



Municipality of the District of St. Mary's & St. Mary's Recreation Department

January 2013 Newsletter

www.saint-marys.ca

The DEADLINE to have information submitted for the February issue of the Newsletter is **WEDNESDAY, January 23rd** at 4:00 p.m. Submissions can be received by fax: 522-2309 or email: (note the change in email): council@saint-marys.ca. Subject line must read NEWSLETTER SUBMISSION. Also please note that we reserve the right to edit any and all submissions to this newsletter.

COUNCIL MEETING: The next regular meeting of St. Mary's Municipal Council will be held on Monday January 14th, 7 pm. The public is invited to attend. Visit our website for up to date information www.saint-marys.ca

St. Mary's Recplex Update

Christmas Special: Over the Christmas vacation – book a private rental for \$125!



Family Skates are Sundays from 2:00-3:00 pm. Cost is \$2/person or \$5/family, effective January 1st

FREE CHRISTMAS SKATE @ RECPLX
Thursday December 20th at 6:30pm

For anyone wishing to book ice time contact Brad Burns, Recplex Manager at 522-2646. See Scheduled Events: <http://www.saint-marys.ca/recplex/>

Municipal Office Christmas Hours:

December 24th, 25th, 26th – CLOSED

December 27th, 28th – OPEN Regular Hours

December 31st, January 1st – CLOSED

Stop by the office on Friday December 21st for Free Hot Chocolate and treats!

Transfer Station Christmas Hours:

December 22nd – CLOSED At NOON

December 24th, 25th, 26th – CLOSED

December 27th, 28th, 29th – OPEN Regular Hours

December 31st, January 1st – CLOSED



St. Mary's District Food Bank

Give the gift of sharing! Have you ever considered giving a donation to the Food Bank in the name of a friend or relative?

The Food Bank will send a gift card to whomever you choose, indicating that you

have made a gift donation in their name. Money for gift cards or donation may be mailed to St. Mary's District Food Bank, PO Box 102, Sherbrooke, NS B0J 3C0. Tax receipts are available for donations of \$25 or more.

Holiday Garbage and Recycling Collection

Dec 18 ZONE 1 GARBAGE	Dec 19 ZONE 2 GARBAGE	Dec 20 ZONE 3 GARBAGE	Dec 21	Dec 22 ZONE 1 RECYCABLE
Dec 25 NO COLLECTION	Dec 26 ZONE 2 RECYCABLE	Dec 27 ZONE 3 RECYCABLE	Dec 28	Dec 29 ZONE 1 GARBAGE
Jan 1 NO COLLECTION	Jan 2 ZONE 2 GARBAGE	Jan 3 ZONE 2 GARBAGE	Jan 4	Jan 5

Zone 1: New Chester – Ecum Secum – Liscomb – Sherbrooke – Sonora

Zone 2: East Loon Lake – Smithfield – Denver –

NewTown – Glenelg church Rd – Aspen – Goshen

Zone 3: Hwy 211 – Port Bickerton – Stillwater –

West Melrose – Lead Mines Road – Waternish



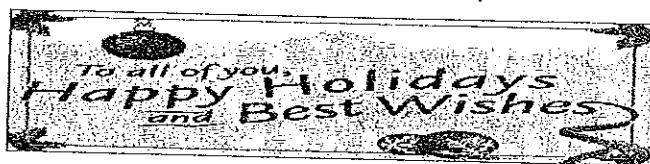
Message from Eastern Shore Cartage:

Please do not overfill bags.

Bag weight limit is 50 lbs.

CIVIC ADDRESSING BYLAW

FOR YOUR SAFETY, civic number signs are required to be posted at the end of your driveway unless the number is visible within 15 meters from road. Civic signs need to be clearly marked, with the numerals a reflective material that clearly contrasts with the background upon which the numbers are displayed. If you wish to purchase a civic sign for \$25 contact the municipal office.



Sherbrooke Library Chat Line

Christmas closing: Before December 22 get your books for your Christmas reading. We will be closed from Monday, December 24th until Thursday, January 3rd. Merry Christmas and good wishes for a wonderful 2013 to all from Marcia, Helen, and Lesley.

Monday, Tuesday, Thursday: 11am-4pm

Friday: 9:30am-2:30pm Saturday 10am-1pm

Sherbrooke Library Chat Line Continued...

Meditation Class-will resume after the hectic holidays on Jan 8 and will follow the usual time of Tuesdays at 11:00-12:00. Learn how to meditate followed by a short practice. Feel the peace and calmness.

Village Readers' Book Club-The first Friday of every month. Next meeting is January 4 at 11 am. Come and tell us about an interesting book that you have read over the holidays-or are still reading.

Seniors' Café-Fridays at 9:30 am. Join us for a snack, conversation, have a game of scrabble, check out your books, and use our computers.

Story Time in a kit - In the kit are books, craft ideas and supplies, felt pieces to go with one of the stories, and other such suitable items. These kits are available for you to either use at home or bring your child/children to the library during open hours and use it here.

Indian Harbour Lake/Jordanville Comm. Centre

Next hall meeting will be January 14, 2013 at 7:00 pm. All are welcome.

Auction 45's every Tuesday at 8:00 pm.

Light brunch. Admission. \$5.00

New Years Eve Dance

St. Mary's District Lions Club
Sherbrooke, December 31st

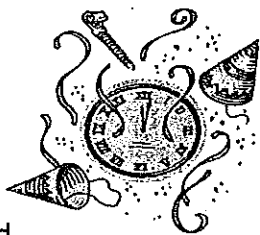
9:00 pm to 1:00 am

Music by "Sparrow"

Light snacks

\$25.00 per person G'D Required

Tickets available from Lions Club Members.



Compass Rose Quilt Guild

The first meeting of the New Year will be held on Monday, January 7th at 1:30 in the Municipal Building Council Chambers. Any quilters interested in joining our group are welcome to attend.

Happy New Year from High-Crest !

Norman Knapman will be having a birthday on January 8th, Happy Birthday Norm! We will celebrate on January 7th, at 1:15pm. We will play Bingo and have cake and ice cream, everyone is welcome!

A special Thank you to all staff members who made the Nursing Home look so beautiful for Christmas.

Our Christmas Tea & Sale went very well, thank you to all who donated and to all who attended! We had a great turn out and with tickets sales from our basket and the tea and craft tables we earned \$500.00 and enjoyed visiting with you all.

Congratulations to all of our winners! The winner of our Goodie Basket was Shirley Tibert, door prizes winners were: Stella Brushett, Mary (Graham) Burns, Barbara Furlong and Terri MacDonald! Thanks to everyone for supporting the Nursing Home!

Wishing you all a very safe and Happy & Healthy New Year!



We would like to take this opportunity to thank our volunteers, donors, supporters and staff for all of their support (in any way) with programs in 2012. We truly could not do it without all of you! Please know that your dedication to the village is truly appreciated.

We'd like to show our thanks!

On January 4th at 7:00 pm at the Sherbrooke Village Exhibit Centre, the Old Fashioned Christmas committee, Show & Shine committee and Rally That Gives committee will partner with the Historic Sherbrooke Village Development Society and the Sherbrooke Village Restoration Commission to host a post-Christmas thank you party for all of our volunteers, donors, members and staff. You know who you are, so please come out and let us show our gratitude for your loyal support.

The Baptist Congregation of Port Hilford, Port Bickerton & Sonora

(Convention of Atlantic Baptist Churches)

You are invited to these Worship Services and events:

Jan. 6, 11 AM – Port Bickerton United Baptist Church

Jan. 13, 11 AM – Sonora Baptist Church

Jan. 20, 11 AM – Port Hilford United Baptist Church

Jan. 27, 11 AM – Port Bickerton United Baptist Church

Adult Elective on 2nd Timothy, 10 AM Sunday, resumes

on Jan. 13. Bible Study, Tuesdays, 6:30 PM at Port

Hilford United Baptist Church, resumes on Jan. 8

For more information contact Rev. Norman Pearce

522-2087 or hbs.baptist@ns.sympatico.ca



Indian Harbour Lake Pentecostal Church January Worship & Activities

Sunday, January 6th, 13th, 20th & 27th

11:00 am Morning Worship

Sunday, January 20th 6:30 p.m. Praise & Prayer

Weekday Activities

Wednesday, 9th, 16th, & 23rd

7:00 p.m. Bible Study on the End Times

Friday, January 11th & 25th

Youth Group (Ages 12 – 18) at the parsonage

All are Welcome! For more information, contact

Pastor Dave Connolly at 522-2759 or

pastordave@ihlpentecostalchurch.ca

St. Thomas Anglican Church – Indian Harbour Lake ... WE make 'em you bake 'em
PIE SALE will begin on January 21. Due to the increase in prices for supplies, we have had to raise our price. Regular Apple \$8, Apple Splenda \$9, Cherry and Raisin \$7, Shells \$2.50. Please place your orders early by calling: Sandra 522-2833, Belinda 522-2460, Angie 522-2268, Linda 522-2933 or Vickie 364-2966



St. Mary's Recreation

website: www.saint-marys.ca/recreation or www.facebook.com/StMarysRec



JANUARY, 2013. HAPPY NEW YEAR! RECREATION NEWSLETTER

VOLUNTEER RECOGNITION!! Each year, the Municipality recognizes the outstanding contribution that volunteers make in this area. The recreation office will be sending out nomination forms by the middle of January. Please take the time to nominate someone who is deserving of this award from your community, community group, or any type of volunteering that they do. Should your group or organization not receive a form, please contact the recreation office at 522-2598 as soon as possible. Or, you can pick the forms up at the recreation office if you like. The DEADLINE to have nomination forms submitted is February 15, 2013. We will be having the St. Mary's Volunteer Awards



Ceremony sometime in April, so be on the lookout for the date of this. And remember, Volunteers are the heart of every community.

R.A.L.L.Y. (Recreation and Leisure, Life and Youth Program)

This is an after school program targeted towards children and youth of the Municipality. It is focused on getting kids physically active, being involved in social settings, playing games, interacting with their peers, doing activities, and just engaging in recreation type activities. Wednesdays, Jan 9 - 30. Grades 2-8. 2:30 pm to 4:00 pm. St. Mary's Education Centre. Free of Charge. Please call the rec dept. to register. 522-2598.

RECREATION/OUTDOOR LIFE NETWORK As a recreation department, we are trying to develop an outdoor life network with this area. If you are unsure of what this may entail, it is just an online network that you can use through our recreation facebook page. For example, if you are going for a hike somewhere, a run, a walk, or doing an activity that involves you being outside, you can post it on our facebook page, and then hopefully others will see it and can maybe tag along with you! Eventually, the more people tagging along, the better! You can make a day out of with others! For more information, please call the recreation office at 522-2598.

RECREATION HOCKEY Wednesdays, 7:00 pm to 8:00 pm. St. Mary's RECPLEX, Sherbrooke. Ages 16 - 22. This program will run for 8 weeks started on December 5th and ending on January 30th. If there is interest in playing for another 8 weeks, we will decide that on a later date. Please note: there will be no hockey on December 26th. At the end of the 8 week program, we will set up a tournament. ALL REGISTRATION FEES AND REGISTRATION NEED TO BE PAID before going on the ice by calling 522-2598, or

dropping by the recreation office at the municipal building. \$75.00 Per Person for 8 weeks.



ADULT HOCKEY Another Hockey season is started up again and they already hit the ice! This league is for people ages 19 and up. Games have already begun and played on Tuesday and Friday nights starting at 7:00 pm. The schedule and team lists are on the municipal website in the recreation section. If you have any questions or would like to sign up for hockey, please contact the recreation office at 522-2598.

EVENTS IN MELROSE 45's: Tues. at 1:30 pm and Sat. at 8pm. Cribbage: Thursday evening starting at 7:30 pm.

SNOW CREATION CONTEST! OK St. Mary's, let's see what you got... In regards to building snowmen that is. St. Mary's Recreation Department will be the judges here seeing who comes up with the best snowman, or whatever you decide to create out of snow. All you have to do is create something in the snow, take a picture of it, and send it in to the recreation department. So, create it, and send it in to be judged, the winner with the best creation will win a prize on behalf of the municipality. You can email the picture of your creation to recreation@saint-marys.ca or drop it off to Josh at the at the Municipal Building.

WALKING PROGRAM Get out of the cold weather and go for a walk through the halls of St. Mary's Academy. This is open for you to walk from Monday to Friday, 3:00 pm - 8:00 pm.

RINGETTE St. Mary's Recreation is proud to introduce this great sport to the area! This is an awesome way to get on the ice, strap up the skates, learn the game, and have fun while staying active! If you want to be involved and interested in participating in this sport, please contact the recreation department at 522-2598. If

we have enough people interested, we will then choose a day and time to have the program on. This program will be at the RECPLEX in Sherbrooke. All ages! \$50.00 for 8 weeks.



RECREATIONAL SPORTS Anyone who is interested in playing a certain sport once a week, please contact the recreation department at 522-2598. If there is enough interest in a sport you would like to play, a day and time will be decided on and games will carry on throughout this year. All ages! Ball hockey, basketball, badminton, lacrosse, volleyball, ping-pong, indoor soccer, mini-tennis, etc.

SENIORS GAMES AND ACTIVITIES Any seniors interested in an afternoon, or morning games or activities day in your area, please contact the recreation office at 522-2598 and we will do our best to make it happen! This could be any activity or game that you would like to play or do. Cards, carpet bowling, redneck golf, board games, scrabble, etc. Or, even a walking group!

HIGHLAND CONNECT Looking for something to do? Highland Connect is a new website that enables you to see what is going on in your community. It is an online guide for active living resources. Here you can search for activities, events, programs, etc....Go and check it out!!: www.highlandconnect.ca

**HIGHLAND
CONNECT**

Search Find Play

SKATING/FIGURE SKATING/LEARN TO SKATE Come learn to skate, and practice your skating skills this season at St. Mary's RecPlex. An instructor will be there to guide you through practices and teach you how to skate. PLEASE REGISTER BY CALLING 522-2598. If we do not have enough kids registered, the program will not run. Ages 4+. We will decide on a day/time and cost at a later date.

OPEN GYM TUESDAYS: 6:30-7:30 PM. SMEC.

CANADIAN TIRE JUMP START PROGRAM

This program helps kids be involved in sport and recreation. It enables financial assistance to families. Canadian Tire Jumpstart helps financially disadvantaged kids ranging in age from 4 to 18. **HOW TO APPLY:** Applications for assistance can be submitted from Jan. 15 – June 1 for spring/summer programs, and from July 1 – Nov. 15 for fall/winter programs. Call 1-877-616-6600. If you want additional information on this program, please do not hesitate to contact the recreation department at 522-2598, or visit the



jumpstart website (<http://jumpstart.canadiantire.ca/>).

Recreation And Leisure Leaders And/or Instructors

The Municipality of the District of St. Mary's Recreation Department is currently looking for instructors or leaders in the area that are able to instruct or lead a course activity, event, program, and/or club in their expertise. So, if you are interested in teaching, leading, or instructing something that you are able to, we would love to hear from you. Please contact the Recreation Department at 522-2598. We are looking for instructors or leaders in areas that interest you and are able to lead. Examples are instructors or leaders for cooking/baking classes, guitar lessons, orienteering, computer classes, crafts, painting classes, scrapbooking, etc.

SMILE PROGRAM SMILE is a developed program in the Sherbrooke Community run by the recreation department that will provide opportunities for persons with intellectual disabilities. Events will be held in Sherbrooke and surrounding areas. Please contact the recreation office at 522-2598.

RECREATION NOVA SCOTIA PHOTO CONTEST

Go digital and email us your pictures to Recreation Nova Scotia (student@recreationns.ns.ca) or mail in your photographs to Recreation Nova Scotia, 5516 Spring Garden Road, Suite 309, Halifax, NS, B3J 1G6. Email: bmahon@recreationns.ns.ca. The winner will receive a prize from Recreation Nova Scotia. All you have to do is draw a picture in color of some type of recreation activity that you could do in the winter. So, we encourage you to be artistic and send in your picture!



ZUMBA CLASSES Everyone must know how popular ZUMBA has become in the Municipality! It is a mixture between

dance, fitness, exercise, and a lot of fun! Maria Tate, a certified Zumba instructor is continuing to hold classes in Sherbrooke. She makes this class very enjoyable, tons of fun, and a great workout for any age group of people. \$5 Per person, per class. Class times: Mondays – Zumba Gold. 6-7 pm. St. Mary's School
Tuesdays – Zumba. 6-7 pm. St. Mary's School
Thursdays – Zumba Toning. 6-7 pm. St. Mary's School

MUNICIPAL WEBSITE VENTURE www.saint-marys.ca Looking for photos from around our district..... If you have a picture you'd like to share please submit via email to council@saint-marys.ca Perhaps a scenic photo or an event... Any pictures chosen to be displayed on the newly revamped website, the photographer will receive a prize. Let's show case our beautiful municipality.

EMERGENCY FIRST AID/CPR COURSE If you need, or would like to have your first aid and CPR course, there is an opportunity to get it! Also, this CPR level C course enables you to perform CPR on all ages instead of just one target age group. Need a minimum of 8 people. \$80.00 per person. Please register by calling the recreation office at 522-2598. Once we get 8 people registered, we will then get someone down to the area to instruct the course.

HOCKEY, SKATING, AND CURLING The Winter sport season is started up again and we hope you will enjoy your time at the RecPlex in Sherbrooke. There will be open skates, Minor Hockey, Adult Hockey, Curling, School Hockey, Ringette, Figure Skating, Learn to Skate, other events, and good food at the canteen. Please contact The Recreation Office for information on programs, skates, leagues, socials, tournaments, etc. at 522-2598.

CONTINUING EDUCATION COURSES/PERSONAL INTEREST Any individuals, or groups that are interested in these types of classes or courses in your area, please contact the recreation office at 522-2598 and we will do our best to make them happen. These classes/courses could be Spanish, food handlers course, boating safety course, digital photography, computers, GPS course, drawing, kitchen planning, interior design, improving bridge, tropical dance, dance, different types of dance, guitar, cake decorating, holiday card making, woodworking, scrapbooking, etc. We are also looking for instructors or leaders as well in an area of an expertise that you may have.

CURLING FOR KIDS St. Mary's Recreation is offering a kids curling program at the Recplex. If enough kids are interested, we will then decide on a day and time for the program. Please call the recreation office if interested or to register at 522-2598. Ages 5-18. A cost for the program will be determined at a later date.

HIGHLAND REGION LEADERSHIP FUND Provides financial assistance to new initiatives in leadership training development which result in increased involvement in Physical Activity roles, and increased and improved physical activity leadership skills of community recreation and sport leaders. Examples of eligible include: course to become certified instructors, coaching certification programs and more. For more information please contact the recreation office at 522-2598.

ST. MARY'S COMMUNITY DIRECTORY If you know of, or have an organization/group that is involved with recreation, sport, physical activity, fitness, or exercise, please contact the recreation department at 522-2598 and we will distribute it on our website so that the public can have access to it and contact for more information.

ATOMIC VOLLEYBALL PROGRAM The Atomic Volleyball program is a great tool for teaching children the basics of the sport and getting them ready for the more complex 6 on 6 game when they are older. As a companion program to Volleyball Canada's successful Mini-Volley program, Atomic Volleyball continues to build on the Mini-Volley concepts. This program focuses on fair play, skill development, teamwork and most of all a rewarding game-play experience. Its larger goal is to develop a passion for the sport in the younger players of the game! Atomic Volleyball can be incorporated into a municipal recreation program. It incorporates principles established in the Canadian Sport for Life (CS4L) athlete development model for Learning to Train Stage athletes. In the Atomic program, the traditional 6 on 6 game has been modified. The game is played 4 on 4 to increase player involvement, increase the number of times each player regularly contacts the ball, and raise a young player's confidence. The game is also very adaptable. Nets are lowered to heights appropriate for the size and age of the players. Fun and participation are the primary objectives of the program not competition. Tuesdays, 2:30 – 4:00 pm. Jan. 8, 15, 22, and 29. School. Ages 6-12. Please register by calling 522-2598. FREE!



LUCKY DUCK LOTTO What is Lucky Duck Lotto ? An easy, trouble free fundraising program designed to help community groups raise monies for their projects and activities.



LEARN TO CURL St. Mary's Recreation is offering a 5-week introduction to the game of curling. Participants will learn the basic fundamentals of skills and strategies for this great winter sport. All equipment is

provided. When enough people are registered or if there is enough interest, we will then decide on a day and time of the program. This program is at the Recplex and is for all ages. Please call 522-2598 to register or for more information. \$75.00

ST. MARY'S RECPLEX For your information, the great facility that operates in Sherbrooke will eventually be equipped with a walking track inside. Hard rubber matting will be throughout the rink. Check our website for more information on this or call the recreation department at 522-2598.

VOLUNTEER OPPORTUNITIES: If you would like to volunteer for anything, please contact 522-2598.

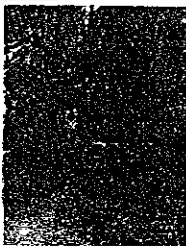


Equipment Loan Out Program The Municipality of the District of St. Mary's Recreation Department has all sorts of recreational equipment available to you for little or no cost. Please call 522-2598 for more information, or to rent them out. Snowshoes, balls, gps's, washer toss, and much more.

PARKS AND TRAILS This Municipality is in an area where there are all kinds of trails that you could go for a walk, or hike on! So, get out there and discover the sights and sounds of these great trails! Stonewall Park - The Friends of Stonewall Park Society is currently working on fixing up the park to make it more accessible, and more of an attraction! Like hiking? If you or a group of people are interested in developing a hiking group, please call 522-2598 and we will be pleased to set a program up!

Community Groups, Organizations, Clubs If you are interested in a program or event in your community, we encourage you to contact the recreation department at anytime. St. Mary's recreation is constantly seeking for new ways to improve recreation in our communities and promote physical activity. Also, if you are interested in recreational/community development in your area regarding facilities, playgrounds, outdoor recreational/play spaces, etc. please contact us! You can reach the Recreation Coordinator at recreation@saint-marys.ca or phone: 522-2598.

RECREATION, PARKS, TRAILS, AND ATTRACTIONS The Recreation Department for the Municipality of St. Mary's is currently working on a plan to scope out all of the trails, parks, and attractions this area has to offer, and then distributing these on the municipal website. Residents, visitors, and tourists will be able to have access and get specific information of all recreational type locations that we have to offer in this municipality for what best suits them and what they can do on their leisure time. This consists of bicycle routes, where trails are located, what kind of trails they are, locations of picnic parks, length of walking paths, etc. If this interests you, would like to be involved, or you would like to volunteer for the implementation of this project, please contact Josh Corkum, Recreation Coordinator at 522-2598 or email at recreation@saint-marys.ca



LIONS BINGO Wednesdays. Starting at 7:45. Sherbrooke, Lions Hall.

St. Mary's Municipality Website We have a municipal website that you can go on to get information. The web address is on the front page of the newsletter section. On the recreation section of the website you will find the programs that we offer, updates on programs, cancellations of programs if needed, and other additional information. Check out all the information that you need on recreational opportunities within this municipality.

Social Media and Facebook

Social Media is becoming a trend in the recreation industry for promoting, advertising, and getting information on programs, activities, and what's going on in your area. If you may or may not have known, St. Mary's Recreation has a Facebook page where people can go on and get updates on programs and activities that are going on within the Municipality. On there you will get



updates on when things are cancelled, reminders of when programs are, pictures, etc. All you have to do is join the Facebook page are you are set! Type in St. Mary's Recreation and like it, or join group.

KIDSPORT Kid Sport is a national children's program that helps kids overcome the financial barriers preventing or limiting their participation in organized sport. Kid Sport Nova Scotia provides funding of up to \$300/year/child for sport registration and/or equipment. Kid Sport™ Canada is a national not-for-profit organization that provides financial assistance for registration fees and equipment to kids aged 18 and under. Through a confidential application process we provide grants so they can play a season of sport. One of our primary goals is to support our network of 11 provincial/territorial Kid Sport chapters and 177 community Kid Sport chapters across Canada in their fundraising and sport activities. If you want more information on this program, please contact the recreation department at 522-2598, or visit the website: www.kidsportcanada.ca



RED CROSS ASSISTANT WATER SAFETY INSTRUCTOR

(AWSI) The Antigonish Recreation Departments hosts Canadian Red Cross Water Safety Instructor courses. The Alumni Aquatic Center is offering Canadian Lifesaving Society Training Programs. Make waves and sign up for these courses. Interested in Lifeguarding? Contact the Alumni Aquatic Centre at 867-2181 or 867-3925 Interested in becoming a Swim Instructor? Contact the Recreation Office at 522-2598 for more information.

NOVA SCOTIA FITNESS ASSOCIATION

NSFA holds the standards for fitness certification in Canada. By becoming certified through NSFA you receive the highest standard of fitness certification that is transferable across Canada. If you are interested and for more information and for training courses and times please contact the recreation department at 522-2598, or visit their website at <http://www.nsfa.info/>. On the website, there are course dates, locations and times.

CYCLE ST. MARY'S The Municipality of the District of St. Mary's Recreation Department recently purchased ten brand new Norco mountain bikes and developed an after school program in biking and bike safety. Now, we are in the process of implementing the Cycle St. Mary's program and looking to develop a riding club. This program involves biking and cycling and different types of initiatives around the municipality. We are also encouraging you to get out on your bicycle and enjoy the beautiful scenery that we have on our area! If interested, or for more information on this, please call 522-2598.

Physical Activity

St. Mary's Fitness Centre Personal training and orientations are available, to arrange a consultation please contact the recreation office.

NEW!! Fall/ Winter Fitness Centre Hours

Monday	Tuesday	Wednesday	Thursday	Friday
10:00-11:30 2:30-7:30	2:30-7:30	10:00-11:30 2:30-7:30	2:30-7:30	10:00-11:30 2:30-7:30

Fitness Centre rates are available on our website. 522-2598.

Resolution 5k Learn to Run Program Liscomb / Sherbrooke

The Liscomb Learn to Run Program is a beginner level program that has seen great success over the past year! Each week we will teach you the basics of running; from techniques to footwear, we have it covered!! Join us at the St. Mary's Academy Tuesday evenings from 6:30-7:15 and Liscomb Legion Thursday's at 10:00am! For more information or to register please contact Emily at 522-2598 or by email at emilymargaretmorton@gmail.com



Move it Mondays Low Impact Fitness

Class The Municipality of St. Mary's will once again be offering low-medium intensity exercise classes Monday mornings from 10:00-11:00 at the St. Mary's Fitness Centre. Classes are specially designed to incorporate strength, flexibility and cardiovascular training at an intensity level that works for you! Additional questions may be directed to Emily Morton at 522-2598 or by email.

Indian Harbour Lake Fitness Class

Join us Tuesday mornings from 10:00-11:00pm for a medium- low intensity fitness class. Using thirty second intervals; each class is designed to incorporate strength, flexibility and cardiovascular training. For more information or to register please contact Emily at 522-2598. Please note a minimum of five participants must register in order for the program to proceed.



Grade 5&6/ SMA After School Running Program

St. Mary's Recreation Department has recently teamed up with St. Mary's Education Centre/ Academy to offer a Cross Country Running Program Wednesdays after school from 2:30-3:30. Children are asked to dress appropriately according to the weather and bring proper footwear. Information sheets have recently been sent home with children. If your child is interested in participating and did not receive a registration form please contact the recreation office at 522-2598 for more information!

NEW!! Yoga In Goshen

The municipality of St. Mary's will be offering yoga at the Goshen community Centre Wednesday afternoons from 1:00-1:45. We encourage all participants to bring their own yoga mats. For more information or to register please contact Emily Morton at 522-2598.

Community Fitness Classes

We currently have some time slots available for community fitness classes. If you would like to have a organized fitness class in your area please contact the recreation department at 522-2598 or by email at emilymargaretmorton@gmail.com

Trail Blazers: NOW ACCEPTING APPLICATIONS FOR STUDENT LEADER POSITION

The Municipality of St. Mary's Recreation Department is now accepting application for a Trail Blazer after school program leader. All applicants must be in grade 10+ and be willing to both plan and deliver after outdoor leadership based activities. All applications are due to the Recreation Office by January 19th at 4:00pm

Trail Blazers

Trail Blazers is a free after school club offered by the St. Mary's Recreation and the GCRDA, which focuses on outdoor education, physical recreation and leadership building. We will use a combination of outdoor activities to get kids back in touch with the outdoors while being active area.

Who: Children Grades 3-7

When: Every Tuesday from 2:45-4:30pm, two sessions; Jan. 29 – Mar. 5 and Apr. 23-May 28

Where: St. Mary's Education Centre (home base)/Stonewall Park

*Other locations may also apply based on the activity

Deadline to sign up: January 25, 2013

There is a maximum of 20 spots available and will be filled on a first come, first serve basis. Registration forms can be filled in at the Recreation/Main Office of the Municipal Building. Feel free to contact either Emily Morton @ 522-2598 or Christa Webber @ 522-2432 with any questions.

Youth Strength Training Class

Are you in grade 7-12 and would like to learn the basics of strength training? The Municipality of St. Mary's Recreation Department will be holding a Youth Strength and Conditioning class Tuesday's at 2:30 at the St. Mary's Fitness Centre. This is a free program however all those wishing to participate must contact the recreation department at 522-2598

Youth Lunch Time Yoga Class

Looking for a way to relieve stress? Try our NEW lunch time yoga program!! For more information please contact Emily at 522-2598

Resolution Solution Boot Camp

It's that time of year again! Time to vow that you will never miss another work out, always eat healthy and finally shed those last 10 pounds! We would like to offer an evening fitness class to help you reach your goals! If you are interested in this program please contact Emily at 522-2598!

TOPS 5098- Liscomb would like to thank everyone who participated in our ticket sales. We appreciate your support for our projects.

1st place winner was Cindy Cook of Sherbrooke.

2nd place winner was Gerry Turner of Ecum Secum

3rd place winner was Doug McKeen of Aspen.

TOPS is always welcoming new members. We meet on Tuesday evenings at 6:00 p.m. - 6:30 p.m. for weigh-in and the meeting begins at 6:30 p.m. until 7:30 p.m.

Any questions please contact MaryLou Cole at 347-2285

ROYAL CAN. LEGION BR. #86 LISCOMB

Next general meeting will be held on Tuesday, January 8

ACTIVITIES:

AUCTION 45's ~ Thursdays at 8pm \$5

CRIBBAGE ~ Saturdays at 8pm \$5

SHUFFLEBOARD ~ Starts Jan 4 at 7 pm \$2 per person

CRIB TOURNAMENT ~ JAN 19 (SATURDAY) 2PM START TIME

8 GAMES, POTLUCK, 8 GAMES \$10 PER PERSON

January 2013

December 2012

S	M	T	W	T	F	S
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

January 2013

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

February 2013

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00 PM Goshen Club Night 30	Municipal Office Closed 1:30 PM 45's in Melrose 2:30 PM Fitness Centre Open Afternoon/Evening 7:00 PM Adult Hockey 8:00 PM 45's in Indian Harbour Lake 31	Municipal Office Closed 1:30 PM 45's in Melrose 2:30 PM Fitness Centre Open Afternoon/Evening 7:00 PM Adult Hockey 8:00 PM 45's in Indian Harbour Lake 1	1:00 PM YOGA in Goshen 2:30 PM Fitness Centre Open Afternoon/Evening 3:00 PM Grade 5/6 Run Program 3:00 PM Walking Program 8:00 PM Rec Hockey 2	10:00 AM Resolution SK LTR Program 2:30 PM Fitness Centre Open Afternoon/Evening 3:00 PM Walking Program 6:00 PM Zumba Toning 7:30 PM Crib in Melrose 8:00 PM Liscomb Auction 45's 3	9:30 AM Seniors Cafe 11:00 AM Village Readers Club 2:30 PM Fitness Centre Open Afternoon/Evening 3:00 PM Walking Program 7:00 PM Adult Hockey 7:00 PM Liscomb Shuffleboard 7:00 PM Sherbrooke Village Thank You Event 4	8:00 PM Liscomb Cribbage 8:00 PM 45's in Melrose
6	10:00 AM Move It Mondays Low Impact Fitness Class 10:00 AM Fitness Centre Open Morning 1:30 PM Compass Rose Quilt Guild Meeting 2:30 PM Fitness Centre Open Afternoon/Evening 6:00 PM Walking Program 6:00 PM Zumba Gold 7	10:00 AM IHL Fitness Class 1:30 PM Meditation Class 2:30 PM 45's in Melrose 2:30 PM Youth Strength Training 2:30 PM Fitness Centre Open Afternoon/Evening 3:00 PM Atomic Volleyball 3:00 PM Walking Program 6:00 PM Zumba 6:00 PM TOPS Liscomb 6:30 PM Open Gym 6:30 PM Resolution SK LTR Program 7:00 PM Adult Hockey 8 and 2 more... 8	10:00 AM Fitness Centre Open Morning 1:30 PM YOGA in Goshen 2:30 PM Grade 5/6 Run Program 2:30 PM Fitness Centre Open Afternoon/Evening 2:30 PM RALLY 8:00 PM Rec Hockey 9	10:00 AM Resolution SK LTR Program 2:30 PM Fitness Centre Open Afternoon/Evening 3:00 PM Walking Program 6:00 PM Zumba Toning 7:30 PM Crib in Melrose 8:00 PM Liscomb Auction 45's 10	9:30 AM Seniors Cafe 10:00 AM Fitness Centre Open Morning 2:30 PM Fitness Centre Open Afternoon/Evening 3:00 PM Walking Program 7:00 PM Adult Hockey 7:00 PM Liscomb Shuffleboard 11	8:00 PM 45's in Melrose 8:00 PM Liscomb Cribbage
13	10:00 AM Move It Mondays Low Impact Fitness Class 10:00 AM Fitness Centre Open Morning 1:30 PM Compass Rose Quilt Guild Meeting 2:30 PM Fitness Centre Open Afternoon/Evening 6:00 PM Walking Program 6:00 PM Zumba Gold 7:00 PM IHL/Jordanville Community Centre Meeting 14	10:00 AM IHL Fitness Class 1:30 PM Meditation Class 2:30 PM 45's in Melrose 2:30 PM Youth Strength Training 2:30 PM Atomic Volleyball 3:00 PM Walking Program 6:00 PM Zumba 6:00 PM TOPS Liscomb 6:30 PM Open Gym 6:30 PM Resolution SK LTR Program 7:00 PM Adult Hockey 8:00 PM 45's in Indian Harbour Lake 15	10:00 AM Fitness Centre Open Morning 1:30 PM YOGA in Goshen 2:30 PM Grade 5/6 Run Program 2:30 PM Fitness Centre Open Afternoon/Evening 2:30 PM RALLY 8:00 PM Rec Hockey 16	10:00 AM Resolution SK LTR Program 2:30 PM Fitness Centre Open Afternoon/Evening 3:00 PM Walking Program 6:00 PM Zumba Toning 7:30 PM Crib in Melrose 8:00 PM Liscomb Auction 45's 17	9:30 AM Seniors Cafe 10:00 AM Fitness Centre Open Morning 2:30 PM Fitness Centre Open Afternoon/Evening 3:00 PM Walking Program 7:00 PM Adult Hockey 18	2:00 PM Liscomb Crib Tournai 8:00 PM Liscomb Cribbage 8:00 PM 45's in Melrose
20	10:00 AM Fitness Centre Open Morning 1:30 PM Move It Mondays Low Impact Fitness Class 2:30 PM Fitness Centre Open Afternoon/Evening 3:00 PM Walking Program 6:00 PM Zumba Gold 21	10:00 AM IHL Fitness Class 1:30 PM Meditation Class 2:30 PM 45's in Melrose 2:30 PM Youth Strength Training 2:30 PM Atomic Volleyball 3:00 PM Walking Program 6:00 PM Zumba 6:00 PM TOPS Liscomb 6:30 PM Open Gym 6:30 PM Resolution SK LTR Program 7:00 PM Adult Hockey 8:00 PM 45's in Indian Harbour Lake 22	10:00 AM Fitness Centre Open Morning 1:30 PM YOGA in Goshen 2:30 PM Grade 5/6 Run Program 2:30 PM Fitness Centre Open Afternoon/Evening 2:30 PM RALLY 8:00 PM Rec Hockey 23	10:00 AM Resolution SK LTR Program 2:30 PM Fitness Centre Open Afternoon/Evening 3:00 PM Walking Program 6:00 PM Zumba Toning 7:30 PM Crib in Melrose 8:00 PM Liscomb Auction 45's 24	9:30 AM Seniors Cafe 10:00 AM Fitness Centre Open Morning 2:30 PM Fitness Centre Open Afternoon/Evening 3:00 PM Walking Program 7:00 PM Adult Hockey 25	8:00 PM 45's in Melrose 8:00 PM Liscomb Cribbage
27	10:00 AM Move It Mondays Low Impact Fitness Class 10:00 AM Fitness Centre Open Morning 1:30 PM Compass Rose Quilt Guild Meeting 2:30 PM Fitness Centre Open Afternoon/Evening 3:00 PM Walking Program 6:00 PM Zumba Gold 28	10:00 AM IHL Fitness Class 1:30 PM Meditation Class 2:30 PM 45's in Melrose 2:30 PM Youth Strength Training 2:30 PM Atomic Volleyball 3:00 PM Walking Program 6:00 PM Zumba 6:00 PM TOPS Liscomb 6:30 PM Open Gym 6:30 PM Resolution SK LTR Program 7:00 PM Adult Hockey 8:00 PM 45's in Indian Harbour Lake 29	10:00 AM Fitness Centre Open Morning 1:30 PM YOGA in Goshen 2:30 PM Grade 5/6 Run Program 2:30 PM Fitness Centre Open Afternoon/Evening 2:30 PM RALLY 8:00 PM Rec Hockey 30	10:00 AM Resolution SK LTR Program 2:30 PM Fitness Centre Open Afternoon/Evening 3:00 PM Walking Program 6:00 PM Zumba Toning 7:30 PM Crib in Melrose 8:00 PM Liscomb Auction 45's 31	9:30 AM Seniors Cafe 10:00 AM Fitness Centre Open Morning 2:30 PM Fitness Centre Open Afternoon/Evening 3:00 PM Walking Program 7:00 PM Adult Hockey 1	8:00 PM 45's in Melrose 8:00 PM Liscomb Cribbage