693

River Hills Community Club- Contact: Betty @ 348-3551 or Ray @ 348-2879

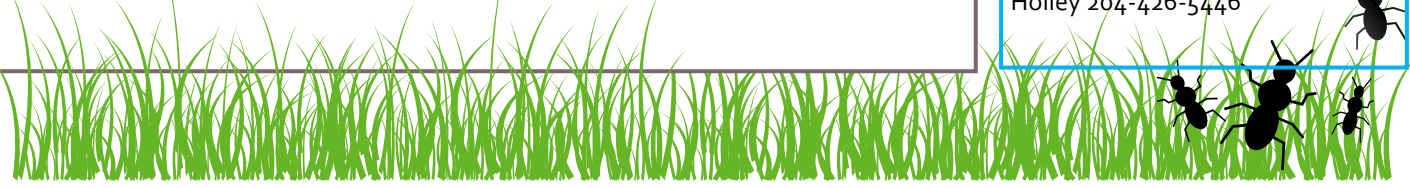


July 21st—July 25th at the Whitemouth School Grounds
www.whitemouthriverrec.com

Elma Community Center

☺ May 10th @ 6pm—Wing Night! Karaoke & meat draws. Admission \$5.

☺ June 8th, 10am to 4pm—Flea Market & Yard Sale. To rent a table or for more info, email elmaccrrental@gmail.com **Contact:** 348-3971 or elmaccrrental@gmail.com



Whitemouth Recreation Association

☺ Customer Appreciation Breakfast

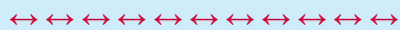
June 7th at the hall, from 8-11am.

Watch for posters.

☺ Just a big **thank you** to everyone who came out and used the skating rink this year, this was the first time that we held indoor skating and it seemed to be a big hit. For everyone who came out and had hotdogs and hot chocolate when it was offered, all the profits from this went back into the skating rink to keep it going. Next year we will have the skating again from October to January.

☺ Our 2 stick curling bonspiels that we had were a huge success. We are hoping to have a stick curling league next year! **Thank you** to everyone who came out and curled, donated or volunteered your time, it is all greatly appreciated.

Contact: Arleen @ 348-2196
or Bill @ 348-3716



South Moon Studio

Visual & Healing Arts

Gentle Flow Yoga

Tuesdays Apr. 1- May 20, 7-8:15pm

A gentle class using the breath to help warm the body and ease our way out of tension and stress.

Beginners Yoga

Thursdays Apr. 10 - May 29, 7-8:15pm

A great class to learn basic alignment and breathing techniques that help to release stress and increase mobility. All classes are \$15 drop-in or \$52 for 4 class pass, \$88 for an 8 class pass.

Yoga Sprouts for ages 3-5

Wednesdays April 2 -May 7th

5:30-6:00pm or 6:15-6:45

\$6 drop-in or \$32 for all six classes.

Call in advance if you plan to drop in.

Chrissy Sie-Merritt @ 918-5359

www.southmoonarts.com



Hadashville Recreation Center

☺ Cabin Fever reliever Social on April 12th 8pm—1am. Hot lunch served. \$10.00/ticket.

☺ Mother's Day Dinner
May 10th at 6pm. Featuring
Mohutniy Ukrainian Dance
Ensemble. \$15.00/ticket.

☺ Father's Day BBQ on June 14th.
Bring your Dad out for a great meal
\$15.00/ticket.

Contact: Steve @ 426-2392 or



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. This program 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 23rd (No class May 12th and 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

Healthy Cooking for One or Two!

Dates & Times: Wednesday, April 9th at 11:30 am

Location: 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)



'Mixed-Media Mosaic Mania!' - by Art by Annie

This summer, local muralist Annie Bergen will be teaching mosaic skills through a 3-week Mixed-Media Mosaic workshop. In this creative process materials like tile, ceramics, glass and found objects such as stones are used to create very colorful and tactile mosaics. Participants will learn to 'nip' tile, cut glass and ceramics, they will learn about mortar and various adhesives that may be used. Finally they will grout their piece. Annie will have a selection of 'substrates' – or surfaces that students can mosaic on. However, if you would like to bring something of your own to mosaic, you are encouraged to do so. You could, for example, chose to mosaic a coffee table-top, or the frame of a mirror. Please join Annie for some fun and creativity this summer!

Course is subject to enrollment. A minimum of 4 people must register in order for the course to be offered. Please contact Annie with any questions.

Costs: \$125 for 3 week session. Includes all materials.

Dates: Tuesdays in August

Times: 6 - 9:00 pm.

Location: Outdoor gazebo at Annie's property ~10 km east of Whitemouth.

More info upon registration.

Contact: Annie Bergen. 348 3038. abergen1@gmail.com

Stay Tuned!

WRRC is planning our 2nd summer of:

Swim To Survive,
the **B.O.A.T** course,
and **CPR/AED** course!



Part-Time Summer Job Opportunities!

Duties include planning & delivery of scheduled summer rec programs. Interested applicants, please contact Josie @ 340-6895.



Bread Making With Anita— Join Anita to learn the basic skills required to make any yeast bread. The day includes preparing & baking a multigrain bread, learning how to make a sweet dough, preparing & baking cinnamon buns, and discussing different types of bread & recipes. PRE-REGISTRATION REQUIRED! There must be a minimum of 6 participants to run this class. Registration due by April 11th.

Date & Time: Saturday, April 26th from 9am—4pm

Location: Whitemouth School Home Ec Room

Cost: \$40/person, plus supplies (*list available upon request*).

Contact: Josie @ 340-6895 or email whitemouth.river.rec@me.com



Ste. Rita Friendly Hands Club

☺ May 31 Spring Supper. Doors open 5:30pm, dinner at 6pm. Tickets are \$15/ adult, 6-12 years of age, \$7.50, and 5 and under free.

☺ Bingo every Sunday start time 7pm. odd/even game CHANCE to win \$1000 every Sunday.

Contact: Marcel - President @ 866- 3647 or the hall @ 866-2219