

Reflections of Richmond



Richmond County Municipal Services Newsletter

Winter 2010

Adult Recreation Programs

Wire Wrapped Jewellery Design

Wire wrapping is a hand fabricated, cold-connection method of jewellery design and creation which involves the use of tools (which are provided) to bind and twist wires together. This technique is suitable for use with beads, glass, shells and more. The instructors will demonstrate basic wire skills and wrapping techniques which you will practice and then use to make several hand-wrapped pieces. To see more of both instructors' designs go to www.tearsofglass.ca



Choose one of the upcoming dates:

Lorenzo Building, LeNoir Landing, Arichat

Saturday, February 27, 10:00 am - 4:00 pm

St. Peter's School, (Family Life Rm)

Saturday, March 27, 10:00 am - 4:00 pm

Registration fee: \$25.00 Basic supply kit may be purchased at cost.

Instructors: Brenda Reichel & Angela MacDonald

*Limited enrollment. Bring your lunch.

Deadline to call & register is February 12.

Oil Painting Workshop

Instructor teaches basic drawing, paintings skills, color in oil. This workshop will be instructional and demonstrative. Participants will complete a painting of an ocean theme.

St. Peter's School, (Art Room)

Saturday, March 6, 9:00 am - 3:00 pm

Registration fee: \$25.00 Instructor: Barbara Palmer

*A material list will be provided when you register.

Deadline to call & register is February 19.

Lap or Double Quilt-In-A-Day

You get to choose between making a Rag-style lap quilt (46" x 65") using brushed cotton or flannel scraps or a traditional Double Irish Chain Quilt top (70" x 90") using fabric colours to match your bedroom decor.

St. Peter's School (Sewing Room)

Saturday, February 13, 10:00 am - 4:00 pm.

(Storm date Feb. 20) Registration fee: \$25.00

*A material list will be provided when you register.

Instructors: Barb MacIntyre & Catherine MacColl

Deadline to call & register is February 1.

Handmade Greeting Cards

Come and make some lovely all occasion cards for family and friends. Choose themes such as Valentine's, Birthday, Thank You, Sympathy etc.

Richmond Academy, (Art Room) Louisdale

Monday, February 8, 6:30 - 9:00 pm

Workshop fee: \$15.00 includes materials to complete five cards with matching decorative envelopes.

Instructor: Susan Terrio

Deadline to call & register is

January 29.



Introduction to Digital Photography

This program will introduce you to the basics of photography using your digital camera, composition, understanding memory card and photo editing. Please bring your camera/manual for reference.

Richmond Academy, (Classroom 106), Louisdale

Thursdays for 4 weeks, begins February 4,

7:00-9:00 pm Registration fee: \$25.00

Instructor: Colin MacDougall

Deadline to call & register is January 29.

Register today!

Arichat 226-2400
Toll free 1-800-567-2600

***Program Cancellations at
www.richmondcounty.ca &
1015 The Hawk Radio**

Basic Computer & the Internet

Richmond Academy, Louisdale

Tuesdays for 7 weeks, begins January 26, 6:00 - 8:30 pm
Fee: \$50.00 Instructor: Thomas Boudreau
Deadline to call & register is January 25.

Canadian Fire Arm Safety Card

Felix Marchand School, Louisdale

Saturday, February 20, 8:30 am - 5:00 pm
Sunday, February 21, by appointment
Fee: \$65.00 Instructor: John Begin
Deadline to call & register is February 12.

Hunter Safety Course

Participants must have the Canadian Fire Arm Card.

Felix Marchand School, Louisdale

Saturday, March 6, 8:30 am - 5:00 pm
Fee: \$35.00 Instructor: John Begin

Health & Wellness

Stress Management Program

Feeling Stressed? This program will offer an in-depth look at what stress really is and will be part presentation and part experiential. Learn well-researched and scientifically based techniques that will positively affect every area of your life. Bring a notebook and pen.

St. Peter's School, (library)

Mondays for 6 weeks, begins February 1, 6:30 - 8:30 pm
Registration fee: \$40.00 Instructor: Rebecca Lewis
Deadline to call & register is January 29.

Aromatherapy

Participants will learn the basic fundamentals of aromatherapy and essential oils. You also will receive a take home blend of essential oils.

St. Peter's School (library)

Wednesday, February 24, 7:00 - 8:30 pm
Fee: \$10.00 includes a take home blend.
Instructor: Shelley David C.A. & C.M.T
Deadline to call & register is February 19.

Dream Workshop

What do your dreams mean to you? How do they help guide your life? How can you remember them and let them work for you? Come and experience a day working with your dreams: Learning how to remember, journal and understand them. Bring your lunch & pen/paper.

St. Peter's Fire Hall

Saturday, March 6, 10:00 am - 3:00 pm (Storm date: March 27) Fee: \$25.00 Instructor: Helen Slade
Deadline to call & register is February 26.

Therapeutic Touch

Therapeutic touch is a healing practice based on the conscious use of the hands. The assumption is that energy fields can be disrupted by an injury, operation or emotional upset. Balance can return when the energy field is introduced to a healing methodology. This therapy does not require direct touch.

Walter Fougere School, (Library), Evanston

Thursdays, February 4, March 4 & April 1, 6:00 - 8:30 pm.
For more information or to register call the Practitioner:
Natascha Polomski 623-1271.

JourneyDance Classes

JourneyDance is a form of yoga and dance to celebrate body, mind & spirit. Bring a heavy blanket.

St. Peter's Fire Hall

Wednesdays for 5 weeks, begins January 27, 7:15 - 8:30 pm. Fee: \$25.00. Instructor: Lynne Doucette.
Deadline to call & register is January 25.

Discover Chi Kung

Chi Kung is an ancient form of controlled body movement, breathing and concentration techniques. The instructor will teach the techniques and skill of this martial art.

St. Peter's Fire Hall

Wednesdays for 6 weeks, begins January 27, 6:00 - 7:00 pm Fee: \$35.00 Instructor: Sensie Anthony Poirier 4th Degree Black Belt. Deadline to call & register is January 25.



Nia combines dance, and healing arts such as yoga, tai chi. Learn more by checking out www.nianow.com.

Felix Marchand School, Louisdale (gymnasium)

Mondays for 6 weeks, begins January 25, 6:00 - 7:00 pm
Fee: \$48.00 Certified Nia Instructor: Simone Jacobsen,
Deadline to call & register is January 25.

Beginner Yoga (Bring a mat)

St Peter's Fire Hall

Tuesdays for 6 weeks, begins January 26, 7:00 - 8:15 pm Fee: \$30.00 Instructor: Helen Slade
You may register before the 1st session.

Beginner Yoga

Felix Marchand School, Louisdale

Thursdays for 6 weeks, begins January 28 7:15 - 8:30 pm Fee: \$30.00 Instructor: Helen Slade
You may register before the 1st session.

Intermediate Yoga (Bring a mat)

St. Peter's Fire Hall

Mondays for 6 weeks, begins January 25, 7:00 - 8:15 pm Fee: \$30.00 Instructor: Helen Slade
You may register before the 1st session.

Circuit Training Program

Strength training, total body toning and cardio. Bring your stability ball.

St. Peter's School, gymnasium

Tuesdays & Thursdays for 5 weeks, begins February 9, 6:30 - 7:45 pm Fee: \$35.00 Instructor: Marlene Sampson.
Deadline to call & register is January 29.

Yoga Flow (Bring your mat)

Some yoga experience would be helpful.

École Beau-Port, (Library) Arichat

Mondays for 6 weeks, begins January 25, 7:00 - 8:15 pm
Fee: \$30.00 Instructor: Wendy Boudreau.

Total Body Workout

(Bring your light weights & mat)

École Beau-Port, (Cafeteria), Arichat

Tuesdays, for 6 weeks, begins January 26, 7:00 - 8:00 pm
Fee: \$30.00 Instructor: Wendy Boudreau.

Seniors Fun Exercise Program

For Richmond County Seniors 55+, a 6 week program, one day per week. Fee: \$10.00 for total classes. Instructor: Helen Slade.

Red Island's Fire Hall

Mondays, begins January 25, 10:00-11:30 am,
Chair exercises - 11:30-12:30 pm

Isle Madame New Horizons Club

Tuesdays, begins January 26, 1:00-2:15 pm

Felix Marchand School, (Gymnasium)

Tuesdays, begins January 26, 3:15- 4:30 pm

Riverdale Community Hall, Lower River

Wednesdays, begins January 27, 3:00- 4:15 pm

Adult Golf Lessons (Equipment supplied)

Richmond Academy, (gymnasium) Louisdale

Wednesdays for 4 weeks, begins February 3, 7:30 - 8:30 pm
Fee: \$25.00 Instructor: Paul Innis - Golf Pro, Dundee Resort
Deadline to call & register is February 1.

Family Pickleball (Equipment supplied)

Pickleball is a combination of ping-pong, tennis and badminton. Youth under 16 must be accompanied by an adult.

St. Peter's School, (Gymnasium)

Mondays, for 10 weeks begins January 25, 7:00-8:30 pm
Fee: \$5.00 Supervisor: Joe Boudreau

Female Hockey Program

(Ages 14 - Adult)

Learn the basics of hockey; skating, passing, shooting and puck control.

Richmond Arena, Louisdale

Mondays for 6 weeks, begins January 25,
7:00-8:00 pm Fee: \$40.00 Instructor: Molly Shermerhorn.

Female Hockey Scrimmage

(Ages 14 - Adult)

Mondays, begins January 25, 8:00 - 9:00 pm
Fee: \$10.00 per session. All hockey gear is required.
To register call Colette Sampson-MacLean at 226-0586.

Co-Ed Basketball

St. Peter's School

Tuesdays & Thursdays, 8:00 - 9:30 pm
Fee: \$10.00 for 10 weeks. Supervisor: Jamie Elms

Co-Ed Badminton

Walter Fougere School, Evanston

Tuesdays, 6:30 - 8:30 pm Fee: \$10.00
Supervisor: Charlie Cameron

Scottish County Dancing

St. Peter's School

Sundays, 2:00 - 4:00 pm
Instructors: Joyce & Stan Richards RSCDS.

Youth Recreation

Highland Dancing (Ages 4 & up)

St. Peter's Fire Hall

Tuesdays for 7 weeks, begins January 26

Group A - "Thistledown" (4 - 5 year olds)

3:30 - 4:00 pm Fee: \$20.00 for 7 classes.

Group B - "Skyedance" (6 - 12 year olds)

4:00 - 5:00 pm Fee: \$40.00 for 7 classes.

Instructor: Jennifer Mombourquette, Scottish Dance Teachers' Alliance. Please pre-register-call 226-2400 by January 25.

Tae Kwon Do

Richmond Arena, Hospitality room

Sundays for 8 weeks, begins January 31,

1:00 - 2:00 pm (Children's Beginner class)

2:00 - 3:00 pm (Children's Yellow - Green Belt)

3:00 - 4:00 pm (Children's Green - Black Belt)

Adult 4:00 - 5:00 pm Yellow/ Green, 5:00-6:00 pm -

Green/Black. Fee: \$30.00 Instructor: Jason Doiron.

You may register before the first class.

Tae Kwon Do

St. Peter's School, gymnasium

Mondays & Wednesdays, begins January 25, 5:30 - 6:30

pm, Fee: \$30.00 monthly. Instructor: ELisha Larade

Registration: 1st week of every month.

Art For Kids (Ages 8 - 14 years)

All materials will be provided.

Richmond Academy (Art Rm), Louisdale

Wednesdays for 6 weeks, 6:00 - 8:00 pm, begins Jan. 27

École Beau-Port (Hm Ec), Arichat

Thursdays for 6 weeks, 6:00 - 8:00 pm, begins Jan. 26

Fee: \$25.00 Instructor: Vicki Bonin-MacKenzie

Deadline to call & register is January 25.

Youth Golf Lessons (Equipment supplied)

Richmond Academy gymnasium, Louisdale

Wednesdays for 4 weeks, begins February 3,

6:30 - 7:15 pm Fee: \$20.00 Instructor: Paul Innis - Golf

Pro, Dundee Resort. Deadline to call & register is

February 1.

Parent & Tot Gym Time

St. Peter's School, gymnasium

Mondays for 6 weeks, begins January 25, 5:30 - 6:30 pm

Fee: \$10.00 per family Leader: Shanna Burke

Kids Yoga

St. Peter's School

Mondays for 6 weeks, begins January 25, 2:30 - 3:30 pm

No registration fee. Instructor: Lynne Doucette

Youth Badminton

Walter Fougere School, Evanston

Wednesdays, 6:30 - 8:00 pm. Fee: \$10.00 Supervisor:
Charlie Cameron



Richmond County Winter Festival

January 23 - February 28, 2010

Let's Participate and Have Fun! * Great Prizes *

Mixed Dart Tournament

R.C. Legion, Br 110, L'Ardoise

January 23, 12:00 noon

Sponsored by R.C. Legion, Br. 110

Contact: Ann Burke/Judith Harriet 587-2178

Soirée Sociale

Centre La Picasse, Petit de Grat

Sunday, January 24, 18 h 00 - 22 h 00

Sponsored by Les Femmes en Marche de Richmond

Contact: Thérèse Benoît 226-3233

Bridge Tournament

River Bourgeois Seniors 50+ Club

Wednesday, January 27, 1:00 - 4:00 pm

Sponsored by the River Bourgeois

Economic Development

Contact: Sharon Chilvers 535-2512

Danse - d'enfants & jeunes/Dance - kids & youth

Centre La Picasse, Petit de Grat

Jeudi - 28 janvier/Thurs., Jan. 28,

Enfants/kids - 18h30-20h30, 6:30-8:30 pm

Jeunes/youth - 19h - 23h, 9:00 - 11:00 pm

Sponsored by Réseaux Acadiens des Sites P@C de la N.É.

Musique enregistrée - Recorded music

Contact: Dora Samson-Boudreau 226-0149/0651/3803

Shuffle - Cards & Bingo

R.C. Legion Branch 47, Grand Anse

Friday, January 29, 2:00 - 6:00 pm

Sponsored by R.C. Legion Branch 47, Ladies Aux.

Contact: Lucille Landry 535-2223

Winter Festival Soup Lunch/Bake Sale

Fourchu United Church Hall

Saturday, January 30, 11:00 am - 1:00 pm

Sponsored by Fourchu United Church & Fourchu U.C.W.

Contact: Delores MacQueen 884-2523 &

Annabel MacLeod 884-2315

Kitchen Party

St. Joseph's Parish Hall

Saturday, January 30, 8:00 pm - 12:00 am

Sponsored by St. Joseph's Services

Contact: Magdalen Samson 226-3117

Journée Patinage/Skating Party

Richmond Arena, Louisdale

le 2 février, Tuesday, February 2, 9:30 am - 1:30 pm

Sponsored by École Beau-Port

Contact: Jacinta Samson-Sullivan 226-5200

Chasse au trésor à l'Internet/ Internet Treasure Hunt

Site P@c - La Picasse, Petit de Grat

mercredi le 3 février/Wednesday, February 3

18h00 à 20h00, 6:00 - 8:00 pm

Sponsored by Réseaux acadiens des Sites P@C de la N.É.

Contact: Jannick Boudreau 226-3803

Pork Chop Dart Tournament

Janvrin's Island Community Center

Friday, February 5, 8:00 pm

Sponsored by the Janvrin's Island Sport & Recreation

Assoc. Contact: Gail Gallant 226-1761

St. George's Channel Winter Festival

St. George's Channel Hall

Friday, February 5 - Movie Night, 7:00 pm

Sat., Feb. 6 - Outdoor Fire, Turkey Soup, Sliding - 7:00 pm

Sponsored by South Mountain Arm of Gold Association

Contact: Rose Begg 345-0616

Pancake Breakfast

St. Peter's Lions Hall

Saturday, February 6, 8:00 am - 10:30 am

Sponsored by St. Peter's & Area Lions Club

(in aid of local food banks)

Contact: Jean MacDonald 535-2172

Chinese Auction & Tea

St. Peter's Fire Hall

Saturday, February 6, 2:00 pm

Sponsored by St. Peter's & Area Vol. Fire Dept. Ladies

Aux. Contact: Pam Martell 535-2595

Mixed Dart Tournament (19 yr & Up)

Framboise Community Centre

Saturday, February 6, begins 11:00 am

(Register by Feb. 1)

Sponsored by Framboise Community Centre

Contact: Doug 884-2024/David 884-2787

Winterfest Fun Day

Community Breakfast 8 - 11 am,

Card Game - 2 pm, Bake Sale throughout the day.

R.C. Legion, Br 150, Arichat

Sunday, February 7

Sponsored by R. C. Legion, Br 150, Arichat

Contact: Joan Clannon 226-3089/1918

Concert de variétés/Variety Show

La Grande Salle de la Picasse, Petit de Grat

le 7 février/February 7, 14h00 / 2:00 pm

Sponsored by La Picasse

Contact: Dora Samson-Boudreau 226-0149

Winter Festival Afternoon of Fun

Valentine Tea, Sweets, Chinese Auction, Card games, Bingo

Louisdale Lions Den

Wednesday, February 10, 1:00 - 4:00 pm

Sponsored by Fleur De Lis Seniors Club

Contact: Robert Goyetche 345-2232

Seniors Bingo

D'Escousse Hall

Friday, February 12, 1:30 pm
Sponsored by North Isle Madame Seniors
Contact: Corinne Martin 226-9437

Souper St-Valentin & Danse Valentine's Supper & Dance (Reservation Only)

Centre La Picasse, Petit de Grat

Vendredi 12 février, Friday, February 12,
Cocktail 6h30 pm - Souper/ Supper 7hpm
Sponsored by Les Amis de La Picasse
Contact: Anna MacDonald 226-097/0651

Mardi Gras Celebration, Sledding & Fireworks

L'Ardoise Community Centre

Friday, February 12, 6:30 - 9:30 pm
Sponsored by Grou Tyme
Contact: Jennifer Mombourquette 587-2262

Unplugged with Local Talent

L'Ardoise Community Centre

Saturday, February 13, 1:00 - 5:00 pm
Sponsored by L'Ardoise Men's Club
Contact: Blair Mombourquette 587-2497

Community Potluck

L'Ardoise Community Centre

Saturday, February 13, 4:30 pm
Sponsored by Grou Tyme
Contact: Jennifer Mombourquette 587-2262

Pancake Breakfast

Grand River Fire Hall

Saturday, February 13, 7:00-10:00 am
Sponsored by Grand River Seniors Club
Contact: Joanne McCormack 587-2143

Card Game

L'Ardoise Community Centre

Saturdays, February 13 & February 20, 7:00 pm
Sponsored by L'Ardoise Community Hall
Contact: Carol Sampson 587-2233

Valentine Tea & Social

Lakeside Community Centre, Sampsonville

Saturday, February 13, 12 noon
Sponsored by Lakeside & Area Seniors Club
Contact: Sandra Landry 535-2990

Winter Fest Dance

R.C. Legion, Branch 150, Arichat

Saturday, February 13, 9:00 pm - 1:00 am
Sponsored by R.C. Legion Br. 150, Ladies Auxiliary
Contact: Winnie Bungay 226-3643

Mardi Gras Dance

R.C. Legion, Branch 110, L'Ardoise

Saturday, February 13, 9:00 pm - 1:00 am
Sponsored by L'Ardoise Legion, Branch 110
Contact: Ann Burke 587-2263

West Arichat Winter Fest

Acadiaville Community Center, West Arichat

Saturday, February 13, Various Times: To be announced
Sponsored by Acadiaville Community Center Society
Contact: Brenda Martell 226-2645

Winter Carnival

West Bay Community Centre

Sunday, February 14, 1:00 - 5:00 pm
Sponsored by Head of The Bay Seniors Club & West Bay Community Association
Contact: Murray MacPhie 345-2988/
Mitchell Leonard 345-2062

Merchandise Bingo

L'Ardoise Community Centre

Sunday, February 14, 2:00 pm
Sponsored by L'Ardoise Seniors Jolly Club
Contact: Annette Martell 587-2250

Point Tupper Heritage Valentines Tea

St. Mark's Church Hall, Port Hawkesbury

Sunday, February 14, 2:00 - 4:00 pm
Sponsored by Point Tupper Heritage Association
Contact: Russel MacNeil 625-1994

Valentine Tea

River Bourgeois Seniors Club

Sunday, February 14, 2:00 - 4:00 pm
Sponsored by River Bourgeois Seniors
Contact: Anne Sampson 535-2803

Progressive 45 Card Play

Riverdale Community Centre

Sunday, February 14, 8:00 pm
Sponsored by Riverdale Community Services Society
Contact: Mary J. McNamara 625-0707

Chasse au trésor / Treasure Hunt

École Beau-Port, Arichat

Thursday, February 18, 3:00 - 6:00 pm
Sponsored by Maison des Jeunes
Contact: Kelsey Forgeron 226-0318

Cribbage Tournament

River Bourgeois Seniors Club

Thursday, February 18, 7:00 pm
Sponsored by River Bourgeois Community Service Society
Contact: Sharon Chilvers 535-2512

Kid's Ice Cream Day

Felix Marchand Elementary School, Louisdale

February TBA 10:00 am
Sponsored by St. Louis CWL
Contact: Erleen Sampson 345-2839

Fish Cake & Bean Supper

L'Ardoise Community Centre

Friday, February 19, 5:00 - 7:00 pm
Sponsored by L'Ardoise Men's Club
Contact: Blair Mombourquette 587-2497

Trivia Night

(20 Team limit - please pre-register)

MacBouch Beverage Room Grill, St. Peter's

Saturday, February 20, 8:00 pm
Sponsored by Village On The Canal Association
Contact: Richard McIntosh 587-2992

World Thinking Day Celebration

Louisdale Lions Den

Sunday, February 21, 1:00 pm
Sponsored by Louisdale Girl Guides
Contact: Elaine Walker 345-2889

Variety Concert

Lakeside Community Centre, Sampsonville

Sunday, February 21, 2:00 pm
Sponsored by Lakeside Community Association
Contact: Sandra Landry 535-2990

Mini Olympiques/Mini Olympics

Site P@c - La Picasse, Petit de Grat

dimanche le 21 février/Sunday, February 21
12h - 14h, 12:00 - 2:00 pm
Sponsored by Réseaux acadiens des Sites P@c de la N.É.
Contact: Jannick Boudreau 226-3803

Soirée de conte et raconte

La Picasse, Grande Salle, Petit de Grat

le 22 février/ Monday, February 22
19h00/ 7:00 pm
Sponsored by La Picasse
Contact: Jacqueline Samson 226-0651

Pancake Supper

St. George's Channel Hall

Tuesday, February 23, 4:00 pm
Sponsored by West Bay Pastoral Charge
Contact: David Gunn 345-2263

Floor Shuffle & Cribbage

R.C. Legion, Branch 47, Grand Anse

Friday, February 26, 2:00 pm
Sponsored by R.C. Legion, Br 47
Contact: Maurice Landry 345-2610

Adult Square Dance

Bras d'Or Lakes Inn, St. Peter's

Saturday, February 27, 9:00 pm - 12:00 am
Sponsored by Destination Richmond Tourism
Cooperative
Contact: Charlene Marshall 226-3983

Cribbage Tournament

Riverdale Community Center, Lower River

Sunday, February 28, 1:00 pm
Sponsored by St. Francis de Sales CWL
Contact: Eileen McNeil 625-2092

WinterFest Supper

Janvrin's Island Community Centre

Sunday, February 28, 3:00 - 6:00 pm
Sponsored by Janvrin's Island Sports & Rec.
Contact: Gail Gallant 226-1761

Tea & Tunes

Bonnie Brae Seniors Club, St. Peter's

Sunday, February 28, 2:00 - 4:00 pm
Sponsored by Bonnie Brae Senior's Club
Contact: Pat Leachman 535-2835

Tourism Partnership Co-Ordinator

Charlene Marshall

Beat the winter blues the traditional way:

Square-dancing! Ages 12 & up.

Workshops: Saturday, February 6th, 1:00 - 3:00 pm & Saturday, February 13th, 1:00 - 3:00 pm at the Bras d'Or Lakes Inn, St. Peter's. \$5 for two workshops. Instructor: Claire Sampson-MacDonald. For more information or to register, contact Colette or Charlene at 902-226-2400
Kitchen Rackets Open Jam Sessions begin this month: All musicians, young and young at heart, are invited to take part in these acoustic jam sessions. Help keep our music, culture and heritage alive on Cape Breton's Heritage Coast. Dates: Jan 16, Feb 13, March 27. Time: 3:00 - 6:00 pm at the Bras d'Or Lakes Inn, St. Peter's.

What's Happening

•Community Theatre in

Richmond County

Anyone interested in developing a theatre group please attend a Meet & Greet evening at Richmond Academy, Louisdale, 7:00 pm on Thursday, January 21, in the Performance Art Room.

For more information contact: Dawn Boudrot 226-3066 or Cecile Hyland at 226-3981.



•Richmond Co-Ed Hockey For Youth

This is a community volunteer organized program for 11 - 16 year olds. Richmond Arena, Louisdale
Wednesdays, 5:00 - 6:00 pm For more info contact: Bruce Joshua 227-5677 or Brian Samson 226-3167

•Grou Tyme L'Ardoise Walkabout

Indoor walking group at the L'Ardoise Community Centre during the winter months. Tuesdays & Thursdays, begins January 26, 9:30 - 10:30 am. Pedometers, resources and tips available. For more information contact Jennifer Mombourquette 587-2262

•**Corridor Winter Walking** - Indoors at:
St. Peter's School-(Monday-Friday - 4:00 - 5:00 pm)
École Beau-Port-(Monday-Friday - 3:30 - 7:00 pm)
Richmond Academy-(Monday-Thursday - 5:00 - 7:00 pm)

•4-H GOALS Day Camp Program (Ages 8 - 13)

Games, Trivia, Crafts, New Stuff. \$5.00 per child.
Library, La Picasse, Petit de Grat
Saturday, February 13, 10 am - 3:00 pm (Lunch provided)
Pre-register by Feb 1, by calling Rhonda 945-2901.