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# SOUTH WINNIPEG COMMUNITY CENTRE

NEWSLETTER • SPRING 2020



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**La Salle**  
1-30 Rue Principale  
La Salle | 204-736-2003

**North**  
865 McGregor St.  
Winnipeg | 204-334-4000

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### SOUTH WINNIPEG COMMUNITY CENTRE

**Richmond Site Location:** 666 Silverstone Avenue | Winnipeg, MB R3T 2V9 | Office: 204-269-1908 | Clubhouse: 204-269-4446

**Waverley Site Location:** 1885 Chancellor Drive | Winnipeg, MB R3T 4C4 | Office: 204-269-7000 | Fax: 204-275-8554

Email: [info@swcc1.ca](mailto:info@swcc1.ca) | SWCC Online: [www.swcc1.ca](http://www.swcc1.ca)

This publication has been produced by Jae Media | Project Manager Lori Kemp

## REGISTRATION INFORMATION

All sports registrations will ONLY be online, please visit: [www.swcc1.ca](http://www.swcc1.ca) for links to the specific sport you wish to register for. Please call our Waverley Site with any registration questions at 204-269-7000.

All **Basketball** registrations will be online at [www.wmba.ca](http://www.wmba.ca)

A late fee of \$25 will be assessed on all sport registrations after the sport's

registration deadline. (visit our website for each sport's specific cut-off date)

Onsite registration for all Adult Fitness programs will take place on Wednesday, April 1st from 10:00 a.m. – 11:00 a.m. and 6:30 p.m. – 7:30 p.m. at the SWCC Richmond site.

A \$20.00 administration fee applies to all refund requests other than 'Program

Cancellation'. NO EXCEPTIONS.

**No refunds** are issued without Sport Convener approval.

For all **Subsidy** inquiries, please email: [richmond@swcc1.ca](mailto:richmond@swcc1.ca)

All cheques returned by the bank will be subject to a \$25.00 fee plus applicable bank charges.

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## 2019/2020 SOUTH WINNIPEG COMMUNITY CENTRE EXECUTIVE AND BOARD OF DIRECTORS

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 Vice-President Janet Walker [vp1@swcc1.ca](mailto:vp1@swcc1.ca)  
 Vice-President Steve Gallagher [vp2@swcc1.ca](mailto:vp2@swcc1.ca)  
 Treasurer Duane Johnstone [treasurer@swcc1.ca](mailto:treasurer@swcc1.ca)  
 Secretary Trish Cabral [secretary@swcc1.ca](mailto:secretary@swcc1.ca)  
 Past-President Craig Sheldon  
[pastpresident@swcc1.ca](mailto:pastpresident@swcc1.ca)

### PROGRAM DIRECTORS

Baseball Dave Crow [baseball@swcc1.ca](mailto:baseball@swcc1.ca)  
 Basketball Wendy Thede [basketball@swcc1.ca](mailto:basketball@swcc1.ca)  
 Hockey Vacant  
 Ringette Vacant  
 Soccer Jaime Webster [soccer@swcc1.ca](mailto:soccer@swcc1.ca)  
 Softball Jody Friesen [softball@swcc1.ca](mailto:softball@swcc1.ca)  
 Cricket Paramjit Shahi [cricket@swcc1.ca](mailto:cricket@swcc1.ca)  
 Member at Large Ian Carnegie  
 Member at Large Tony Staruch  
 Member at Large Vacant

### GENERAL MANAGERS

Richmond Site Murray Harding  
[richmond@swcc1.ca](mailto:richmond@swcc1.ca)  
 Waverley Site Arthur Pearson  
[waverley@swcc1.ca](mailto:waverley@swcc1.ca)



## PRESIDENTS MESSAGE FEB 2020

Thank you to everyone that supports South Winnipeg's busy and active community! Your community centre board is working hard to help with the increasing needs of our large catchment.

This fall, we celebrated our volunteers with our annual volunteer dinner. It was a fun night dedicated to the people that give their time to benefit our children and our community. In loving memory of a long-standing volunteer, we have dedicated our Community Contribution award to Lisa Rodriguez. Thank you to all of our volunteers!

Our Skate with Santa and Breakfast with Santa events were a huge success. Both sites offered pancakes and sausages from Smitty's, amazing balloon creations from Sleepy the Clown and a picture with Santa. Thank you to our elected officials that attended, your support is much appreciated!

We are always looking to improve our services to the community. If you would like to bring forward new ideas to the centre please consider attending one of our board meetings. You can find the dates on our website. If you are looking for other sporting opportunities that are not offered by the club, we would be happy to help you find an organization. For example, Pembina Curling Club offers great opportunities to get involved in the sport of curling. For more information please visit [www.pembinacc.com](http://www.pembinacc.com).

If you would like to get involved, attend a board meeting or present an idea/concern I can be reached at [president@swcc1.ca](mailto:president@swcc1.ca).

Sincerely,

Julie Fisher, *President South Winnipeg Community Centre*

**ACTIVE NEIGHBOURS • HEALTHY COMMUNITY**

## YOUR AD HERE?

Do you own a business in the area? Do you know someone who may benefit from advertising here? This publication is mailed directly to every house (and many apartments) in the catchment of South Winnipeg Community Centre.

If you are interested in placing an ad for the Fall 2020 issue, call Lori at 204-218-7267 or email her at [lori@jaemedia.ca](mailto:lori@jaemedia.ca)



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**Community Strong**

# THINGS TO DO AT THE SOUTH WINNIPEG COMMUNITY CENTRE

## RICHMOND SITE

### BIRTHDAY PARTIES

For only \$150.00 (plus GST), have your upcoming child's birthday celebration at our Richmond site! We provide: two hours in our main hall, a 14 ft square bouncer, kitchen access and seating for 40 guests. We set up and take down – you just bring the party!

Call our office at 204-269-7000 for available dates and times. For an additional cost, three or four-hour events are possible.

Booking early is always recommended.

### ADULT FITNESS PROGRAMS

Onsite registration to take place on Wednesday, April 1st from 10:00 a.m. – 11:00 a.m. or 6:30 p.m. – 7:30 p.m. at the SWCC Richmond site. **Seniors Membership Fee** – For Senior daytime programs, an annual membership fee of \$10.00 will be assessed when registering for Fall, Winter or Spring programs.

### PILATES

The Pilates program will be returning to the SWCC Richmond Site for its' 18th season! Pilates will tone and reshape your body, increase flexibility, restore natural posture and provide balance. By using a variety of props, such as dyna bands, toning and stability balls both Beginners and Advanced Pilates participants will see enhancement of their mobility and agility. The program will also assist in strengthening your core and assist in alleviating pain and tension to help unite body and mind. The program has developed a large following so don't delay in registering. Maximum number of participants is 20 per class.

Instructor: Tara Geddes  
Mondays: 6:30 p.m. – 7:30 p.m. (Beginners)  
7:30 p.m. – 8:30 p.m. (Advanced)  
Spring Registration Fee is \$100.00  
10 classes  
Start Date: Monday, April 13, 2020

### BARRE & BEYOND

The Barre program is in its 10th year at the SWCC Richmond Site! As a result of the popularity of this program, we will be positioning one class per week on Wednesday evenings. Barre is an exceptional one hour work out that is really a fusion of Ballet, Pilates and strengthening techniques. This total body conditioning technique is guaranteed to tighten, tone, sculpt and strengthen your entire body. With our ever-popular Claudia Chernitsky leading the sessions, exercises will be choreographed to the rhythm of her favorite Latin music melodies. The class will be great for all fitness levels. Ballet or Pilates experience is NOT necessary. Bare feet or socks, no runners please! Maximum number of participants is 12 per class. 8 Classes.

Instructor: Claudia Chernitsky  
Wednesdays: 7:00 p.m. – 8:00 p.m.  
Start Date: April 15, 2020  
Registration Fee: Spring Registration fee is \$100.00  
Participation Fee: \$40.00 (SWCC annual fee)

### SIT & BE FIT

Introducing a gentle exercise program for individuals with moderate or reduced mobility. Great for individuals with severe arthritis, osteoporosis or back and leg issues. Cardiovascular, strength and stretching exercises are all performed in a chair. By using weights, dyna bands and soft balls they will add more resistance and endurance to the routines. Pleasant music will help make the workouts more enjoyable! Maximum 20 registrants.

Instructor: Claudia Chernitsky  
Mondays: 11:30 a.m. – 12:30 p.m.  
Start Date: Monday classes begin April 13, 2020  
Registration Fee: Spring Registration fee is \$65.00  
Participation Fee: \$40.00 (SWCC annual fee)

### SENIOR FITNESS PROGRAMS

#### LET'S MOVE! LET'S DANCE (ZUMBA)

Let's Move Let's Dance sessions will once again take place on Monday & Wednesday mornings at the SWCC Richmond Site. This is a Latin inspired dance fitness class designed for older active adults. You will burn calories, improve cardio vascular health and tone and sculpt the entire body. No dance experience is required. Just prepare to have fun! Claudia Chernitsky will be instructing the classes. Maximum number of participants is 22 per class.

Instructors: Claudia Chernitsky  
Mondays: 10:15 a.m. – 11:15 a.m.  
Start Date: Monday, April 13, 2020  
Wednesdays: 10:45 a.m. – 11:45 a.m.  
Start Date: Wednesday, April 15, 2020  
Spring Fee: \$65.00 for 10 sessions

### SENIORS FITNESS

The Senior Fitness program will be returning for its' 12th season at the Richmond site. Josie Papadopoulos will be instructing the Senior Fitness program! This program will focus on 20 minutes of aerobic fitness which will include the basic warm up. The second 20-minute segment will be geared towards general strength & stability using resistance bands & stability balls with the final 20 minutes focused on cool down & stretch exercises involving some basic yoga positions using a chair.

Instructor: Josie Papadopoulos  
Tuesdays: 10:00 a.m. – 11:00 a.m. starting April 14, 2020  
Thursdays: 10:00 a.m. – 11:00 a.m. starting April 16, 2020  
Spring Fee: \$65.00 for 10 sessions

### YOGA

The Senior's Yoga program was added to the list of Fitness programs September 2018 and was a huge success. Our certified Yoga instructor, Sandra McNeill will be returning and the program will focus on the Gentle Yoga program. It will incorporate Yoga poses aimed at increasing strength, mobility, flexibility as well as breathing and relaxation exercises which will leave you with an important sense of well-being. Yoga props and chairs will be used to allow for modifications to keep everyone safe and supported.

Instructor: Sandra McNeill  
Mondays: 10:00 a.m. – 11:00 a.m.  
Wednesdays: 10:30 a.m. – 11:30 a.m.  
Spring Fee: \$65.00 for 10 sessions  
Start Dates: Monday, April 13, 2020  
Wednesdays, April 15, 2020

### SENIOR BARRE

The senior Barre program was introduced in April of 2018 and is focused on the same exercises as the evening classes but modified to meet the needs of the senior group. We were at full capacity (12) so don't delay in registering for this new and exciting program.

Instructor: Claudia Chernitsky  
Fridays: 9 a.m. – 10:00 a.m.  
Spring Fee: \$65.00 for 10 sessions  
Start Date: Friday, April 17, 2020

### SENIOR PILATES

By popular demand, we will be offering a Senior Pilates program this spring! As per our Barre program the Pilates program will be structured in a similar fashion as our Monday evening class but will be modified to meet the needs of the senior group. Maximum number of participants for this group will be 14 so don't delay in registering!

Instructor: Claudia Chernitsky  
Mondays: 10:15 a.m. – 11:15 a.m.  
Spring Fee: \$65.00 for 10 sessions  
Start Date: Monday, April 13, 2020

For Senior programs only, should you register for one program @ \$65.00 you will then receive a discount of \$10 for any additional Senior's program that you decide to take part in!

### MORE PROGRAMS:

#### KARATE

Earn your Black Belt with one of Manitoba's best instructors! Sensei Hal – 6th Degree Black Belt, has been offering classes for beginners, novice and advanced students at the Richmond Site for more than 16 years! Classes are offered from September to June for children, youth and adults as young as 6 years to 96 years!

Gradings for promotion occur at various times during the year and are optional. Examination Fees are set by TKA (Manitoba Division)

This safe, fun, non-contact martial art is perfect for physical fitness, learning self-defense, maintaining a positive frame of mind... and much, much more!

Classes take place twice a week. **Information regarding the start date, days of the week, fees and how to register will be posted on our website [www.swcc1.ca/karate/](http://www.swcc1.ca/karate/).**

For more information contact the Karate convener Allison Loat at alliloat999@hotmail.com

Head Instructor: Sensai Hal – Sixth Degree Black Belt

Assistant Instructor: Sempei Tim – Third Degree Black Belt

Assistant Instructor: Sempei Allison – Second Degree Black Belt

#### PRETEEN DANCES

For the past 20 years, these dances have been a huge success with an average of 120 children in attendance. The dances are designed for children in grades 4, 5 and 6 and take place on selected Friday evenings from

## SWCC DATES TO REMEMBER:

**SWCC Summer Carnival** – Held on June 13th, 2020 at our Waverley Site, we invite all area residents to pop by for BBQ, bouncers, Petting Zoo, Silent Auction, Face Painting, balloon animals, and tons of fun! **Child wristbands only \$5.00 for event-long bouncer access!**

**Spring Sports Registration** – From late February to mid-March is the important time to visit [www.swcc1.ca](http://www.swcc1.ca) and register for the Spring/Summer sports.

**Adult & Seniors** - Onsite registration to take place on Wednesday, April 1st from 10:00 a.m. – 11:00 a.m. or 6:30 p.m. – 7:30 p.m. at the SWCC Richmond site.

7:00 p.m. to 9:00 p.m. at our Richmond Site. To ensure children have a positive experience, 6 to 8 adult volunteers are required. Last year, we experienced a shortfall in securing volunteers for this event. To ensure that the Preteen Dances carry on please do not hesitate in stepping forward to help out. Please contact Julie Fisher to find out how you can help [president@swcc1.ca](mailto:president@swcc1.ca)

#### 2019/20 Dance Schedule

Check our website [www.swcc1.ca](http://www.swcc1.ca) or our Facebook page for Dance dates.

Admission Fee: \$ 5.00

Just a reminder, [parents are responsible for picking up their children at 9:00 PM!](#)

#### PUBLIC SKATING (INDOOR)

Public Skating at our Richmond Site will take place on Saturday mornings from 10:30 a.m. – 11:45 a.m.\*and will have its final session happening on Saturday, March 7, 2020.

The use of a proper fitting CSA-approved hockey helmet with a mask is strongly recommended for all age groups.

#### RICHMOND FAMILY CENTRE

The Fort Garry/St. Norbert Healthy Child Coalition has free programming throughout the Fort Garry area.

Our South Winnipeg Community Centre at the Waverley site location hosts a family center drop-in on Tuesday mornings from 9:15-11:15. The Richmond site location hosts a drop-in program called Jumping Gym Time on Friday mornings from 9:15-11:15 a.m. & Friday afternoon from 1:00-3:00 p.m.

We offer a fun and engaging environment where parents, grandparents or caregivers can bring their children aged newborn to 5 years of age for fun shared activities. There is no pre-registration required, no cost to attend and a free snack is included in all programs.

For more information about all our programs, please visit our website: [www.fgsn.ca](http://www.fgsn.ca), our Facebook page or call Cindy Nachtigall at 204-299-1600 or email: [coordinator@fgsn.ca](mailto:coordinator@fgsn.ca).

#### YOGA

Classes are on Tuesdays at 7 pm. Please contact Cathy Jaman at [cathy\\_jaman@hotmail.com](mailto:cathy_jaman@hotmail.com) for more info

*"Cathy Jaman is a Level 1: 200 Hour Hatha Flow - Ashtanga Influenced Yoga Teacher (RYT 200). Cathy completed her yoga teacher training through Herizen Yoga For women located in Baja California Sur, Mexico in April 2018.*

*Cathy's classes focus on a relaxed flow, moving from pose to pose, linking movement with breath and include a guided meditation. All yoga classes are designed for beginners and beyond. All adult men and women are welcome. Namaste."*

## RYERSON SITE

### BOYS AND GIRLS CLUBS OF WINNIPEG INC.

Please contact Ryerson Club Manager Allison Drummond

577 Dalhousie Drive (204) 269-1570  
[www.bgcwinnipeg.ca](http://www.bgcwinnipeg.ca)

## WAVERLEY SITE

### BIRTHDAY PARTIES

For only \$190.00 (plus GST), have your upcoming child's birthday celebration at our Waverley site! We provide: two hours in our main hall, a large bouncer, floor hockey or Nerf soccer, kitchen access and seating up to 40 guests. **We set up and take down** – you just bring the party!

We have two birthday bookings on most Saturdays. First time slot is 11:00 am to 1:00 pm and the second slot is 1:30 pm to 3:30 pm and one Sunday booking from 11 am until 1 pm.

Call our office at 204-269-7000 for available dates and times. For an additional cost, a second (smaller) bouncer and three or four-hour events are possible as well as our **Non-Stop Pop Pepsi Machine** (with 7 oz cups) is an add on for only \$19.99 plus GST!

Booking early, specifically months in advance, always is recommended.

### BRIDGE CLUB

The Waverley Seniors Bridge Club meets year-round, every Thursday afternoon at noon with 'practice hands' starting at noon and play starting at 12:30 pm. Please plan to arrive no later than 12:20 pm.

Annual dues are \$5.00 per person with a \$2.00 weekly bridge fee for attendees.

Everyone is welcome as we have members who play at all skill levels. Interested new members should have some actual playing experience.

We break for tea, coffee and pastries after two rounds.

Our special events include a Christmas Dinner and a Spring Luncheon, both partially subsidized for club members.

To join, simply attend any given Thursday afternoon. For more information contact Bridge Club President Ron Wood at 204-771-6724.

### DOG CLASSES

The Noble Hound Dog Training and Obedience offers group obedience classes, workshops and private training. We do far more than teach the basics; we educate dog owners about dog behavior, explain why dogs do certain things and how they communicate with us and other dogs. Most importantly, we teach you how to build a relationship with your dog that is based on trust, structure and love. For more info call 204-801-8125 or visit: [www.thenoblehoundtraining.com](http://www.thenoblehoundtraining.com)

### SCOUTING

The South Winnipeg Community Centre's Waverley Site is the home of the 163rd Winnipeg Scouting Group. There are active Beaver, Cub, Scout, and Venturer programs being run in the area.

Please contact Robbie Melvin, Group Commissioner ([robbie.melvin@gmail.com](mailto:robbie.melvin@gmail.com)) or check our website at <http://www.163rdwinnipegscouts.ca/> for more information.

### WAVERLEY HEIGHTS FAMILY CENTRE

The Fort Garry/St. Norbert Healthy Child Coalition has free programming throughout the Fort Garry area.

Our South Winnipeg Community Centre at the Waverley site location hosts a family center drop-in on Tuesday mornings from 9:15-11:15. The Richmond site location hosts a drop-in program called Jumping Gym Time on Friday mornings from 9:15-11:15 a.m. & Friday afternoon from 1:00-3:00 p.m.

We offer a fun and engaging environment where parents, grandparents or caregivers can bring their children aged newborn to 5 years of age for fun shared activities. There is no pre-registration required, no cost to attend and a free snack is included in all programs.

For more information about all our programs, please visit our website: [www.fgsn.ca](http://www.fgsn.ca), our Facebook page or call Cindy Nachtigall at 204-299-1600 or email: [coordinator@fgsn.ca](mailto:coordinator@fgsn.ca).

# VOLUNTEER APPRECIATION HONOUREES!

We are proud to recognize this year's South Winnipeg Community Centre's 2019 Volunteer Appreciation Honorees!

Our Volunteer Appreciation Dinner is made even better by providing us the opportunity to acknowledge these individuals who have shown exceptional dedication and support of our SWCC programs.

**SOURCE FOR SPORTS SOFTBALL  
VOLUNTEER OF THE YEAR AWARD:**

MARIA NEUFELD

**SOURCE FOR SPORTS BASEBALL  
VOLUNTEER OF THE YEAR AWARD:**

KEN AND CONNIE KORCHAK

**SOURCE FOR SPORTS BASKETBALL  
VOLUNTEER OF THE YEAR AWARD:**

KEITH THEDE

**SOURCE FOR SPORTS HOCKEY  
VOLUNTEER OF THE YEAR AWARD:**

SHANE RAY

**SOURCE FOR SPORTS RINGETTE  
VOLUNTEER OF THE YEAR AWARD:**

CARLA REILLY-GROSE

**SOURCE FOR SPORTS SOCCER  
VOLUNTEER OF THE YEAR AWARD:**

TENILLE WILSON

**COMMUNITY CONTRIBUTION:**

MIKE RODRIGUES  
(ACCEPTING IN MEMORY OF LIDA RODRIGUES)

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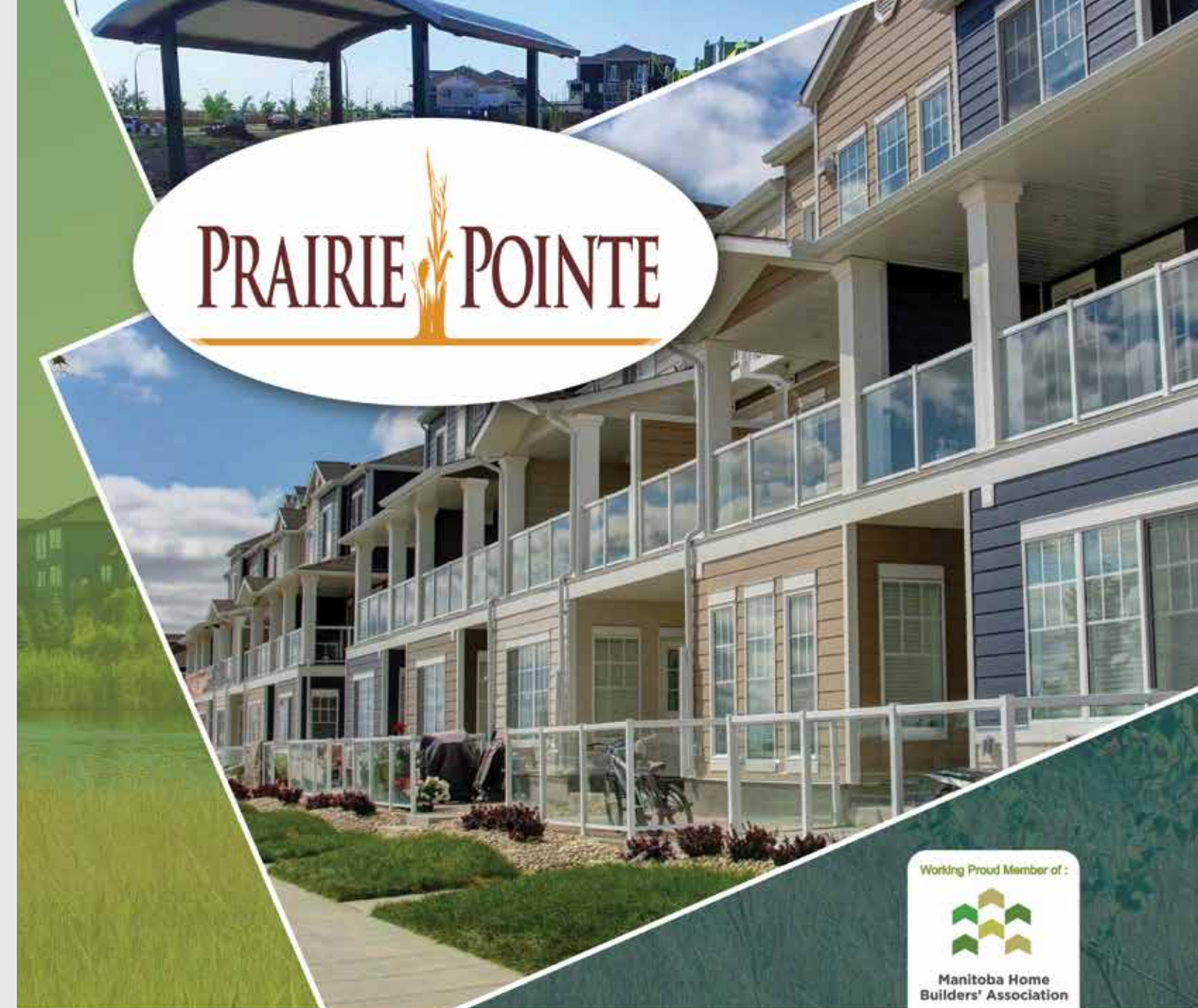
SAMANTHA HARRIS

**LIFETIME ACHIEVEMENT SOCCER:**

SUZANNE FRASER

**THANKS AGAIN FROM US OF US!**

*(Left to Right) Mike Rodrigues (accepting in memory of Lida Rodrigues), Carla Reilly-Grose, Ken and Connie Korchak, Shane Ray, Suzanne Fraser, Tenille Wilson, Maria Neufeld (Missing: Keith Thede and Samantha Harris).*



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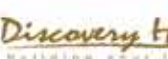
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## SPORTS SECTION

### BASEBALL

The 2019 baseball season saw another successful year of participation at SWCC with over 175 boys and girls participating in baseball across all levels! The 2020 baseball season is fast approaching!

Baseball is open to both girls and boys at all ages and is an exciting youth sport for the entire family! The Rally Caps program for 4 to 7-year olds focuses on skills development and games with strong parental involvement. Grand Slam Baseball for players 8 & 9 have smaller teams with the focus remaining on skills development. Players 10 to 18 play 'A' level baseball or may opt to try out for the more competitive 'AA' league (which plays city wide). AAA Baseball is also available through

WSMBA however all players must first register through the community club. Baseball Manitoba also operates 3 Female Provincial Teams for 14U, 16U and 21U. Baseball Manitoba does require all coaches to be certified. Cost for certification is covered for all SWCC registered coaches.

Registration will open in March, tryouts in April and the regular season runs May and June followed by playoffs for the older and AA groups. Players 12 and older may want to consider Umpiring. It a great way to learn even more about the game and get paid to do it! For more information please check out our web pages at [swcc1.ca/baseball/](http://swcc1.ca/baseball/) or contact David Crow at [swccbaseball@shaw.ca](mailto:swccbaseball@shaw.ca)

**David Crow**  
South Winnipeg Community Center  
Baseball Program Director

### BASKETBALL

Spring Season will run April-June (8 games plus playoffs)  
Ages 7-18 years old  
Practices are minimum 1x week,  
Games minimum 1x week  
(Saturday or Sunday, depending on age)  
Registration is to be completed through WMBA RAMP (online/ in-person 145 Pacific Ave)  
REGISTRATION IS EXPECTED TO BE OPEN FEBRUARY 23-MARCH 22  
Additional Information can be found on [www.wmba.ca/content/wmba-community-league](http://www.wmba.ca/content/wmba-community-league)  
[www.wmba.ca/content/jr-nba-youth-basketball-jynb](http://www.wmba.ca/content/jr-nba-youth-basketball-jynb)

**VOLUNTEERS/COACHES NEEDED:**  
Our program depends on volunteers. Child Abuse Checks, Training, 24-Hour Support all provided. For those new to the sport, pairing with a senior coach/mentor is available to help prepare you for season.

For more information, please contact [basketball@swcc1.ca](mailto:basketball@swcc1.ca)



### CRICKET

2020 will be the launch of South Winnipeg Community Centre's outdoor Cricket program. Practices are scheduled for Fridays at our Waverley Site (1885 Chancellor Drive). Please contact our Cricket convener Paramjit Shahi at [cricket@swcc1.ca](mailto:cricket@swcc1.ca).

### SOCCER (OUTDOOR SOCCER)

South Winnipeg Soccer Club continues to see growth each year. Volunteers are desperately required for a variety of board positions.

Spring registration opens on March 1st and will remain open until March 15th.

Cost is TBD and will be available on the website, prior to opening day. The program is available for 4 to 18-year olds. Note: 9 to 18-year-old groups with large enrolments that result in multiple teams, will be subject to skill assessments to ensure balanced teams.

Information can be found on the website – [www.swcc1.ca](http://www.swcc1.ca) and questions can be directed to Jaime Webster at [recreation@wseu.ca](mailto:recreation@wseu.ca).

### SOFTBALL

Hello South Winnipeg families!! Softball is a variant of baseball played with a larger ball (11 to 12 in. circumference) on a smaller field. The game moves at a faster pace than

traditional baseball. There is less time for the base runner to get to first while the opponent fields the ball; yet, the fielder has less time to field the ball while the opponent is running down to first base. The name *softball* was given to the game because the ball used to be soft, however a solid firm ball is used currently.

Our Softball program is always looking for girls that have a desire to play and for parent coaches. Our season runs from Beginning of May (or sooner if the snow is gone) until the end of June. Come enjoy some time outside and **PLAY BALL!!**

Any questions? Please contact Jody at [softball@swcc1.ca](mailto:softball@swcc1.ca)

## PLEASE SUPPORT THOSE WHO SUPPORT US!

A big THANK YOU to our advertisers for helping us get this information out to houses in the South Wpg CC catchment.

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# Terry Duguid

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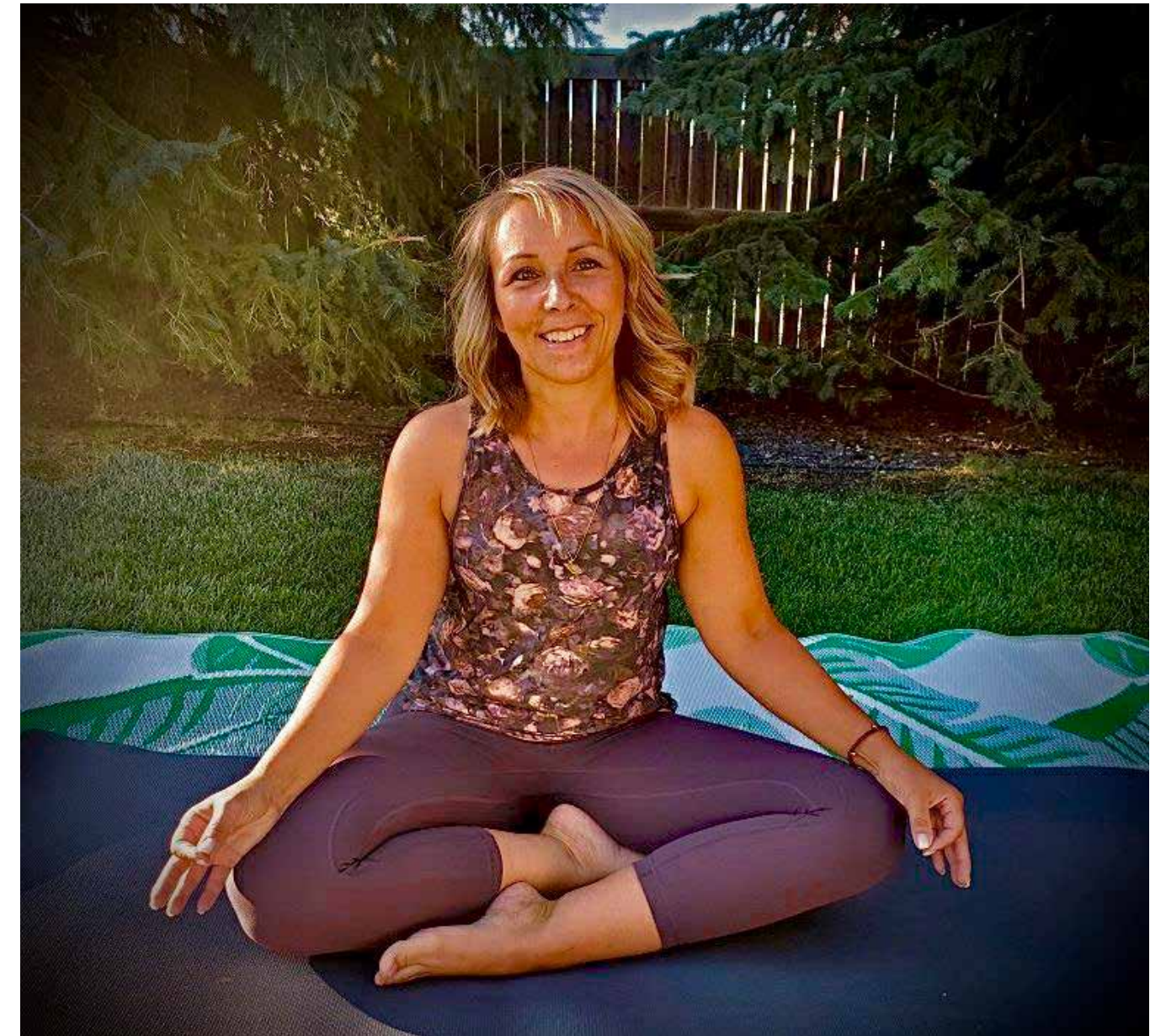
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## YOGA WITH CATHY JAMAN

Cathy Jaman is a Level 1: 200 Hour Hatha Flow- Ashtanga Influenced Yoga Teacher & a certified Yin Yoga Teacher.

Her classes focus on a relaxed flow, moving from pose to pose, linking movement with the breath. It is an uplifting practice that increases muscle tone, improves flexibility and concentration, detoxifies the vital organs and allows you to experience a state of deep relaxation.

Classes are designed for beginners and beyond.

Please contact Cathy with any questions &/or to register for classes at [cathy@cathyjmanyoga.com](mailto:cathy@cathyjmanyoga.com).

Classes are on every Monday 7- 8pm. With the exception of Feb 17: no class.

***“It is an uplifting practice that increases muscle tone, improves flexibility and concentration, detoxifies the vital organs and allows you to experience a state of deep relaxation.”***

Classes will be sold in blocks of 6-week sessions. \$75.00 pre-paid in advance for 6 weeks or \$15.00 per drop-in class. Cash or e-transfer is accepted.

1st six-week session: Feb 10, 24, March 2, 9, 16 & 23.  
And 2nd six-week session on March 30, April 6, 13, 20, 27 & May 4, 2020.



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*\* by store discretion*

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\*present coupon in store | expiry date: May 31, 2020

## BOOK YOUR SOCIAL NOW!

Planning a wedding social? The South Winnipeg Community Centre is here to exceed your expectations! If you know the date, call us first. We always are taking bookings anywhere from six to sixteen months in advance. You can also check out our online calendar under Events at [www.swcc1.ca](http://www.swcc1.ca) to see our available dates.

### OPTION 1: WAVERLEY SITE

Situated at 1885 Chancellor Drive, we are the perfect venue with the great location – close to the main routes of Pembina Highway, Waverley Street and Bishop Grandin Boulevard.

We have an air-conditioned facility with a hall capacity of 378. Our bar/kitchen area has roll-top window access to the main hall. In addition, our kitchen facility offers convenient access to multiple refrigeration units, a microwave, a stove, and lots of counter space – perfect for when you are preparing your late-night buffet.

The cost to rent our main hall is \$1,695.00 (plus GST) for either a Friday or Saturday night. For special event dates like New Years' Eve, Halloween or St. Patrick's Day, the cost is \$2,095.00 (plus GST).

### THE RENTAL FEE INCLUDES THE FOLLOWING:

- Set-up and take-down of tables and chairs
- Clean-up (washing of tables and mopping of floors)
- Three bartenders
- Corkage, 14oz and 7oz cups and Ice
- Unlimited drink mixes (including Pepsi products, Clamato, Tabasco & Worcestershire sauces, Tonic Water, Club Soda and Cranberry and Orange Juices)
- Coffee, to go cups with lids, stir sticks, sugar/Splenda and

- creamers/Coffeemate
- Use of two cash boxes for the front door and ticket selling stations.

### GUIDELINES:

A \$300.00 damage deposit is required to secure your requested date. This \$300.00 also serves as a security deposit upon your social date. In the event that you cancel your social within 90 days of the event, SWCC will not refund the deposit.

On the night of the social a payment by Visa, MasterCard, Debit, certified cheque, cash or money order must be made for the full amount.

Regular Friday or Saturday (8 pm to 1 am) socials: \$1,695 + (GST) = \$1,779.75 \*\*we can offer a fourth bartender and/or an extra hour (2 a.m. closing). Contact us for fees.

Special Event Social Dates: \$2,095.00 + (GST) = \$2,199.75 \*\* New Years Eve, Halloween, Valentine's Day, etc – includes 4 bartenders and a 2 a.m. closing.

We will refund you the sum of \$300.00 by mail within the following 10 business days should no damage occur. In the event damage has occurred, SWCC will notify the renter.

Please call us at (204) 269-7000 with any questions you may have or to see if your date is still available.

### OPTION 2: RICHMOND SITE

If you are looking for a more intimate social gathering during the warmer months, then the Richmond Site social option could be right for you! With a capacity of 196, Richmond's social booking calendar accepts dates from April 1 to September 31st annually. This is perfect for the 'do-it-yourself' social planner. The hall is rented for only \$700.00 plus GST. Call 204-269-7000 for details.



## Janice Lukes

City Councillor, Waverley West Ward

*Where the world comes together*



## UPDATE and YOUR ASSISTANCE: South Winnipeg Recreation Campus

Please read this update and if you have any questions, please contact me, Janice Lukes at [jlukes@winnipeg.ca](mailto:jlukes@winnipeg.ca) or 204-986-6824

### 2015 - 2018

Since elected, I've worked to secure funding to purchase land, develop a neighbourhood plan for the open field/new site of the recreation campus, develop conceptual plans, and determine the Phase One Budget (\$71 Million) for the South Winnipeg Recreation Campus.

### 2019

In September, City Council voted to make the South Winnipeg Recreation Campus a priority and made a formal funding application through the Investing in Canada Infrastructure Program. The City has approved \$27 Million and is requesting:

- \$20 Million from the Provincial government
- \$24 Million from the Federal government

### 2020

As of January, when this article was submitted, we have not received any commitments from the Provincial and Federal governments.

### YOUR ASSISTANCE

Please reach out to our local representatives and encourage them to provide funding towards the South Winnipeg Recreation Campus:

- **Provincial Government:** Jon Reyes, Members of Legislative Assembly
- **Federal Government:** Terry Duguid, Member of Parliament

South West Winnipeg is the fastest growing community in the City of Winnipeg. The recreation centre will be constructed beside the new high school and elementary school that the Provincial government committed to building. Also, Provincial legislation requires any new school to include a child care facility, either attached to the school or located on land owned by the school. With over 1400 children on waiting lists for child care, these two new facilities (or a super center) are desperately needed. Your assistance is critical to making this project move forward.

[@JaniceLukes](https://twitter.com/JaniceLukes) | [f](https://www.facebook.com/JaniceLukes) Councillor Janice Lukes

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