

# Fall 2018 Programs & Activities Guide



## Lac du Bonnet and Pinawa

### Fall Registration Nights:

Lac du Bonnet

5:00 pm to 7:00 pm

Wednesday, September 5

Lac du Bonnet Curling Club

Pinawa

5:30 pm to 7:00 pm

Tuesday, September 11

Pinawa Community Centre

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

## Your Guide to MAXIMUM Fun this Fall and Winter!

### How do I register?

**Lac du Bonnet:** Drop by our office at 75 Third Street during regular office hours **OR**

**Pinawa:** Drop by our office at the LGD Building during regular office hours **OR**

**Mail your registration to:**  
Winnipeg River Recreation (WRRD)  
Box 852  
Lac du Bonnet, MB R0E 1A0

**Registration (including payment) must be submitted before the program start date.**

#### Payment Methods:

\* Cash

\* Cheques made out to Winnipeg River Recreation (WRRD)

\* e-transfers sent to [wrrdassist@gmail.com](mailto:wrrdassist@gmail.com)

**PROGRAMS ARE SUBJECT TO CANCELLATION IF MINIMUM NUMBERS ARE NOT MET**

**Holidays/School Closures:** During holidays or school closures due to inclement weather or administration days, recreation programs will not run and our office may be closed.

**Refund Policy:** For ongoing programs, a refund may be requested after the first class. A full refund minus a \$15 registration fee will be returned. Refunds will not be available after the second class. For single day programs, refunds will be available if requested 5 days prior to the program start date.

Visit us Online! [www.wrrd.ca](http://www.wrrd.ca) Email: [wrrdcom@gmail.com](mailto:wrrdcom@gmail.com)



# The Winnipeg River Recreation District

## Who we are:

The Winnipeg River Recreation District is a community based organization with representation on its Board of Directors from the Town of Lac du Bonnet, RM of Lac du Bonnet, LGD of Pinawa, Sunrise School Division, and the School District of Whiteshell. The Commission has been in existence since March of 1981. It provides services to all residents in all age groups represented by the board.

## What we do:

- \* Provide recreation opportunities for residents
- \* Serve as a community resource
- \* Promote healthy communities

## How we do it:

- \* Providing programs and services
- \* Coordinating and organizing activities
- \* Fostering positive working relationships between the communities by promoting inter-community activities
- \* Participating in local, regional, and provincial organizations
- \* Promoting, educating, and communicating about healthy living

## Thank you to our Board of Directors:

Rob McLachlan · RM of Lac du Bonnet Council

Greg Short · Town of Lac du Bonnet Council


Chuck Handford · LGD of Pinawa Council

Russ Reid · Sunrise School Division Representative

Kay Harvey · Whiteshell School District Representative

**Interested in joining our board? We are looking for community representatives for the LGD of Pinawa & RM and Town of Lac du Bonnet!**

## Exercise and Peace of Mind...

 40/30/20

### The Exercise Class With a Total Body Focus!

This three part class consists of **40 minutes of low impact aerobics**, with a long gentle warm-up leading up to more vigorous low impact movement to music, followed by a cool down to bring heart rates down gradually. Next is **30 minutes of resistance training** to build strength and improve muscular endurance, using weights and a variety of resistance equipment. Finally, **20 minutes of stretching and relaxation** help to improve flexibility and joint mobility, with emphasis on breathing to relax and release tension.

**Instructor:** Kathy Picard

**Dates:** Thursdays, September 13-November 15

**Location:** Lac du Bonnet Community Centre

**Time:** 10:00-11:30am

**Cost:** \$90/10 weeks or \$10/class drop in



### Mature Adult Exercise Classes

These classes are one hour long and consist of 25 minutes of low impact aerobics followed by resistance training with light weights for muscular endurance, strength, and power. Exercises to maintain balance and stretches to increase flexibility follow, for a class with a total body emphasis. Modifications will be made for those with mobility issues or physical limitations. An added benefit is social interaction with class participants and meeting new people.

**Instructor:** Kathy Picard

**Dates:** Mondays, September 10–November 19 (No class October 8)

**Location:** Lac du Bonnet Community Centre

**Time:** 1:00-2:00pm

**Cost:** \$50/10weeks or \$5/class drop in

### DID YOU KNOW THAT...

THE WRRD OFFICE HAS EXERCISE EQUIPMENT, PEDOMETERS, YOGA MATS, SNOWSHOES, BIKES, AND MORE THAT ARE AVAILABLE FOR MEMBERS OF THE COMMUNITY TO BORROW? CONTACT US TO FIND OUT WHAT WE HAVE AND HOW TO BORROW IT!



## Hatha Yoga

Hatha Yoga refers to a set of physical poses (asanas) designed to align the muscles and bones and open the many energy channels of the body, especially the spine, so that energy can flow freely. Hatha yoga is intended to create a balance of strength and flexibility in the body as well as a balance of effort and surrender in each pose. A Powerful tool for self-transformation, Hatha yoga requires that one pay special attention to the breath, which helps calm the fluctuations of the mind. This allows the practitioner to become more present in the unfolding of each moment, resulting in more awareness and relaxation. This style of yoga provides a great stretch and strengthens the body.

The use of props and modifications will be used if necessary so that even those with health restrictions or decreased range of motion can enjoy the benefits of a traditional practice.

### 12 Weeks

**Instructor:** Fran Mir-Robertson

**Dates:** Mondays, September 10–December 3 (no class October 8)

**Location:** Lac du Bonnet Centennial School Library

**Time:** 6:30-7:30 pm

**Cost:** \$100/12 week session or \$10/class drop in

---

## Hunters Safety



All hunters in Manitoba are required to possess a Hunter Education certification or an equivalent when hunting. Hunter education promotes safe and ethical hunting practices and introduces new hunters to wildlife management, hunter responsibilities and how to prepare for the hunt. A person must be at least 12 years of age to purchase a hunting licence or qualify for the youth hunting provision. We will accept students into our Hunter Education class who are within 3 months of their 12th birthday; however, the hunter safety card is not issued until he/she turns 12.

**Date:** Sunday, October 14th

**Time:** 8:45am-4:30pm

**Cost:** \$75 + \$10 textbook fee

Please note that the textbook can be printed off (but also note that it is 106 pages) Textbook: <https://mwf.mb.ca/gohunt/licensing/huntersed/>

**Location:** Pinawa

## CPR/First Aid/AED Training-Weekday Class



**Standard First Aid/CPR Level C (2 Full Days): Lac du Bonnet**

**Date:** September 18 & 19

**Time:** 9am

**Location:** Mrs. Lucci's Resource Centre, 76 Third Street

**Cost:** \$145



**CPR/AED (half day): Lac du Bonnet**

**Date:** September 18

**Time:** 9am

**Location:** Mrs. Lucci's Resource Centre, 76 Third Street

**Cost:** \$75

**Dyna****ic**  
**First Aid & CPR**



**Emergency First Aid/CPR Level C (1 Full day): Lac du Bonnet**

**Date:** September 18

**Time:** 9am

**Location:** Mrs. Lucci's Resource Centre, 76 Third Street

**Cost:** \$95

**\*\*NOTE: SPACE IS LIMITED AND PRE-REGISTRATION AND PRE-PAYMENT IS REQUIRED FOR ALL CPR/FIRST AID/AED TRAINING CLASSES\*\***

## CPR/First Aid/AED Training-Weekend Class



**Standard First Aid/CPR Level C (2 Full Days): Lac du Bonnet**

**Date:** October 13 & 14

**Time:** 9am

**Location:** TBD, Lac du Bonnet

**Cost:** \$145



**CPR/AED (half day): Lac du Bonnet**

**Date:** October 13

**Time:** 9am

**Location:** TBD, Lac du Bonnet

**Cost:** \$75



**Emergency First Aid/CPR Level C (1 Full day): Lac du Bonnet**

**Date:** October 13

**Time:** 9am

**Location:** TBD, Lac du Bonnet

**Cost:** \$95

## Stained Glass Classes

### Beginner

This is a complete course including instruction, tools, and materials which will enable anyone to learn the basics of foil stained glass. This class will take students through the entire process from planning, preparing a pattern, choosing the glass, cutting, grinding, filing, soldering, and finishing their products. All supplies are included.

**Please pack a lunch**

**Date:** Saturday, September 22

**Location:** Lac du Bonnet

**Time:** 9am-5pm

**Cost:** \$60

### Intermediate

This is a complete course including instruction, tools, and materials. This class builds on the beginners class and goes through the steps of building a larger project of up to approx. 20 pieces. Participants can choose one of our patterns or one of their own. Students will learn the importance of accurate grinding, working with a frame, and use of lead came. **Please pack a lunch**

**Date:** Saturday, October 20th

**Location:** Lac du Bonnet

**Time:** 9am-5pm

**Cost:** \$70



### Christmas Beginner

This is a complete course including instruction, tools, and materials which will enable anyone to learn the basics of foil stained glass. This class will take students through the entire process from planning, preparing a pattern, choosing the glass, cutting, grinding, filing, soldering, and finishing their products. All supplies are included. Christmas themed. **Please Pack a Lunch**

**Date:** Saturday, November 10

**Time:** 9am-5pm

**Location:** Pinawa

**Cost:** \$60

**\*\*NOTE: SPACE IS LIMITED AND PRE-REGISTRATION AND PRE-PAYMENT IS REQUIRED FOR ALL STAINED GLASS CLASSES\*\***

## Prairie Sign Parties

🍁 Join us for a Prairie Sign Party as we create beautiful 13" x 13" farmhouse style signs! **Please note that pre-registration and payment will be required for this class at least one week prior.** With 2 background colours, 3 stain options and over 10 colours to choose from for your designs, your farmhouse style sign is fully customizable. 29 design options to choose from.

Class instruction provided by: <https://www.facebook.com/prairiesignparties/>

To register:

Fill out the link below, and send payment by e-transfer to prairiesignparties@gmail.com

<https://goo.gl/forms/guKDkfEOOrAHwrkH3>

**REGISTRATION DEADLINE IS SEPTEMBER 15!**

**Date:** Friday, September 21

**Time:** 6:30-9pm

**Location:** Pinawa Secondary School- Multipurpose Room

**Cost:** \$55 includes light snack and beverage



🍁 Join us for a Prairie Sign Party as we create beautiful farmhouse style signs! **Please note that pre-registration and payment will be required for this class at least one week prior.** You will be able to choose from 45 different designs including winter & Christmas themes!

Class instruction provided by: <https://www.facebook.com/prairiesignparties/>

**Date:** Saturday, October 27

**Time:** 1-3:30pm


**Location:** TBD, Lac du Bonnet

**Cost:** \$55 includes light snack and beverage

**Watch our website [www.wrrd.ca](http://www.wrrd.ca) for the link to register/choose your design.**



## Fermented Foods Series

 **Date:** Saturday, October 20th

**Location:** Lac du Bonnet

**Times/Cost:** 1:00-2:00 pm Kombucha \$ 40.00

2:30-3:30 pm Fermented Vegetables \$ 35.00

4:00-5:00 pm Bone Broth and Water Kefir \$ 40.00

**Or all three for \$100**

**Join Health Coach Ashley Pharazyn for a class of your choice or all three in this series.**

**Kombucha class** includes the step by step instructions and supplies to make your own kombucha at home.

Health benefits of kombucha include:

- can improve digestion
- boost energy
- can ease joint pain

**Fermented Vegetable class** includes the step by step instructions and supplies to make your own batch of fermented vegetables. This workshop Ashley will cover:

- why salt matters
- how to make your own whey
- recipes to make your own fermented vegetables at home

**The bone broth and water kefir class** covers the healing benefits of bone broth and the steps and supplies to make your own water kefir at home.

Bone broth health benefits include:

- aids digestion
- fights infection
- heals the digestive tract

Health benefits of water kefir include:

- enhanced digestion
- treats yeast infections
- reduces colds and flus





## Tarantism Dance Classes

### **Creative Movement \$50**

(Ages 3-5): 10-10:30am

This class is a fun introduction to dance that all children will love. Students will explore creating rhythms and learn how to move with music. All while exploring their imagination with props, games, and stories.

### **Beginner \$70**

(Ages 5-8): 10:45-11:30am

In beginner, students will perfect the fundamental steps of all dance styles while also getting a chance to start learning the genre specific basics of Jazz, Ballet and Ukrainian technique. Students will spend 25 mins of class time on a warm up and perfecting their fundamentals and 20 mins starting to learn the basics of Jazz, Ballet and Ukrainian on a rotational basis.

### **6 weeks**

**Dates:** Saturdays, September 15- October 27 (No class Oct. 6)

**Location:** F.W. Gilbert School, Pinawa

**Minimum 7 Participants, Maximum 13**



## Youth Bowling **\*NEW\***

For youth ages 8-12! Organized league bowling can be a lifetime social activity. Youth League kids get to interact with teammates and learn a sport that can be played their entire lives. Every child gets to play the same amount regardless of size or strength. Team bowling builds self-esteem. It's fun- kids love to bowl!

**This is not a drop off activity - parents are required to stay and encouraged to help volunteer (ie help with scoring).**

**Dates:** Saturdays, November 3- Dec 15th

(please note that it will not run on Saturday Nov 17)

**Time:** 10-11:30am

**Location:** Lac du Bonnet Bowling Lanes, 25 McArthur Avenue

**Cost:** \$60 for the six week program, cost includes shoe rental each week.

**\*PRE-REGISTRATION & PAYMENT REQUIRED AS THIS WILL REQUIRE A MINIMUM AMOUNT IN ORDER TO RUN\***



**Saturday, October 27**  
**Pumpkin Parade and Trunk-or-Treat!**

**Stay tuned for more details on this exciting evening of fun!**





## Rhythmic Gymnastics

Recreational Rhythmic Gymnastics is an all inclusive, non-competitive sport. Students will practice balance, flexibility, rhythm, and team work. Ribbon, ball, hoop, and scarf skills will be taught as well as a performance piece for our December recital.

Fall Session will start September 19/20/21 and run until mid December ending with a recital.

Winter Session will start mid January and run until Spring Break.

Display Group begins after Spring Break and will perform around the province.

### Wednesdays: Pinawa Class

6:15-6:45pm 3 year old's \$75

6:45-7:45pm 4&5 year old's \$135

Location: Pinawa F.W. Gilbert School

### Thursdays: Lac du Bonnet Class

5:45-6:15pm 3 year old's \$75

6:15-7:15pm 4&5 year old's \$135

Location: Lac du Bonnet Centennial School

### Fridays: Lac du Bonnet Class

5:45-6:45pm Grade 1&2 \$135

6:45-7:45pm Grade 3 & up \$135

**All classes will be limited to 15 students per class.**

Students in grade 1 and up will need to order equipment, and students in younger classes will need to order a hoop which can be done on registration night.



**LOOKING FOR MORE CHILDREN'S ACTIVITIES IN THE LAC DU BONNET/PINAWA AREAS? CHECK OUT OUR WEBSITE FOR THE CHILDREN'S ACTIVITY GUIDE!**



Winnipeg River Recreation has bikes and snowshoes that you can borrow both in Lac du Bonnet and in Pinawa at no cost during our regular office hours. Please call our office for more details.

# Winnipeg River Recreation Office Info

RECREATION DIRECTOR

Donna Watts

Email: [wrrdcom@gmail.com](mailto:wrrdcom@gmail.com)

ADMINISTRATIVE ASSISTANT

Kristen Meads

Email: [wrrdassist@gmail.com](mailto:wrrdassist@gmail.com)

Box 852

Lac du Bonnet, MB R0E 1A0

Lac du Bonnet Office: 345-8816

Pinawa Office: 753-5104



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

## Lac du Bonnet Office Hours:

Monday: 9:00am -3:00pm

Tuesday: 9:00am -4:30pm

Wednesday: 9:00am -4:30pm

Thursday: 9:00am -4:30pm

Friday: 9:00am -3:00pm

The Lac du Bonnet office is located at  
75 Third Street

## Pinawa Office Hours:

Monday: 9:00am-4:30pm

Friday: 9:00am-4:30pm

The Pinawa office is located inside the  
LGD building

\*\*office hours can be subject to change  
without notice\*\*

## Thank you to our supporters and partners:

- \* The Province of MB: *Children and Youth Opportunities*
- \* RM Of Lac du Bonnet
- \* Town of Lac du Bonnet
- \* LGD of Pinawa
- \* Sunrise School Division
- \* School District of Whiteshell
- \* Interlake-Eastman Regional Health Authority
- \* Two Rivers Seniors Resource Council
- \* Pinawa Community Development Corporation
- \* Lac du Bonnet Community Centre Inc
- \* Lac du Bonnet Regional Library
- \* Mrs. Lucci's Resource Centre
- \* Lac du Bonnet & District Chamber of Commerce