District of Lunenburg
Recreation Department

“Working with you to create recreational opportunities for all”

Acting Director of Recreation Services: Tissy Bolivar
Acting Program Coordinator: Sandy Mair-Dodman
Trails & Open Space Coordinator: Laura Barkhouse
Active Living Coordinator: Britt Vegsund
Park Supervisor: Jason McCarthy
Administrative and Customer Service Assistant: Kristy Kaizer
Administrative Assistant: Sandra Challis

HOW TO REGISTER

ONLINE REGISTRATION!

At your convenience, any time of day or night. Online registration requires Credit Card payment. A surcharge will be charged for credit card use. IT’S EASY!

Step 1. Visit us online at www.modl.ca and click the blue “Register Online” button.

Step 2. “Create an Account”. (Enter a login name and password, which you create yourself.)

Step 3. Next “View & Register for Activities”.

Step 4. Have FUN!

REGISTER BY PHONE OR IN-PERSON

• Call us (902) 541-1343 or drop in our office at 210 Aberdeen Road, Bridgewater
  Regular office hours are 8:30 am - 4:30 pm, Monday to Friday.

• DROP-OFF: Payments can be dropped off after hours in the drop-off slot by the front door.

Participants must verbally or electronically agree with the Municipal Waiver upon registration.

Please pay fees at least one full week prior to the program start date.
• All programs are subject to minimum and maximum enrollment.
• Register early to reserve your spot and avoid disappointment.
• Waiting lists will be taken for full programs and additional programs added if possible.
• Cheques payable to District of Lunenburg or MODL. Postdated cheques will not be accepted. Interac/debit available. Credit card available online only.

For program cancellations, additions or changes please call (902) 541-1343. Watch for program updates in the LighthouseNOW Progress Bulletin.

210 Aberdeen Road, Bridgewater
NS, Canada B4V 4G8
Phone: (902)-541-1343 Fax: (902) 527-1135
Office Hours: 8:30 am – 4:30 pm, Monday to Friday
Email: recreation@modl.ca
Like us on Facebook: District of Lunenburg Recreation

www.modl.ca
REFUND PROCEDURES

• If notice is received during regular office hours (8:30 am - 4:30 pm) before the commencement of the second class of a program, a prorated refund will be issued less a 10% administrative fee.
• For workshops, clinics, and bus trips, if notice is received at least five working days prior to the program date, a refund will be issued less a 10% administrative fee.
• No refunds will be issued for cancellation notice received within 4 days of the program or for ‘no-show’ registrants.
• If an individual cannot continue participating in a program due to an illness or injury, a prorated refund will be issued less a 10% administrative fee. A doctor’s note is required as proof that illness or injury prohibits further participation.

MUNICIPAL GRANTS FOR NON-PROFIT ORGANIZATIONS

The District of Lunenburg has grants for non-profit organizations within the District.

For application forms or for more information, contact Tissy Bolivar, Director of Recreation Services, at (902) 541-1333 or visit our website, www.modl.ca (Recreation drop down tab to Grants).

• Major Recreation Capital
• Annual Operating
• Leadership Training
• Elite Athlete Travel
• Community Recreation Capital
• Community Recreation Program
• Youth Travel
• National/Provincial Event
• Sponsorship Ad

Eight-To-Go
You can take advantage of our “8 to Go” plan! If you see a program in this brochure, or you have another great idea that you would like to see offered in your community, just find seven others and give us a call. We will do our best to make the program happen where and when you want it.

RECREATION INTERGRATION SERVICES

MODL recognizes and will help to meet the needs of people who have special needs. Staff will help identify leisure needs by exploring the individual’s interest, leisure involvement, awareness, skills, and available leisure time. Barriers such as transportation, equipment, accessibility, volunteer support time, fees, attitudes, and information will be identified. Supports including resources, activity sampling and equipment loan may be easily identified and provided. By becoming more aware of and accessing supports, people who have disabilities have greater recreation options available to them. Anyone interested in discussing the possibilities may contact Tissy Bolivar at (902) 541-1333.

Thirsting for a taste of Authentic Life?

Come to your senses in Lunenburg Region!

LunenburgRegion.ca
Nova Scotia

we love fall

“Like” us on Facebook! www.modl.ca
BIRD IDENTIFICATION – Walk & Talk
Take a gentle stroll through the beautiful Miller Point Peace Park with Shawn Feener. He will identify some of the birds that visit this wooded area and share some facts about them. He'll also introduce you to the amazing Merlin Bird ID App for iphones, that will help you reveal the ID of birds, and provide some tips about attracting birds to your backyard. If you have binoculars bring them along. **Shawn Feener is a Wildlife Conservation Technician and has his BSc in Environmental Management from UNB.**
**Saturday, September 15, 5:00 pm**
Miller Point Peace Park. Meet at main entrance
FREE!

DAYSpring Community Cemetery – Walk & Talk
Graveyards and cemeteries give us a window into our past. They tell a story of time, people and events, giving us a rich tapestry of our community. Join Peter Oickle for an evening stroll through Miller Point Peace Park and the beautiful Dayspring Community Cemetery, located on the banks of the LaHave River. He is sure to entertain with “Interesting stories about interesting times.” Wear comfortable walking shoes. **Peter Oickle, the Chair of the Bridgewater Museum Commission and past chair of the Bridgewater Heritage Advisory Committee, conducts guided cemetery and town heritage walks and presentations to groups on local history. Donation to Desbrisay Museum Welcome.**
**Wednesday, September 19 (Rain Date, September 26) 6:00 pm. Miller Point Peace Park (Meet at entrance.)**

NATURE – Walk & Talk
Learn some interesting, FUN facts about Miller Point Peace Park’s tall pines, native plants and shrubs, including their traditional uses by First Nations. This park is gorgeous in the fall! **FREE!**

**Shawn Feener is a Wildlife Conservation Technician and has his BSc in Environmental Management from UNB.**
**Sunday, September 16, 2:00 pm**
Miller Point Peace Park. Meet at main entrance

**Sam Wentzell** of Sam’s Woodland Tours provides informative nature walks and historical walking tours in the Bridgewater area.
**Wednesday, September 26, 10:00 am**
Miller Point Peace Park. Meet at main entrance.
LETS HIKE! - FOR BEGINNERS
Hiking is a perfect activity for people who havent been active in a while or want to lead a healthy life. Join Nancy Veinot at “Let’s Hike”, a program designed especially for the beginner in mind. We’ll go on some gentle, short hikes on some of MODL’s amazing trails that are great for beginners, including Miller Point Peace Park, Wentzells Lake, a beach, etc. The autumn colours will be spectacular! Sessions will include talks on Hiking Basics including: Watch Your Step (the value of a walking stick); What to Pack; What to Wear; Wildlife; Keeping Hydrated and Keeping Motivated. We will walk at an easy pace. Special guests will join us for these fun and informative Hike & Talk Sessions that are designed to build your confidence and get you moving.

Nancy Veinot: Hiking has taken Nancy to many places and has introduced her to many people who have similar interests and objectives - improved health, identifying plants, enjoying birds and wildlife and exploring new places.

**Thursdays, 9:30 am, September 20 to October 25** 5 weeks
Meet at Miller Point Peace Park main entrance first two sessions. $20/5 weeks

WINTER SOLSTICE LANTERN WALK
Families are invited to come make a simple lantern (supplies and battery tea lights provided) and take a walk on the MARC trails to welcome winter. Hot drinks will be provided around a bonfire. Led by Tissy Bolivar
**Thursday, December 21, 5:30**, MARC, Dayspring.
Donations for PRO Kids welcome. **FREE!**

DYNAMITE TRAIL HIKE
Join members of the Dynamite Trial Association for a hike along this scenic trail. This trail is picturesque and provides a level, flat surface. Lots of pretty bridges and great company! All ages welcome.

**Sunday, October 14, 2:00 pm**
**Meet at** Martin’s River Fire Hall, Station Road.
Weather permitting. **FREE!**

BLUE ROCKS COMMONS HIKE - FREE
Come explore approximately 5K of the Blue Rocks Commons with Janice Rand. Enjoy barrens, rocky coastline and rough footpaths. Recommended for adults and youth 16+. Let us know you plan to come.

**SATURDAY, NOVEMBER 3, 10:00 am to 12:00 pm**
**Meet at** Saw Pit Wharf parking lot, 28 Back Harbor Road, Lunenburg, to carpool to the Commons.

**Note:** In all hiking situations, it is recommended that you bring along water, sunscreen, snack, possibly a change of socks and alternate clothing in case of a weather change. Tick precautions recommended. Good footwear and comfortable clothing is always recommended.
EXPLORE MODL AUTUMN CHALLENGE
Starting September 15

Discover the parks, trails and hidden gems in MODL that you never knew existed or haven’t had time to visit. This adventure is your gateway to exploring and experiencing the District of Lunenburg via geocaching, a fun, outdoor treasure hunting game!

We will place 30 geocaches (containers) throughout the District of Lunenburg. Each container will have a few little treasures and a log book for you to sign-in. Take a treasure, but remember, if you take something, leave something of equal or greater value. “It’s so much fun to discover what other visitors have left for you to enjoy!”.

The first 100 to find 25+ geocaches will be rewarded with a unique trackable geocoin, designed especially for this event. Coins will be awarded on a first come first serve basis, as supplies last.

HOW DOES IT WORK?
Use a GPS Device or Phone APP: Participants will be given a passport with GPS coordinates to help you find the geocaches (treasures) hidden throughout the District of Lunenburg.

SEE OUR INTRO TO GEOCACHINS INFO SESSION ON PAGE 28

FOR COMPLETE RULES:
Starting September 15, go to www.modl.ca/recreation or drop in the District of Lunenburg Recreation Department for a hand-out at 210 Aberdeen Road, Bridgewater. Call (902) 541-1343 with questions.

We hope this challenge will inspire you to get outside and celebrate the fall season!

Sponsored by

MILLER POINT PEACE PARK PHOTO CONTEST
Under Age 12; Age 13-18; and Adults

PRIZES: 1ST $25 GIFT CARD 2ND $10 GIFT CARD 3RD $5 GIFT CARD

CATEGORIES: People; Plant Life; and Animal Life
Deadline for Entries: November 5.
Full contest details available at the recreation office at 210 Aberdeen Road or at www.modl.ca/recreation

Email photos to: sandy.mair-dodman@MODL.ca.
Questions call: 902-541-1343

Hosted by the MODL Miller Point Peace Park Committee
PEACE ROCKS!
“SPREADING PEACE ONE ROCK AT A TIME!”
Friday, September 21 is the International Day of Peace. Celebrate this special day by joining us at Miller Point Peace Park to paint a rock with an image or message of PEACE. Leave one at your favourite place in the park for others to enjoy, paint another to take home, or share one with a friend. Spreading Peace Rocks is fun, magical and contagious! We will provide the supplies! This year’s theme is “The Right to Peace”. Come have a little fun and celebrate this special day! Cake too!
Friday, September 21,
1:00 to 3:00 pm & 5:00 to 7:00 pm
Miller Point Peace Park. (Inner Parking Area)
FREE!

KIDS WOODLAND SURVIVAL (AGE 8-12)
This fun, hands-on program will teach kids some tips and tricks to staying warm, dry and safe in the woods. Learn: what to pack in your back-pack (survival kit); how to keep warm and dry; and how to build a water-proof fort (shelter) with a demo on using a pocket knife safely. Sam Wentzell of Sam’s Woodland Tours will also build a campfire and we’ll have a yummy snack! Inservice Day.
Friday, September 28, 10:00 am to 12:00 pm
Miller Point Peace Park.
$9

FAIRY LANTERN & HOUSES
Make a cute fairy lantern with a mason jar, tea lite and some forest finds. We’ll also gather natural materials from the woods (leaves, mosses, branches, pebbles, acorns, dried grasses etc.) to decorate and create our whimsical fairy houses.
All ages.
Saturday, September 8,
10:00 am to 12:00 pm
Miller Point Peace Park
FREE!

HUG A TREE – “AN ADVENTURE SMART PROGRAM” (AGES 6-12)
Hug-a-Tree is an Adventure Smart program, that teaches children how not to become lost in the woods, and what to do should they become lost. Kids will learn about staying put, keeping warm and dry, and helping searchers find them. This fun session includes a video, talk, and demos by Lunenburg County Ground Search and Rescue volunteers. Participants will bring home a mini-survival pack (whistle, foil survival blanket etc.)
Youth
Thursday, October 4, 5:30 to 6:30 pm
Program Building, MARC, Dayspring
FREE!

BEACHCOMBING & TREASURE HUNTING
Discover our beaches, meet new friends & collect new treasures! Join our guides for a little stroll and beach FUN! All ages are welcome. Register on-line or call (902) 541-1343.

Wednesday, September 5, 10:00 to 11:30 am, Hirtle Beach
Friday, September 14, 9:30 to 10:30 am Crescent Beach
Sunday, September 23, 1:00 to 2:30 pm, Westhaver Beach
(Karen Selig)
FREE
Gather Around the Campfire

It’s a great time of year for a campfire! Join us for a campfire, snacks and garden games!

Campfire!
Learn how to make a Teepee or Log-Cabin fire and enjoy some toasted marshmallows, s’mores and a “banana boat”!
Make this part of your morning stroll!
Thursday, October 4, 6:00 to 8:00 pm
Miller Point Peace Park
Kaileigh Skinner and Sandy Mair-Dodman
FREE

Log Cabin & Swedish Flame
Try some bannock made on our log-cabin campfire and learn how to make a Swedish flame with Sam Wentzell of Sam's Woodland Tours! “We’ll even put the kettle on!”
Friday, September 14, 6:00 to 8:00 pm
MARC, Dayspring
FREE

Historic Campfire - 1800’s Style
Join us for a trip “back in time” around the campfire. Enjoy some beef stew, johnny cake and dessert on the fire in cast iron pots and while learning about traditional camping in the 1800’s. See a Canadian Candle (Swedish Log) in action with Sam Wentzell, of Sam’s Woodland Tours!
Saturday, October 13, 4:00 to 6:00 pm
MARC, Dayspring
$12 (per family/max 5)

Intro to Rockhounding - Fundy Rocks
Nova Scotia’s amazing geological history and constant tidal action makes it a fantastic place to hunt for rocks and fossils. You can find purple amethyst crystals, agates, jasper, quartz, along with countless other minerals, precious and semi-precious stones! David Sheppard will show you where to look, what to look for, and what to do with the treasures that are found. He will point out the opportunities for great adventure for people of all ages and for families too. A dynamic presentation.

David Sheppard a retired literature teacher, hikes, rockhounds, does photography and gives educational presentations to share enthusiasm for the hobby. Chris Sheppard created Fund Rocks to share rockhounding adventures and to showcase his incredible scenic and mineral photography and gorgeous collection of rocks.
Thursday, September 27, 6:30-8:30 pm
MARC, Daysprings. $8

Bay to Bay Trail Art

"Come out on the Bay to Bay Trail this autumn and see if you can spot our newest community gem!" When you find it, take a picture of yourself and post it to our District of Lunenburg Facebook Page with the hashtag #artmadeactive, for a chance to win a prize in December of 2018.”

Hikers, cyclists and nature lovers will soon have the chance to enjoy an amazing piece of art on the Bay to Bay Trail (situated between Mahone Bay and Lunenburg). A sculpture, designed by Artist, Gillian Maradyn-Jousey, will be unveiled by the end of October. The Municipality of the District of Lunenburg was awarded a $5,000 grant last spring, from the Heart and Stroke Foundation’s Walkability Project, for the design and installation of a piece of public art. The goal of the project is to motivate and inspire people to visit the trail on foot or bike to view a world-class art installation, while experiencing the beauty and nature that surrounds it. MODL partnered with the Bay to Bay Trails Association, as well as members of the local art community, to make this happen.

Gillian Maradyn-Jousey is a ceramic artist and designer living in Lunenburg, NS. She graduated from NSCAD University in 2017 with a BFA in ceramics, and is currently participating in the NSCAD Lunenburg Community Residency. She creates functional and sculptural art grounded in her interest for design and architecture, and her practice is invigorated by meaningful creative exchange through collaboration and community-based projects.
“CELEBRATE AUTUMN AT MODL PARKS, BEACHES & WATERFRONTS!”

• The **MARC**, in Dayspring, has walking trails, ponds, fields, ball diamonds, a mountain bike skills park and trails, a playground, 9-hole disc golf course, and picnic areas and a view of the LaHave. Indoor facilities are also available to book for meetings, parties and activities.

• **Disc Golf – 9 holes!** Try out our classic “city park” style disc golf course. It’s an enjoyable, simple to play course. Tee off signs (9 red tees for amateur and 9 blue tees for experienced) are easily located by referring to the map of the course on the back of the kiosk by the parking lot. Discs are available for loan by contacting the Recreation Office at (902) 541-1343.

• **Birthday Parties** - The MARC is a great place for a birthday party or other celebrations! Lots of indoor and outdoor space for games, dancing and theme ideas. For information or to book a room, call (902) 541-1343 or email recreation@modl.ca

• **Lunenburg County Mountain Bike Association (LCMBA)** This non-profit group has been creating multi-use single track trail throughout the upper portion of the MARC property in Dayspring: **Serpentine Trail** (beginner level) is accessed off Home Run near Milkshake. The **Granite Express** and **Feather and Iron Trails** are intermediate and accessed off Cliff Hanger, very near the Home Run/Cliff Hanger intersection. **Mountain Bike Skills Park**, located off the ballfields parking lot, is another option for building your biking skills. Volunteer trail builders are welcome! $10 annual LCMBA memberships are available at local bike shops. For more info on LCMBA, check them out on Facebook at www.facebook.com/lcmba or email lcmba1@hotmail.com

• **MILLER POINT PEACE PARK.** Easy walking trails, nestled in towering pines along the shores of the LaHave River. Bring a picnic lunch and enjoy river views. Gates close late fall for the winter months.

• **INDIAN PATH COMMON.** Trails can be enjoyed year-round but have more challenging woodland footpaths.

• **MUSHAMUSH BEACH** - Take a leisurely stroll in the sand or sit and look out over the water. Dogs are not permitted on the beach of Mushamush Beach Park for health reasons.

• **INDIAN FALLS PARK** - So beautiful in the fall! Enjoy the maple, oak and poplar trees as they change colours and watch the water cascade over a 20' drop. (A short trail takes you to view the falls from below.) Bring a picnic lunch or just sit on the bench and enjoy a fresh autumn day. Count how many stairs there are to the beach!

• Visit our water access points at Church Lake, #331 Newburne Road, and Wiles Lake Park, #3270 Hwy 325, Wileville. Recently added to our water access parks is the new LaHave Sunset Park, #893 Hwy 331, Conquerall Bank.

Parks are Open 8:00 am - Dusk. Park seasonal closure dates vary for each park. Please call (902) 541-1343 for specific closure dates and facility bookings or visit our website at www.modl.ca

**Dogs in Municipal Parks** - Please be a responsible pet owner by keeping your dog on leash in public areas, cleaning up after it and respecting other park users. For information on the Municipality’s Dog By-law, visit www.modl.ca

**COMMUNITY TRAILS**

Construction is finishing up on most sections of our local rail trails, so please proceed with caution and keep an eye out for heavy equipment, trail workers and other trail users along the trails this fall. **OBEY ALL TRAIL SIGNS!** Remember, our community rail-trails are shared-use, so everyone gets an opportunity to enjoy them. Be a good neighbor to adjoining landowners and be considerate of all trail users.

• Stay on the trail
• Leash your pet!!!!
• Clean up after your pet – including your horse
• Travel SLOW around other trail users while on an ATV, dirt bike or bicycle
• ALL ATVs and dirt bikes MUST be registered and insured to drive the trail
• Smile at other trail users – we are all there to enjoy the trail!
The following trails are managed by six non-profit community groups:

**Adventure Trail** - 15 km trail, Mahone Bay and Bridgewater

**Bay to Bay Trail** - 11 km trail, Mahone Bay to Lunenburg

**Bull Run Trail** - 27 km trail, Bridgewater to the Region of Queens

**Dynamite Trail** - 10 km trail, Martins River to Mahone Bay

**LaHave River Trail** - 21 km trail. Sections completed between Bridgewater and New Germany. No through traffic.

**South Shore Annapolis Valley Trail** - 125 km trail, starts in New Germany to the valley and to highway 208 in Colpton.

Enjoy our local trails! Even a little bit of activity goes a long way to better health. If you have any questions or concerns, please contact Trails and Open Space Coordinator, Laura Barkhouse, at (902) 541-1352 or email laura.barkhouse@modl.ca

**Petite Riviere Park** - Hwy 331 by the bridge in Petite Riviere. A nice spot for a leisurely picnic or to put in a small watercraft. Managed by the Community Park Association

**Pine Grove Outdoor Park (POPA)** - 72 Charlie Lane, Pine Grove. Come enjoy the concrete pad, swings, walking trail, gazebo, ramps for trail bikes, fire pit, and playground. Privy available on site. POPA’s volunteers work diligently on this park. Please help keep the site clean and maintained. Volunteers are welcome to join the Association. Please contact Stephanie Mailman-Course at (902) 211-0328 or Stephanie_mailman04@hotmail.com for information or to make a donation.

**United Communities Marine Park** – Hwy 331 in Vogler’s Cove. Boat launch and picnic area. Enjoy this beautiful coastal area from the shore or put in a small watercraft.

**Lunenburg County Mountain Bike Association (LCMBA)** - See section on The MARC.

Pick up copies of trail and tourism brochures at the Municipal Office for more information on trails, parks and open spaces within the District of Lunenburg or visit www.modl.ca

**MODL OUTDOOR SPACES MANAGED BY COMMUNITY GROUPS**

**Molega Lake Park** – Molega Lake Road in Chelsea. A great swimming and picnicking spot for families. Managed by the Chelsea Baptist Church.

**Petite Riviere Park** – Hwy 331 by the bridge in Petite Riviere. A nice spot for a leisurely picnic or to put in a small watercraft. Managed by the Community Park Association

**Pine Grove Outdoor Park (POPA)** – 72 Charlie Lane, Pine Grove. Come enjoy the concrete pad, swings, walking trail, gazebo, ramps for trail bikes, fire pit, and playground. Privy available on site. POPA’s volunteers work diligently on this park. Please help keep the site clean and maintained. Volunteers are welcome to join the Association. Please contact Stephanie Mailman-Course at (902) 211-0328 or Stephanie_mailman04@hotmail.com for information or to make a donation.

**United Communities Marine Park** – Hwy 331 in Vogler’s Cove. Boat launch and picnic area. Enjoy this beautiful coastal area from the shore or put in a small watercraft.

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**Molega Lake Park** – Molega Lake Road in Chelsea. A great swimming and picnicking spot for families. Managed by the Chelsea Baptist Church.

**Petite Riviere Park** – Hwy 331 by the bridge in Petite Riviere. A nice spot for a leisurely picnic or to put in a small watercraft. Managed by the Community Park Association

**Pine Grove Outdoor Park (POPA)** – 72 Charlie Lane, Pine Grove. Come enjoy the concrete pad, swings, walking trail, gazebo, ramps for trail bikes, fire pit, and playground. Privy available on site. POPA’s volunteers work diligently on this park. Please help keep the site clean and maintained. Volunteers are welcome to join the Association. Please contact Stephanie Mailman-Course at (902) 211-0328 or Stephanie_mailman04@hotmail.com for information or to make a donation.

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**New Dance Studio in town!!!**

Looking for dance classes for the little one? No experience needed! You will find a class for her, him and yourself! French or English classes, Ballet, Jazz, Hip Hop, all boys Hip Hop class age 7+, Lyrical, Contemporary, Tap, Cardio Kick & Street Jazz for adults, and much more. Recreational and competitive dance studio with a focus on having fun, while learning the right technique in a respectful, caring and family-oriented environment, while promoting healthy habit, self-confidence, and self-respect.

Visit our Facebook Page lavieendanstudio.ca or contact Miss Shany at lavieendanstudio@gmail.com

Mass registration Aug 27th & Aug 28th

Pinegrove Centre Unit 3, #305 Highway 10.
TRAILBLAZERS AFTER SCHOOL PROGRAM
The Municipality offers an all outdoors afterschool program called Trailblazers for children grades 4 – 9 at a number of schools throughout the District. The aim of this program is to encourage children to be physically active, play outdoors and connect with nature. With funding provided by the Province of NS, we are able to offer these programs free of charge. For information on the Trailblazer program, please contact Active Living Coordinator, Britt Vegsund, at (902) 541-1336 or britt.vegsund@modl.ca The program will start up again in late September.

RED CROSS BABYSITTER TRAINER COURSE
(AGE 11 – 14)
Teaches the skills and knowledge needed to care for infants, toddlers, preschoolers and school aged children. Topics include the rights and responsibilities of a babysitter, first aid, dealing with emergencies, child care skills, and ideas for fun. Bring an infant sized teddy bear or doll, pencil and lunch. This is a safety education course, not a guarantee of competence. Instructor: Bailey Mosher.
Saturday, September 15, 9:00 am to 4:30 pm, MARC, Dayspring
Saturday, October 20, 9:00 am to 4:30 pm, Mahone Bay Centre
$35 (includes booklet and certification card)

HUG A TREE - “AN ADVENTURE SMART PROGRAM”
(AGES 6-12)
See Outdoor Nature Activities Section Page 20

UNITED WAY OF LUNENBURG COUNTY
BIKES FOR KIDS
Do you have a bike that you no longer ride or have simply outgrown? Bring it to Centre Court at the Bridgewater Mall between September 24 and November 4, 2018. Here the bikes will be collected, refurbished by volunteers and distributed in June of 2019 to local kids who would otherwise not have one. Over 400 bikes were given away this past June and over 300 to date. For information email office@lunenburgcounty.unitedway.ca or leave a message at (902) 530-3072. Special thanks to our many community partners, donors and volunteers.

HOME ALONE (AGE 9-11)
Home Alone is for kids ages 9-11, who may have to spend a brief amount of time alone due to parents stuck in traffic, or any unforeseen circumstances. Students will learn home safety procedures, ways to obtain emergency help and when it is appropriate to call 911. Other topics include basic safety tips, healthy eating, fighting boredom, overcoming fears, and fire safety. Instructor, Sherry Dickson is a member of the Bridgewater Fire Department and a retired paramedic.
Wednesday, September 5, 9:00 am to 2:00 pm, MARC, Dayspring
$35 (Includes a manual)

KIDS WOODLAND SURVIVAL (AGE 8-12)
See Outdoor Nature Activities Section Page 20

PLAN “A” DANCE CENTRE
JOIN US FOR OUR 2018-19 SEASON, SEPTEMBER TO MAY

ALL Styles
• Acro
• Ballet
• Contemporary
• Hip-Hop
• Jazz
• Tap
• Tumbling
• Adult
• Parent & Tot

All Levels
• Recreational
• Pre-Competitive
• Competitive
• Company

543 Glen Allan Dr., Bridgewater
www.planadancecentre.com
planadancecentre@gmail.com
@planadancecentre
@planadc
WE HAVE SOMETHING FOR ALL AGES... TODDLERS TO ADULTS!
LUNENBURG COUNTY MultiSport

WE WANT TO HELP KIDS REACH THEIR POTENTIAL THROUGH SPORT!

12 SPORTS
6 MONTHS
1 REGISTRATION

All sessions will be facilitated by recreation program coordinators and delivered by community sport organizations. Each lesson focuses on developing physical literacy through skill development and fun, setting the groundwork for a love of sport and an 'I can play anything!' attitude.

STARTING JANUARY TO JUNE 2019
$225 (payment options available)
Funding assistance available

REGISTRATION OPENS OCTOBER 9
CLOSES NOVEMBER 6, 2018

For more information and program schedule:
P: 902.541.1343
E: Lunenburgcountymultisport@gmail.com
Facebook / LunenburgCountyMultisport

ALL ABILITIES WELCOME!

Children must be in grade two or three.
Maximum of 30 Participants.

MULTISPORT PARTICIPATION LEADS TO:

Less burnout and overuse injuries
Better overall skills and ability
Smarter and more creative players
More lifelong enjoyment in sport
Most importantly, IT’S MORE FUN!

Sports:
BASEBALL • BASKETBALL
BIKING • CURLING
CROSSFIT KIDS • GYMNASTICS
FENCING • FOOTBALL
SLEDGE HOCKEY • SOCCER
SWIMMING • TRIATHLON
We are so excited about our upcoming fall session at AGA! Everyone welcome to register now! Come see the new space, meet coach Megan! Call 902-530-2528 – Find us on Facebook or email athleticsgymnasticsacademy@gmail.com

South Shore Minor Basketball

Programs begin in October for:
- Junior NBA age 5, 6, 7
- Under 10 - age 8, 9
- Under 12 - age 10, 11
- Under 14 - age 12, 13
- Under 16 - age 14, 15

For info contact: ssminorbasketball@gmail.com
REGISTER AT: southshoreminorbasketball.goaline.ca
**PRO Kids**

PRO Kids is a program that provides financial assistance to children and youth 18 years of age or under living in the Municipality of Lunenburg who, due to lack of funds, are not able to participate in sport, recreation and cultural activities. PRO Kids can assist with registration fees and equipment costs.

**TO APPLY FOR PRO KIDS FUNDING**
- Pick up an info brochure and application form from our office at 210 Aberdeen Road or
- Go on-line at www.modl.ca/recreation/pro-kids

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**FINANCIAL ASSISTANCE FOR YOUTH ACTIVITIES**

**FOR SPORTS** – Please apply first to KidSport and Canadian Tire Jump Start:
1. **KidSport** UP­COMING DEADLINES:
   - SEPT. 4, OCT. 1 & NOV. 1. For more information contact Cosette Howlett - Lunenburg County Chapter at (902) 275-3490, or email Cosette Howlett at chowlett@chester.ca.
2. **Canadian Tire JumpStart.** Apply online by visiting www.jumpstart.canadiantire.ca
3. **For assistance on all funding options** contact Sandy Mair-Dodman at (902) 541-1335 or email prokids@modl.ca

**PRO Kids Fundraising** – Help us help youth! Businesses, organizations, groups, communities... everyone is welcome to contribute or hold a fundraiser for PRO Kids. For information on how you can get involved, contact (902) 541-1335 or sandy.mair-dodman@modl.ca

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**SPECIAL EVENTS**

**CANOE WILES LAKE**

Enjoy a delightful paddle on Wile’s Lake at Wile’s Lake Park, next to Wile’s Lake Farm Market. A fun activity for families and all ages. Equipment provided. Donations for PRO Kids welcome.

**Sunday, September 30, 2:00 to 4:00 pm**
Wile’s Lake Park, #3270 Hwy 325, Wileville.
**FREE!** Geoff Marshall.

**FAMILY CHRISTMAS WREATH MAKING**

A fun event for the whole family! Make and decorate a balsam fir wreath and enjoy a campfire when you’re finished. All materials are supplied but you can bring additional decorations if you wish. Healthy snacks. Please register so we know numbers.

**Sunday, December 2, 2:00 to 4:00 pm**
MARC, Dayspring. **$9 per family.**
Sam & Jeff Wentzell.

**FAMILY PUMPKIN PARTIES**

Gather the family for an afternoon of pumpkin fun! Wear your pumpkin carving clothes, bring some cutting tools and your creativity. Pumpkins provided while supplies last. One per family. We’ll have a pumpkin rolling contest, pumpkin games, pumpkin treats, wagon rides, bonfire and more! We’ll display and judge your Jack’O Lantern. Be festive and wear something orange!

**Sunday, October 28, 3:00 to 5:00 pm. FREE!**
Donations for PRO Kids welcome.

**PARKDALE/MAPLEWOOD & 4H BUILDING**

Bring your family for pumpkin carving, pumpkin games, face painting and a seasonal healthy snack! Be festive and wear something orange! Pumpkins provided while supplies last. **FREE!** Donations for PRO Kids welcome.

**Saturday, October 20, 2:00 to 4:00 pm**
FOOD HANDLERS COURSE

Food safety courses are for those who handle and work with food, like community groups and organizations and those who work in the food service industry. It’s essential to protect the health and safety of your customers. Course will be delivered in a format that’s interesting, fun and straightforward. Covers the causes and types of food borne illness and emphasizes practices designed to enhance food safety. Topics include food preparation and storage, personal hygiene and sanitation. Course Conductor, Al McMullin worked 35 years with the Province of NS as a Public Health Inspector.

**Tuesday, September 18, 5:00 pm to Finish, MARC, Dayspring.**
**OR Wednesday, September 26, 9:00 am to 4:00 pm**
$55 (Includes manual and certificate)

WHMIS training on-line at your convenience. Ask us how. $40 gives you an access email.

SPARKLE N’ SIGN FOR PROKIDS
HELP US HELP YOUTH!

Choose a design and create a beautiful 10” x 18” sign, made from solid pine boards (and water based paints) that you’ll be proud to hang in your home. Fun and easy, with amazing results! Lots of messages to pick from, including “Life is Better at the Lake; All You Need is Love and a Dog; and Always Stay Humble and Kind.”. All supplies included. Choose your design at least one week in advance of event. **Instructor:** Pat Hines. **Friday, October 19, 6:00 to 8:30 pm**, MARC, Dayspring. $40 per person. Payment must be received by October 11.

THE INSIDE SCOOP ON THE GEOCACHING CRAZE!

Geocaching is the world’s largest treasure hunt. The fun of the hunt, the thrill of discovery and the sheer delight of finding new places with good friends makes it a popular outdoor activity for all ages. This high-tech treasure hunt combines GPS tracking with outdoor adventure. John MacKay and John Campbell, geocaching enthusiasts will introduce you to the basics. Learn what geocaching is all about, as well as history, safety, how to use a GPS device and find a list of geocaches (treasures) near you. **Thursday, September 13, 6:00 to 8:00 pm** - John MacKay
**Wednesday, September 19, 10:00 am to 12 noon** - John Campbell
MARC, Daysprings. $8

CHAIR YOGA

Chair Yoga is gentle and slow-paced and suitable for most adults with mobility or balance issues. Students will learn simple, Hatha-based poses and breathing, that can be done seated in or assisted by a chair. Classes will help improve circulation, increase flexibility, and promote relaxation. Please bring a rolled-up blanket, or towel. **Instructor:** Karen Mackenzie

**Wednesdays: September 19 to November 21, 10:00 to 11:00 am**
**Fridays: September 21 to November 23, 10:00 to 11:00 am**
Mahone Bay Centre. $80/10 weeks

**Instructor:** Karen MacKenzie is a certified Yoga Teacher and Fitness Instructor Specialist (Karen is a warm and friendly instructor).

GENTLE YOGA

A restful, calming class including breathing, gentle flowing movements, passive and supported poses that focus on posture, alignment and stability. A perfect beginner yoga class that’s also appropriate for those with injury, limited mobility or prefer a softer, gentler approach to yoga. Wear comfortable clothing and bring a mat, a small towel and a yoga block. **Instructor** Gwen Hamm: 200-hour YTT

**Wednesday: 7:00 to 8:15 pm, September 19 to November 28** (No class October 31)
Centre Scolaire de la Rive-Sud, Cookville (Stage or cafeteria). $90/10 weeks
WOMEN'S DROP-IN BASKETBALL
Recreational basketball for women ages 18+. A great way to stay active and have fun!
**Tuesday 7:00 to 8:30 pm, September 11 to December 11, Bridgewater Baptist Church. $4/night.**

MEN'S DROP-IN BASKETBALL
**Tuesdays, 7:30 pm to 9:00 pm, September 11 to November 27. Bayview Community School, Mahone Bay. $5/night.**

WOMEN ON WHEELS
Are you a woman looking for a little fun on your bike? Has it been years since you were on your bike and you're looking to get back into it in a fun and supportive atmosphere?
Join the Women on Wheels program! The group meets for weekly rides, as weather allows. Bring your bike, a helmet, and some water. This is an ongoing group.
**Mondays, 10:00 am to 12:00 pm. Contact Britt Vegsund at (902) 541-1336 or britt.vegsund@modl.ca to get on email list. FREE!**

INTRO TO SWING DANCE
Get introduced to the wonderful world of swing dancing!
Learn the Jitterbug, Jive and Charleston, in a fun, easy-going class that will get you moving. This social dance class is perfect for all ages and will get you smiling.
Dazzle your friends and family at your next wedding, cruise or dance. Instructed by Erin Whiting.
**Thursday, October 4 to November 22, 6:30 to 7:25 pm, MARC, Dayspring. $80/couple/8 weeks.**

WOMEN ON WHEELS (AGE 55+)
Are you a woman looking for a little fun on your bike? Has it been years since you were on your bike and you're looking to get back into it in a fun and supportive atmosphere?
Join the Women on Wheels program! The group meets for weekly rides, as weather allows. Bring your bike, a helmet, and some water. This is an ongoing group.
**Contact Britt Vegsund at (902) 541-1336 or britt.vegsund@modl.ca to get on email list.**

SENORS CHRISTMAS PARTY
A Christmas celebration for those 55+. Come join us for activities, entertainment, friendship and food at the Oakhill Fire Department. Reserve your seat by calling (902) 541-1343.
**Thursday, December 13, 11:00 am to 2:00 pm $12**

CHAIR YOGA - See Active section on page 28

ELDERFIT
A water exercise program designed for seniors and the physically compromised but is open to everyone. Classes available at 4 venues. For fees and information, please contact Sue Rushton at (902) 527-1887 or email elderfitlunenburg@gmail.com or read more at www.elderfitlunenburg.ca
BUS TRIPS

BARGAIN SHOPPING TRIP TO METRO – THURS., SEPT. 27, 8 AM–6 PM
We’ll visit several bargain stores in Metro. Meet in the Walmart parking lot. Pre-arranged pickups available at carpool lots along Hwy 103 - $35. (Meals at participant’s expense. Itinerary available two weeks prior to trip.)

BARGAIN SHOPPING TRIP TO THE VALLEY – THURS., OCT. 11, 8 AM – 6 PM
We’re off to the Annapolis Valley to visit Frenchy’s and discount stores! We’ll start in Wilmot, have lunch at the Greenwood Mall, have a few stops in Berwick, visit the new Wheaton’s and dine in Coldbrook. Pickup and drop-off at Walmart in Cookville. Coach bus. $40. (Meals at participant’s expense. Itinerary available two weeks prior to trip.)

CHRISTMAS SHOPPING TRIP TO HALIFAX – WED., NOV. 14, 8 AM–6 PM
Your chance for early Christmas Shopping! Stops include the Halifax Shopping Centre, Mic Mac Mall and supper at Swiss Chalet. Meet in the Walmart parking lot or waterfront parking lot in Mahone Bay. $35. Meals at your own cost. Itinerary available two weeks prior to trip.

Note: A minimum of 40 people are needed for each bus trip.

WHAT’S HAPPENING IN OUR COMMUNITY?

HERITAGE BLUEBERRY FESTIVAL – SAT., SEPT. 9
Local crafts, baked goods, demonstrations and entertainment. Meal - 12:30 pm - 5:30 pm. Includes traditional Lunenburg Co. fare (sauerkraut, Lunenburg sausage, smeltz potatoes etc.) and Blueberry Pie & Grunt with Ice Cream. Adults $15, Children $8 and under 5 free. Parkdale-Maplewood Community Hall and grounds. For more information call (902) 644-2893.

OPEN FARM DAY – SUN., SEPT. 17
Open Farm Day is a province wide event where farmers open their farms to the community. It’s a backstage pass to meet your farmer, see where your food comes from and see firsthand the hard work and dedication that goes into top quality products. Visit www.meetyourfarmer.ca for a map and information on participating farmers or call (902) 893-2293.

O’REGAN’S SUBARU RIVERPORT DUATHLON “DUIN’ IT!”– SUN., SEPT. 30
The Bridgewater Triathlon Club is hosting the 14th Annual Riverport Duathlon from the Riverport Community Centre. The bike course is a loop over mostly flat terrain with some rolling hills in the middle. The run is very flat and fast. Chip timed, great prizes plus a post-race hot meal. The classic solo race distance: 4 K run / 28 k bike / 4 k run.

www.bridgewatertriclub.com or on Facebook! For more information contact Jason Mercer at jmercer@oregans.com

BAY BOO – FRIGHTENINGLY FUN! – SAT., OCT. 27, 10 AM – 2 PM,
Safe family Halloween fun! School fundraiser! Bayview Community School, Clearway Street, Mahone Bay. Contact BCS at (902) 624-2120 for information.

COMMUNITY ROOM AVAILABLE AT NEW GERMANY ELEMENTARY
Does your group or organization need a space for meetings? Have a special interest or skill you would like to share with the community? Contact the New Germany Early Years Centre at (902) 644-5020 or ngelc@gnspes.ca for info or to make a booking. The space is FREE.

NEW GERMANY HEALTH AND WELLNESS EXPO – WED., OCT. 24, 1–6 PM
New Germany Rural High School. For information or to register a booth, contact Greg Selig at (902) 644-2153 or gdselig@ns.sympatico.ca or www.newgermanycap.ednet.ns.ca
The Mahone Bay Centre is a volunteer-run Community Centre that offers a variety of recreational and social activities, open to all. We have the following rental facilities:

- Ten rooms are available as GATHERING PLACES for activities at modest rates. E.g., meetings, athletic pursuits, social events (parties and weddings etc.), festivals, art and antique shows, and seminars, etc.
- Facilities include: a large gym/auditorium; Fitness Centre (Centre Fit-membership required); dance studio; large conference room; small conference room; fully equipped kitchen; art studio; wheelchair accessible meeting room with kitchen and washrooms; and more.
- Activities held at the Centre include Fitness training, Aikido, Yoga, Tai Kwan Do, Tai Chi, Cheer Leading, Badminton, Learning Lectures, SCANS Courses, Council of Canadians, Printmaking, Life Writing & Drawing, Quest Discussions, Meditation Practice, Seniors Luncheons, Winter Walking Potlucks, Dances and the Community Garden
- Café Gatherings, 1:00 pm, the 4th Thursday of every month. New ideas welcome.

**NEW GERMANY AREA PROMOTION SOCIETY -COUNTRYSIDE CHRISTMAS 2018 – NOV. 24-DEC. 2**

Nine days of community events including a candlelight breakfast, carol sing, bingo, community tree lighting, open houses and markets, Christmas Festival, Christmas Forest @MSM and much more. Check out the NGAPS Facebook page or www.newgermany.ca for the events as they are updated. NGAPS is seeking local individuals, organizations and businesses to take part in our community-focused, festive fun. Message our Facebook page or send us an email ng_cap@ns.sympatico.ca to get involved!

**CHRISTMAS ON THE LAHAVE PARADE & FIREWORKS SAT., NOV. 24, 6:00 PM, BRIDGEMWATER**

See the Christmas on the LaHave Facebook page or www.bridgewater.ca for details on all festival events.

**WALKING PARTY – TUESDAYS, 9-10 AM**

St. Matthew’s Lutheran Church Hall, #1379 Newburne Road. $5. For information, call Donalda Branton at (902) 644-2031.

**CHRISTMAS ON THE LAHAVE PARADE & FIREWORKS SAT., NOV. 24, 6:00 PM, BRIDGEMWATER**

See the Christmas on the LaHave Facebook page or www.bridgewater.ca for details on all festival events.

**11TH ANNUAL LUNENBURG COMMUNITY CHRISTMAS DINNER – DECEMBER 25**

Lunenburg and District Fire Hall. Doors open at 12:30 & the meal is served at 1:00 pm. Tickets on sale mid-November at Shop on the Corner in Lunenburg. Email Lcomxas@gmail.com or call (902) 523-5552. Follow us on Facebook.

**PLAYGROUPS**

Check out www.southshorefamilyresource.org for a full schedule of Parent & Tot Playgroups happening throughout Lunenburg County.

**CHRONIC PAIN SELF-MANAGEMENT PROGRAM – CHRONIC PAIN & YOU**

This is a FREE 6 week course of half-day workshops that you attend once a week, with others like you, in a small group setting. These workshops give you the opportunity to learn important life skills to help better manage living with chronic pain and support others. For more information, or to find a program near you, please contact Janet Johanson at (902) 634-7388.

**MAHONE BAY CENTRE**

Reach us at 902-624-0890, between 10am to 3 pm Mon. to Fri. / 45 School Street, Mahone Bay, NS, B0J 2E0

www.mahonebaycentre.org /welcomemahonebaycentre.org
Looking to get active, outside & involved locally? See what southshoreconnect.ca can do for you. What is southshoreconnect.ca?

A complete online directory of sport, recreation and active living opportunities for residents across all of the South Shore. If you are connected to a community group or active living opportunity, we ask that you be on the lookout for emails or communications regarding the South Shore Connect project.

WHAT DO I USE IT FOR?
Looking for a trail, swimming or photography class, a playground or a drop in sports or arts class?
1. Go to www.southshoreconnect.ca
2. Look up News and Events or local rec guide on Featured Connections
3. Click on the Active Living Guide button
4. Search by location, interest and organization