

Bridgewater Parks, Recreation & Culture Department

543-2274

Registration Information

WALK IN REGISTRATION for Winter/Spring 2014 begins at the Bridgewater Parks, Recreation and Culture Department Office **Thursday, January 2** from **8:30 a.m. to 6:00 p.m.** Fees must be paid at time of registration. Forms of payment: Cash, Cheque, Interac, Visa or Mastercard.

PHONE IN REGISTRATION will be accepted **WITH CREDIT CARD PAYMENT ONLY (VISA OR MASTERCARD)** starting **Friday, January 3** from **8:30 a.m. to 4:30 p.m.** Phone 543-2274.



Register Early as excellent courses are canceled if everyone waits until the last minute to register.

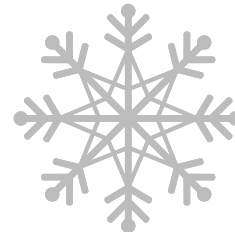
DROP-OFF BOX OR MAIL-IN REGISTRATION will be processed **after the WALK IN** registration has been completed on **January 2**. Simply complete the registration form found on the next page and drop into the drop off box (located to the right of the main entrance of the Bridgewater Town Office, 60 Pleasant Street), along with your cheque made payable to the *Bridgewater Parks, Recreation and Culture Department*. We recommend you do not put cash into the drop off box. The box will be cleared daily and the contents dated.

Fax: 543-6876

MAIL: c/o 60 Pleasant Street, Bridgewater, NS B4V 3X9.

E-mail: recreation@bridgewater.ca

Web Page: www.bridgewater.ca

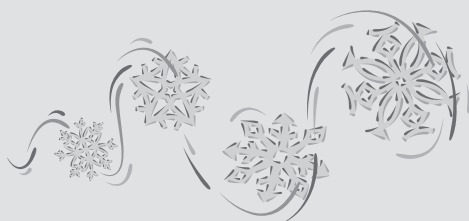


Everyone Welcome

The Bridgewater Parks, Recreation and Culture Department encourages the participation of all citizens, regardless of ability. We would like to ensure people with special needs feel welcome to attend our recreation and leisure programs. If a particular program interests you, please contact our office at 543-2274 so that we can help you.

Program Locations

BHS - Bridgewater High School (100 York Street)
 BES - Bridgewater Elementary School (Queen Street entrance)
 TO - Bridgewater Town Office (60 Pleasant Street)



Refund Policy

- for programs (5-10 weeks in duration) refunds will be granted up to the start of the second class if the office is contacted during regularly scheduled hours, Mon. to Fri., 8:30 a.m. to 4:30 p.m.
- for workshops, clinics and bus trips at least five working days' notice must be given for a refund unless otherwise specified
- administration charge of \$8 for all refund requests
- refund cheque will be mailed to customers within 2-4 weeks
- refund will be prorated after the completion of the one class
- a prorated refund will be granted due to illness or injury if a medical certificate is provided

Cancellations

- March 10-14 (March Break)
- April 18-21 (Easter Weekend)
- May 17-19 (Victoria Day Weekend)
- When the Bridgewater Elementary and Junior-Senior High Schools are closed due to a snow storm or poor road conditions, our programs will be **CANCELLED** for that entire day (unless otherwise specified). Classes will be made up.
- Programs will not be held without sufficient registration

Registration

Registration Form to accompany mail in payments or drop off box registration. Receipts will only be mailed out on request.

Program Participant's Name: _____

*For Youth Programs Only: Age _____ Date of Birth: _____

Health Care # _____ Family Doctor: _____ Phone # _____

Medication Considerations:

Name of Parent/Guardian: _____

Mailing Address (Include civic no. & community: _____

Postal Code: _____

Phone Number (home) _____ (contact name) _____

(work) _____ (contact name) _____

1. Program Name: _____ 2. Program Name: _____

Day: _____ Time: _____ Day: _____ Time: _____

Location: _____ Fee: _____ Location: _____ Fee: _____

Please note: If we cannot accommodate your program request, we will contact you!

Signature: _____ Date: _____

I, the above named candidate (Age 19+) or one of the parents/guardians of the above named candidate (age 18 or under) for the above specified program(s) hereby give my approval for myself or for that child to participate in any and all activities pertaining to the above program.

IT IS UNDERSTOOD AND AGREED THAT THERE IS AN INHERENT RISK IN ANY PROGRAM AND THE BRIDGEWATER PARKS, RECREATION & CULTURE COMMISSION, SOMETIMES KNOWN AS THE BRIDGEWATER PARKS, RECREATION & CULTURE DEPARTMENT, ITS STAFF AND ITS PROFESSIONAL AND NON-PROFESSIONAL VOLUNTEERS ARE IN NO WAY RESPONSIBLE FOR DAMAGE TO OR LOSS OF PROPERTY, OR INJURY TO PARTICIPANTS. I, THE UNDERSIGNED, THEREFORE, RELEASE AND AGREE TO INDEMNIFY AND HOLD HARMLESS THE BRIDGEWATER PARKS, RECREATION & CULTURE COMMISSION, ITS STAFF AND PROFESSIONAL AND NON-PROFESSIONAL VOLUNTEERS, AND SPONSORS FROM ALL CLAIMS ARISING FROM ANY LOSS OR INJURY SUFFERED BY THE ABOVE NAMED PARTICIPANT ARISING FROM AND OUT OF ANY INJURY SUFFERED BY THE PARTICIPANT WHILE INVOLVED IN ANY RECREATIONAL PROGRAM.

Do you agree to having the participants photo taken for promotional purposes?

Yes No Parent's Initials _____

SIGNATURE OF PARENT/GUARDIAN/PARTICIPANT: _____ DATE: _____
(PARENT/GUARDIAN SIGNATURE REQUIRED FOR PARTICIPANTS UNDER AGE 19)

Call our info line 541-4380 for weather cancellations and updates to the Winter Program.

Aquatics

Aquafit & Pre-school Aquatics will take place at the Best Western Plus Bridgewater Hotel & Convention Centre



Karen Geddes-Selig is a certified WaterART (Aquafit Instructor) and is required to adhere to International Guidelines. WaterART integrates the principles of exercise science for a safe, effective and enjoyable program. In addition, Karen is a certified National Lifeguard, with additional certification in standard first aid, CPR "C" and AED. She is also a Master Instructor Trainer, who teaches youth and adults to become

swimming instructors. Karen is a fantastic instructor and you will be in "safe hands" when in one of her classes! She has the training and experience to offer modifications and progressions to suit individual needs. Come try a class. We are confident you will love it!

PARENT & TOT SWIM LESSONS Age 6-36 months)

Foster your babies natural love of water!

Parent & Tot swim is a great way to build your child's water confidence and help them adjust to the pool environment. Instructor Karen Geddes-Selig keeps the fun factor high and encourages social interaction by the use of songs, games, themes and activities. Parents will learn basic water safety skills and proper holding techniques and babies and toddlers will develop skills such as assisted water entry/exit, blowing bubbles, kicking, floating and water submersion (optional). We will be following the Canadian Red Cross pre-school program Starfish, Duck & Sea Turtle levels.

Wed., Jan. 8 - Feb. 26, 11:30-12 noon
\$60/8 weeks

AQUA-FIT

Exercise while enjoying this fun, social, water fitness class! Karen will add noodles, barbells and snoodles for resistance and toning, in addition to a little aqua-boxing, aquawalking and dance-like moves. Gentle on muscles and joints, but gets your body moving and heart pumping. Work at a pace comfortable to you.

Karen Geddes-Selig
Tues., Jan. 7 - Feb. 25, 11:30 a.m. - 12:30 p.m.
\$34.78 + \$5.22 HST = \$40/8 weeks

AQUA-ARTHRITIS

Aqua-Arthritis, a gentle, non-impact water class that uses slow movements and exercise to improve range of motion, balance, co-ordination, flexibility, and general well-being, while helping decrease pain and stiffness. This is an excellent class for anyone with arthritis, recovering from injury, or an entry level exerciser wanting a low impact workout. Karen will incorporate "waterwalking", dance type moves, and props such as sponges, wands and snoodles in this class, providing variety and 'FUN'! If you have a pre-existing medical condition, you should consult with your doctor before attending this class. 45 minutes of instruction and 15 minute free swim. Participants can work at your own pace.

Karen Geddes-Selig
Thurs., Jan. 9 - Feb. 27, 11:30 a.m. - 12:30 p.m.
\$34.78 + \$5.22 HST = \$40/8 weeks

Aqua-fit & Aqua Arthritis are being supported by the Dept. of Health & Wellness.



Thank You!

Bridgewater Days Inn & Conference Centre

*for providing the Bridgewater Parks, Recreation & Culture Dept. with access to your swimming pool for valuable swimming lessons, aquafit classes and aquatic leadership training
for 35 years!*

We are truly grateful for your support of the Town of Bridgewater and our surrounding community.



SWIMMING LESSONS

This winter Bridgewater Parks & Recreation will not be offering swimming lessons (other than the pre-school classes advertised on this page) as the Bridgewater Days Inn pool is closed for renovations.

CANADIAN RED CROSS AND LIFESAVING SOCIETY OF NOVA SCOTIA LEADERSHIP COURSES

The following courses are subsidized and supported by the Lunenburg/Queens Recreation Coordinators/Directors' Association, Canadian Red Cross, Lifesaving Society of NS and the Dept. of Health & Wellness.

BRONZE MEDALLION & CPR "B" (Age 13+ or Have Bronze Star)

Course covers endurance swimming and technique, basic first aid, CPR, self-rescue and rescue skills. This is a pre-requisite for the Bronze Cross course. Proof of age or bronze star is required at registration.

Karen Geddes-Selig

Sun., January 26, February 2, 9, 16, 23, March 2

emOcean Spa Pool, Lunenburg, 2-6 p.m.

\$150

BRONZE CROSS (Have Bronze Medallion)

Bronze Cross is designed for lifesavers who want the challenge of more advanced training. Teaches the difference between lifesaving and lifeguarding, the principles of emergency procedures and teamwork. This is a pre-requisite for the National Lifeguard Course. Proof of bronze medallion is required at registration.

Karen Geddes-Selig

Sun., January 26, February 2, 9, 16, 23, March 2

emOcean Spa Pool, Lunenburg, 2-6 p.m.

\$150

SPLASHBACK

(for former Water Safety Instructors)

If you are a former Red Cross Swimming and Water Safety Instructor who would like to teach again, we are offering a quick 8-hour refresher for you to "splash back" and begin teaching the Red Cross Swim programs. Candidate certification must have expired a minimum of 3 years. Even if it has been 10-20 years since you took your original certification, the Canadian Red Cross will recognize your previous training and experience and invites you to "splash back" into swimming and water safety through this unique program. Candidates must complete some assignments prior to attending a one-day classroom/pool clinic. It will be a fun, easy process.

Karen Geddes-Selig

Please call our office at 543-2274 or email us at recreation@bridgewater.ca and leave your name, phone number and email address if you are interested in participating in Splashback. We will work the clinic around your schedule!



Bridgewater Memorial Arena Facility Bookings / Rentals

ICE RENTALS -
(December - April 2014)

PRIVATE BIRTHDAY PARTY ICE RENTAL -
(includes ice rental, plus use of upstairs auditorium and kitchen)

AUDITORIUM & KITCHEN RENTALS

CALL 543-2504 TO CHECK FOR AVAILABILITY AND PRICING!

SUMMER STUDENT EMPLOYMENT

Bridgewater Parks, Recreation & Culture Department

requires energetic, friendly, creative, motivated, and responsible students to fill the following SUMMER positions:

POOL

Pool Director
Assistant Pool Director
Lifeguards, Receptionists



PROGRAM

Summer Manager
Special Events / Sports Co-ordinator
Day Camp Coordinator
Preschool Coordinator
Day Camp/Pre-school Leaders

DESBRISAY MUSEUM
Built Heritage Assistant
Museum Interpreter

Please submit cover letter, résumé, and aquatic qualifications (pool positions) by **March 18:**

Bridgewater Parks, Recreation & Culture Department
Attn: Carol Pickings-Anthony, Director
c/o 60 Pleasant Street
Bridgewater, NS B4V 3X9
Email: recreation@bridgewater.ca
Fax (902) 543-6876 Phone (902) 543-2274

*Only those applicants selected for an interview will be contacted.

Youth Programs

New! EXPLORE ART (Age 9-12)

This is a “fun-tastic” class where kids can explore and let their creativity flow! Learn collage and mixed media techniques such as stamping, and experiment with different things such as acrylic paint, glues, tinfoil, bubble wrap, to name a few. We will also explore alternative photo transfer techniques. Instructor Rebecca Fisk will take you through the steps to create your collage masterpieces and she will also talk about the basic elements and principals of art. Begin to collect “things” such as pretty papers, stamps, candy wrappers, photographs and favourite pictures from magazines, etc. for your collage.



Rebecca Fisk is a visual artist from Mahone Bay. She has a Bachelor and Master of Fine Arts and currently works for the South Shore Regional School Board as a teacher. She has had gallery exhibitions across Canada and has a work of art in the permanent collection of the Art Gallery of Nova Scotia. She is also the mother of two young children and a beagle called Maggie.

Thurs., Jan. 23 - Feb. 27, 4-5 p.m.

BHS

\$45/6 weeks

New! (Brushes and paint will be provided)

FLOWER DESIGN PARTY - For Teens (Age 11+)

Learn the delightful art of flower arranging ... and enjoy some snacks and refreshments at this FUN after-school floral “party!” You will be taught: “tips and tricks” of floral design, including stem length and focal point, etc. and about basic tools and supplies, choosing flowers and foliage, cutting technique and accessories, etc. Snacks, refreshments, tools and supplies will be provided for this get-creative, “hands-on” get-together. This floral design class will be led by volunteers of the Bridgewater Garden Club.

Date/Time: TBA - Will be in May (Call our office at 543-2274 for date, Time and Fee).

BHS

BEGINNER GUITAR LESSONS

Enjoy the benefit of learning how to play the guitar in a small class setting! Popular guitar instructor GREG BLACK will teach you what you need to know. Classes will be designed around the interests of participants.

Ages 7-9: Fri. 6-7 p.m. Jan. 17 - Feb. 21

Ages 10-12: Fri. 7:15-8:15 p.m. Jan. 17 - Feb. 21

Teens: Sat. 2-3 p.m. Jan. 18 - Feb. 22

Adults: Sat. 3-4 p.m. Jan. 18 - Feb. 22

*Class day/times may be adjusted to suit participant schedules and to match participants of similar age and experience.

Anglican Church Hall (Alexandra Ave.)

Kids & Teens: \$72/6 classes

Adults: \$70 + \$10.50 HST = \$80.50/6 classes

RED CROSS BABYSITTING COURSE (Age 11+)

Get prepared for winter and spring babysitting. Course will cover handling emergencies, injury prevention (i.e. personal safety and security, home, fire and toy safety), babysitting rights and responsibilities, basic first aid and child care, etc. Bring a doll (or stuffed animal), pencil, snack and supper.

Karen Geddes-Selig

Wed. & Thurs., Jan. 29 & 30, 4-8 p.m.

OR

Thurs. & Fri., Apr. 24, 4-8 p.m. & Apr. 25, 9-1 p.m.

Town Office

\$35 (includes manual and certification)



TUMBLEBUGS (AGE 3-4 & 5-7)

Tumblebugs is an introductory program for boys and girls that teaches basic movement and gymnastics skills, while providing an opportunity for exploration.

It's FUN, safe and helps little ones develop balance, co-ordination and learning/listening skills. Instructor **Sherrie Cragg** is a highly experienced, Level 3 Certified Gymnastics Coach. Newly certified Tumblebugs leaders, **Kajal Popat** and **Selena Oakes**, will assist her.

Together, they will introduce basic skills such as rolls, jumps, “animal walks”, and much, much more to your little one! (Tumblebugs should wear a t-shirt and shorts or comfortable clothing and bring a water bottle.)

Wed., Jan. 15- Mar. 5

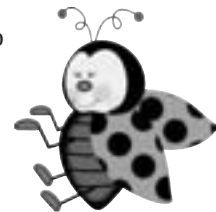
Age 3-4: 5-5:45 p.m.

Age 3-4: 5:45-6:30 p.m.

Age 5-7: 6:30-7:30 p.m.

BES Gym

\$45/8 weeks



MINI VOLLEYBALL (Grade 3-4 & 5-6)

Discover the awesome sport of volleyball and learn the basics of the game in a fun, active environment. We will use bigger, lighter balls, adjust the net height, alter the court size, and play lots of games to make this enjoyable for the younger player.

Hannah Kelley & Liam Patterson

Tues., Jan. 14 - March 4

Grade 3-4: 5:30-6:30 p.m.

Grade 5-6: 6:30-7:30 p.m.

BES

\$45/8 weeks



BALL HOCKEY (Grades 1-3 & 4-6)

Have a blast participating in the most FUN, energetic sport of ball hockey with **Joel Cleveland** and **Keith Getson**. Do some drills, learn some skills, and play games! Learn how to handle the ball, pass, shoot, and take face-offs. Floor hockey develops hand-eye coordination, agility, speed, and strength. A perfect activity for all fitness levels. Fun will be the focus! Participants **MUST** wear indoor sneakers, a helmet with face shield or protective eye goggles, and shin pads (soccer ones are perfect). Hockey gloves or leather gloves are also recommended.

Wed., Jan. 15 - Feb. 26

Grades 1-3: 5-6 p.m.

Grades 4-6: 6-7 p.m.

Michelin Social & Athletic Club

\$40/7 weeks

INSTRUCTIONAL & SCRIMMAGE BASKETBALL (Grades 1-3 & 4-6)

Develop a love for the "action-packed" sport of basketball with **Jahvon Delaney** and **Kristen Wentzell**. Learn rules of the game and how to pass, shoot and dribble through drills, skill-building exercises and FUN scrimmages.

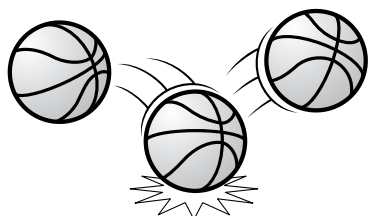
Thurs., Jan. 9 - Feb. 27

Grades 1-3: 6-7 p.m.

Grades 4-6: 7-8 p.m.

BES

\$45/8 weeks



INTRO TO FENCING (Age 8-12 & TEENS)

Fencing is a FUN way to stay or get in shape and is a fantastic sport for all ages, i.e. 8-70 years and beyond. It improves speed, agility, flexibility and reflexes and increases focus and concentration. So ... great for the mind and body! Olympic or competitive fencing is divided into three weapon categories: foil, sabre and epee. In this beginner level course, we will focus primarily on the foil. You will learn the rules, how to fence safely, and basic techniques (blade and footwork, etc.) ... with an opportunity to experience the dynamics of "Bouts" with fellow participants. Mask, glove, jacket and foil will be provided. Wear a t-shirt, comfortable pants (track pants) and good footwear (sneakers). Classes will be taught by members of the **South Shore Duellist Fencing Club**. Tues., Jan. 14 - Mar. 4, 6:30-7:30 p.m. Michelin Social & Athletic Club \$35/8 weeks



Around the World Folk Art

Ages 7-11

March Break 2014



Workshops are for kids ages 7 to 11. They start each day at 2pm and run until approx. 4pm. We will be using a combination of craft materials, including scissors, glue, chalk, sharpie markers, yarn, wool, construction paper and foil.

Workshop Fee: \$10 per class

Each class is limited to 8 children, so sign up early!

Tuesday, March 11

One of **Panama's** best-known handicrafts is the **mola**, brightly colored applique panels made only in the San Blas region of Panama by the Kuna Indians. We will make our own paper mola using construction paper, sharpies, chalk, and glue.



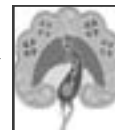
Wednesday, March 12

The Huichol Indians of **Mexico** are known for their **yarn paintings**. They use beeswax which they melt in the sun, and spread it over a piece of wood. They then push coloured yarn into the wax to create images. We will create our own yarn painting using glue, yarn and wool.



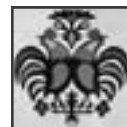
Thursday, March 13

Rangoli, is a good luck folk art from **India**. Designs are drawn onto the ground, usually in chalk or colored powder and embellished. Later it is swept away and a new picture is painted the next day. We will create a permanent rangoli that you can take home and use to welcome visitors to your home.



Friday, March 14

Wycinanki is popular in **Poland** and is used by Polish peasants to decorate the walls in countryside cottages. The designs were cut with the scissors and affixed to whitewashed walls and wooden beams to achieve a cheerful appearance. We will make our own wycinanki using paper, scissors and our imagination!



130 Jubilee Road, Bridgewater
543-4033
www.desbrisaymuseum.ca

BRIDGEWATER

ProKids

providing recreation and cultural opportunities for children 9-18 years.

Bridgewater Pro Kids is a special fund that families, who reside in the Town of Bridgewater, can access to cover the cost of registration fees, equipment, and transportation for a sport or recreational activity of your child's choice.

So ... if your child (age 18 or under) would like to take music or dance lessons, or participate in a sport, swimming lessons or youth group, but your family currently cannot afford these costs ... **PLEASE CALL the Bridgewater Parks, Recreation & Culture Department at 543-2274** or send an email to recreation@bridgewater.ca or drop into our office, located at 60 Pleasant Street. The application process is easy and we can assist you.

HOW CAN YOU LEND YOUR SUPPORT?

"If children are our future...don't they deserve every opportunity?"

PRO Kids relies on the generous support of many businesses and individuals. The following are ways you can help:

- Make a donation to support a child who lives in the Town of Bridgewater, District of Lunenburg or Chester. Call us at 543-2274 and we will tell you how.
- Host your own event to support PRO Kids
- Support a fundraising event for ProKids, United Way of Lunenburg County or Canadian Tire Jumpstart

THE FOLLOWING ARE GENEROUS BRIDGEWATER PRO KIDS SUPPORTERS



United Way
Lunenburg County



Jumpstart
Giving kids a sporting chance.



GO! Health and Fitness Lifestyle Coaching

Please note: If you reside anywhere else in the District of Lunenburg, call Janice Rand at 541-1335 or Cosette Howlett at the Municipality of the District of Chester at 275-3490 for assistance.



Because



Everyone



Deserves a

Chance to



Participate



THANK YOU CANADIAN TIRE BRIDGEWATER & "JUMPSTART" FOR SUPPORTING OUR KIDS!



One in three Canadian families cannot afford to enroll their children in sport and recreation activities because of financial barriers. That means that many kids are missing out. Canadian Tire Jumpstart is dedicated to removing barriers, so children can participate in organized sport and recreation. In 2013, Canadian Tire Jumpstart gave an amazing \$42,000 to boys and girls in Lunenburg and Queens Counties, so they could take part in swimming lessons, dance classes, soccer, baseball, basketball, martial arts, cheerleading, gymnastics, hockey and more. Our local Bridgewater Canadian Tire Store and their staff played a huge part in making this happen and will continue to support "our kids" in 2014! Jumpstart funds are distributed through the following Jumpstart partners: Bridgewater Parks, Recreation & Culture (543-2274), YMCA Lunenburg County, (543-9622); Lunenburg Municipal



Recreation (541-1343); Chester Recreation (275-3490) and the Region of Queens Recreation (354-5741). If your child could use some financial assistance to participate in a sport or recreational activity in 2014, please call the Jumpstart partner nearest you and find out how we can help you access these funds!



"Tammy's Going to China ...and Needs Your Help"

On June 30, 2013 Tammy Slauenwhite took part in EPIC Dartmouth's ultra-distance triathlon event, raising more funds for PROKids. She finished in a time of 13 hours and 44 minutes. The distance was 3.8 km for the swim, 180 km for the bike, and 42.2 km for the run. She placed first in her age group (F40-44) and also qualified for a spot on Team Canada at the 2014 ITU World Long Course Championships in Weihai, **Tammy has raised a total of \$6904 to date for PROKids** and continues to raise money through the program at her health & fitness studio in Lunenburg. **Now she needs your help to get to CHINA.** Tammy has launched a fundraising campaign to help raise the necessary funds she needs in order to complete at the World Championships. Please contact her by email tammy@gohealthyfitlife.ca to find out how you can donate.

Tammy is an amazing individual! Her energy and enthusiasm for fitness and exercise is contagious! She is a fitness instructor, triathlon coach and a motivator, no matter what your age or fitness level is. She is also the owner of GO! Health & Fitness Lifestyle Coaching.

GO! has a full time studio at 229 Lincoln Street, Lunenburg and offers fitness classes at HB Studio Sports Centre (543 Glen Allan Drive, Bridgewater). To find out about her health and fitness programs, please visit her website at <http://gohealthyfitlife.ca> or email tamm@gohealthyfitlife.ca.



Art & Music

New! ART BASICS -

Exploring collage, mixed media and a variety of mediums (Teens & Adults)

Learn collage and mixed media techniques such as stamping and experiment with different mediums, such as acrylic paint, glue, tinfoil, bubble wrap, to name a few. We will also explore alternative photo transfer techniques. Instructor Rebecca Risk will take you through the steps to create your own mixed media collage masterpieces. We will also talk about layering, composition and the elements and principals of art. Begin to collect "things" such as old letters, bits of posters, stamps, candy wrappers, photographs, favourite pictures from magazines, etc. for your collage.

Rebecca Fisk is a visual artist from Mahone Bay. She has a Bachelor and Master of Fine Arts and currently works for the South Shore Regional School Board as a teacher. She has had gallery exhibitions across Canada and has a work of art in the permanent collection of Art Gallery of Nova Scotia. She is also the mother of two young children and a dog.

Thurs., Jan. 23 - Feb. 27, 6:30-8:30 p.m.

BHS

\$73.91+\$11.09 HST=\$85/6 weeks

(Paints and brushes will be supplied)

BEGINNER GUITAR LESSONS

Enjoy the benefit of learning how to play the guitar in a small class setting! Popular guitar instructor GREG BLACK will teach you what you need to know. Classes will be designed around the interests of participants.

Ages 7-9: Fri. 6-7 p.m. Jan. 17 - Feb. 21

Ages 10-12: Fri. 7:15-8:15 p.m. Jan. 17 - Feb. 21

Teens: Sat. 2-3 p.m. Jan. 18 - Feb. 22

Adults: Sat. 3-4 p.m. Jan. 18 - Feb. 22

*Class day/times may be adjusted to suit participant schedules and to match participants of similar age and experience.

Anglican Church Hall (Alexandra Ave.)

Kids & Teens: \$72/6 classes

Adults: \$70 + \$10.50 HST = \$80.50/6 classes



SANDRA OBRITSCH is an amazing lady who has taught over 150 men and women on the South Shore how to play the Ukelele since the fall of 2002. She is the program director for the Ukelele Ceilidh and directs the South Shore Ukelele Players, in addition to playing with the Katz Pyjamas.

BEGINNER UKULELE

Don't miss the fun! Learn to play the ukulele now!

Participants will learn the proper way to hold, strum and play the ukulele. Play several songs before the first class is finished. Learn to read music and what to look for when you buy a ukulele. Start building a fun-filled musical repertoire so you can jam with your friends! Some ukuleles will be available for the first few classes. Orders for ukuleles can be made through the teacher or purchase on your own.

Sandra Obritsch

Tues., Feb. 4 - March 25, 1-2:30 p.m.

HB Studios Sports Centre

\$65.22 + \$9.78 HST = \$75/8 weeks

INTERMEDIATE UKULELE

We will be working on 50s Rock n' Roll songs and add a few new songs to our gospel repertoire to prepare us for a gospel concert at the end of this session. Singing and playing in harmony will be a part of each class and we will practice transposing smoothly from one key to another during several classes. Emphasis will also be placed on picking melody and working from the Hill and Doane Book 1. We will work on two of Hill's big band selections and perform them during a spring concert. We will also build on our folk picking as an accompaniment skill. Lots of fun as you learn!

Sandra Obritsch

Mon., Feb. 3 - March 24, 1-3 p.m.

*Feb. 24 class will be 10 a.m. -12 noon

HB Studio Sports Centre

\$65.22 + \$9.78 HST = \$75/8 weeks

EVENING BEGINNER UKULELE CLASSES

If you are interested in Beginner Ukulele lessons that take part one evening per week, i.e. 6:30-8 p.m., please call our office at 543-2274 and leave your contact information or email us at recreation@bridgewater.ca.



Fitness, Health & Sport

Now ... is always a good time to start exercising.

Body Sculpt	Monday	5:30-6:30 p.m.	Michelin Social & Athletic Club	Connie Banfield	Jan. 6 - Mar. 3 (9 weeks)
Abs, Butt, Legs & Step	Tuesday	5:30-6:30 p.m.	Michelin Social & Athletic Club	Connie Banfield	Jan. 7 - Mar. 4 (9 weeks)
Recreational Badminton	Thursday	5:30-7:00 p.m.	Michelin Social & Athletic Club	Connie Banfield	Jan. 9 - Mar. 6 (9 weeks)

Fall Fitness Pass (Punch Card)

5 pass - \$31.30 + \$4.70 HST = \$36

9 pass - \$52.17 + \$7.83 HST = \$60

18 pass - \$78.26 + \$11.74 HST = \$90

Winter Season Pass

\$86.96 + \$13.04 HST = \$100

* Pass Expires March 6, 2014

FREE FITNESS CLASS FOR NEWCOMERS

The holder of this coupon is eligible to attend one Bridgewater Parks, Recreation & Culture Department.

"Winter Fitness" class (instructed by Connie Banfield) for **FREE**.

Valid the week of **January 6-9, 2014**.

ABS, BUTT, LEGS & STEP

This class will focus on building strength and overall toning, including STEP. Expect squats, lunges and floor exercises.

RECREATIONAL BADMINTON

Learn the basic rules and play badminton for a fun, cardio workout. Absolute beginners, as well as experienced players welcome. There is a court for all levels. "Fun is the focus of this popular class!"

BODY SCULPT

A muscular strengthening and endurance workout for both the upper and lower body. With the use of tubing and light hand weights, this class is guaranteed to make you sweat, and will help you get stronger and leaner, while improving your fitness level. Includes floor work.

30 MINUTE LUNCH TIME FITNESS

30 minutes of moderate exercise most days a week can help you feel better, stay healthy and enjoy life to the fullest. Join Connie Banfield for an energizing 30 minutes of fitness. We'll squeeze in some cardio and toning in this circuit training lunch time energizer! Work at a pace comfortable to you! Tuesday will focus on cardio and Thursday will be weights and sculpt.

Tues., Jan. 14 - Feb. 26 & Thurs., Jan. 16 - March 6

12:15-12:45 p.m.

Michelin Social & Athletic Club

8 classes - \$27.83 + \$4.17 HST = \$32

16 classes - \$48.70 + \$7.30 HST = \$56

ZUMBA GOLD

Zumba Gold is a fun, friendly, dance-fitness class that uses zesty Latin music like salsa, merengue, cumbia and reggaeton. The easy-to-follow moves are perfect for those starting their journey towards a fit and healthy lifestyle, as well as older adults. The invigorating party like atmosphere is a great way to add camaraderie, excitement and fitness to your weekly schedule.

Kate Jollymore

Thurs., Jan. 9 - Mar. 20, 5:30 - 6:30 p.m.

Anglican Church Hall (78 Alexandra Avenue)

\$37.39 + \$5.61 HST = \$43/10 weeks

OR

Thurs., Jan. 9 - Feb. 27, 1 - 2 p.m.

\$30.43 + \$4.57 HST = \$35/8 weeks



INTRO TO FENCING

Fencing is a FUN way to stay or get in shape and is a fantastic sport for all ages, i.e. 8-70 years and beyond. It improves speed, agility, flexibility and reflexes and increases focus and concentration. So ... great for the mind and body! Olympic or competitive fencing is divided into three weapon categories: foil, sabre and epee. In this beginner level course, we will focus primarily on the foil. You will learn the rules, how to fence safely, and basic techniques (blade and footwork, etc.) ... with an opportunity to experience the dynamics of "Bouts" with fellow participants. Mask, glove, jacket and foil will be provided. Wear a t-shirt, comfortable pants (track pants) and good footwear (sneakers). Classes will be taught by members of the **South Shore Duellist Fencing Club**.

Tues., Jan. 14 - Mar. 4, 6:30-7:30 p.m.

Michelin Social & Athletic Club

\$ 34.78+\$5.22 HST = \$40/8 weeks



Yoga

Tracy Murdoch completed a 200 hr yoga teach certification from Therapeutic Approach Yoga Studio in Halifax, and is currently enrolled in their 500 hr yoga teach certification program. Tracy teaches in the Hatha Vinyasa style. Vinyasa is a flowing sequence of movements used to combine poses. When moving from one pose to another, the instructor emphasizes either inhaling or exhaling. Vinyasa yoga helps provide balance, strength and flexibility, movement and stillness in your practice. Yoga is great for the immune system, circulation, cardiovascular system and overall health.

\$95.65 + \$14.35 HST = \$110/9 WEEKS/SEASON
\$152.17 + \$22.83 HST = \$175 (ANY TWO YOGA CLASSES TAUGHT BY TRACY MURDOCK PER SEASON.)
DROP-IN FEE: \$13.04 + \$1.95 HST = \$15/class



BEGINNER/GENTLE YOGA

Perfect for beginners, older adults, pregnant women, those who are currently not active or those who enjoy a slower, gentler paced class. Class ends with Yoga Nidra, a guided meditation that leaves the student feeling deeply relaxed. Please bring a mat and water.

Winter: Tues., Jan. 7- March 4, 7-8:15 p.m.

Spring: Tues., April 1 - May 27, 7-8:15 p.m.

Harmony Health Centre (1153 King Street)

POWER YOGA - LEVEL 1 & 2

Hatha Vinyasa Yoga is a style of yoga used to generate heat in the body through synchronizing the breath with a progressive series of postures and movement, to purify and strengthen the body. It is energizing, giving you a sense of confidence and well-being. It is great for developing strength and discipline and is a style enjoyed by both men and women. It is great for the immune system, circulation, cardiovascular system and overall health. Suitable for those who have completed Yoga for Beginners or someone who is physically fit and would like to start yoga.

Winter: Thurs., Jan. 9 - March 6, 5:30-6:45 p.m.

Spring: Thurs., April 3 - May 29, 5:30-6:45 p.m.

Harmony Health Centre (1153 King Street)

POWER YOGA - LEVEL 2

This class is for people who have prior yoga experience and enjoys a more intense class. A faster pace with a lot of sun salutations. We will build on strength and endurance.

Winter: Tues., Jan. 7- March 4, 5:30-6:45 p.m.

Spring: Tues., April 1 - May 27, 5:30-6:45 p.m.

Harmony Health Centre (1153 King Street)

YOGA FOR RUNNERS

Yoga is becoming an increasingly popular way for runners to prevent and help reduce injury. It can also help increase stamina, flexibility, core strength and range of motion, and improve balance, muscular recovery, and mental clarity or focus. Tracy will target areas that become tight, such as hamstrings and hips, and help participants develop relaxed breathing, etc. This class is a perfect low-impact companion for all "activities and sports" including golfing, walking, running, hockey, basketball or soccer, etc. A fantastic way to "mix-up" your workout to help you avoid boredom. A great class for beginners too.

Winter: Thurs., Jan. 9 - March 6, 7-8:15 p.m.

Spring: Thurs., April 3 - May 29, 7-8:15 p.m.

Harmony Health Centre (1153 King Street)

New! CHAIR YOGA

Chair Yoga is gentle, slow-paced, and suitable for most adults with mobility or balance issues. Participants will learn simple, Hatha-based poses and breathing that can be done seated in or assisted by a chair. Chair Yoga is designed to help improve circulation, increase flexibility, and promote relaxation. Karen's classes consist of well-balanced, Hatha-based sequences, with an emphasis on better breathing habits. She strives to create a safe and supportive environment for her students, encouraging modifications and new challenges as needed. She loves bringing yoga to people who might feel a bit intimidated to try a regular yoga class. Come give this class a try. We know that you will love Karen's warm, friendly personality!



*Instructor **Karen MacKenzie** is a Registered Yoga Teacher, Certified Ayurvedic Yoga Specialist, and Canfit Pro Fitness Instructor Specialist.*

Mon., Jan. 13 - March 10, 1-2 p.m.

Michelin Social & Athletic Club

\$47.83+\$7.17 HST=\$55/8 weeks



Healthy Strides Walking Club

Walk to Sochi 2014 Winter Olympics!"

January 7 - March 4 (8 weeks)

Come join the Healthy Strides Walking Club! It's a great way to get active, keep motivated and meet others this winter! Keep track of all your daily steps, whether you walk outdoors, indoors or hustle on a treadmill. (All your steps can count, even when you are house cleaning or at work.) We will keep track of your progress on a chart that will be posted upstairs at the HB Studios Sports Centre. Let's see how far our walking takes us! We'll post a map of Europe and show our progress as we "walk" from London to Sochi, Russia. As you reach predetermined distance goals, your name will go in for prize draws. There is no cost to join the club, but when walking at HBSSC there is an **admission fee of \$2 per day**, or purchase a **30 day pass for \$20 for track use**.

Kick-Off - Tuesday, January 7, 10 a.m. & 6 p.m., HB Studios Sport Centre (Glen Allan Drive)

Come see what it's all about! Join in our first group walk, enjoy some refreshments, register and receive your registration package ... and have a chance to win a DRAW PRIZE. **First 100** to register will receive a **reflective key chain with a light**.

As part of the "kick off", HB Studios Sports Centre is offering a **"Try Our Track Tuesday"**. Walking/running on the track will be **FREE** all day long!

Group Walks - Every **Tuesday at 10 a.m.** look for our leader Heather Fifield dressed in a BLUE "Walkabout" T-shirt. Her friendly face will always be there to meet, greet and walk with you. Meet upstairs at HB Studios Sports Centre.

Walk & Talks - 10 a.m. Enjoy a 20-30 minute talk followed by a walk!

Tuesday, January 7	Walking Club Registration & Kick Off (10 a.m. & 6 p.m.) FREE Walking all day!
Tuesday, January 14	Walking 101 , On Track Physio staff (injury prevention, warm-up and lower body strengthening)
Tuesday, February 18	Intro to Urban Poling (aka Nordic Walking) with Lisa Dykeman, physiotherapist with On Track Physio.
Tuesday, March 4	Closing Celebration!

Heart & Stroke Walkabout - You will have an opportunity to learn about and register with the "Walkabout" Program, an exciting way to discover walking routes and keep track of your pedometer steps online. Join our Healthy Strides group on this amazing website at www.walkaboutns.ca!

Heart&Stroke
walkabout™
walkaboutns.ca

NOVA SCOTIA
Health and Wellness



This is a joint project of HB Studios Sports Centre, Bridgewater Parks, Recreation & Culture and Lunenburg Municipal Recreation, with funding from the NS Department of Health & Wellness. Supported also by the Heart & Stroke Foundation.

Adults Age 50+

PRIMETIMERS (Age 50+)

Come join **Connie Banfield** 1, 2 or 3 times a week to improve your strength, endurance, flexibility and balance. Monday is "Step" (use step and risers or get a wonderful cardio workout using the floor), Wednesday is "Weight Day" ... working head-to-toe, and Friday is "Little Bitty Day" ... a little bit of this and a little bit of that." We finish each class with abs and stretching. Come have a great laugh and meet some great people ... and enjoy some coffee, served by "club" management, after each class.

Mon., Jan. 6 - March 31/12 weeks

Wed., Jan. 8 - March 26/12 weeks

Fri., Jan. 3 - March 28/12 weeks

9:30-10:30 a.m.

Michelin Social & Athletic Club

Drop-in Fee: \$2.83 + .42 HST = \$3.25/class

NICE & EASY (Age 50+)

A decrease in strength, balance, energy, flexibility and fitness level can develop as we get older. "Nice and Easy" is for people with joint problems, who are older or have not exercised lately and adults "who understand if you don't use it, you'll lose it." Studies have shown this type of activity dramatically increases mobility, confidence and improves quality of life. A gentle warm-up will be followed by exercises, a cool down and stretches. All can be done standing or using a chair. "Lots of jokes, cooking tips and laughs with instructor **Connie Banfield.**"

10:45-11:45 a.m.

Mon., Jan. 6 - March 3/9 weeks

Fri., Jan. 10 - March 7/9 weeks

Michelin Social & Athletic Club

1x/week : \$34.78 + \$5.22 HST = \$40

2x/week : \$56.62 + \$8.48 HST = \$65

AQUA-FIT

Exercise while enjoying this fun, social, water fitness class! Karen will add noodles, barbells and snoodles for resistance and toning, in addition to a little aqua-boxing, aquawalking and dance-like moves. Gentle on muscles and joints, but gets your body moving and heart pumping. Work at a pace comfortable to you.

Karen Geddes-Selig

Tues., Jan. 7 - Feb. 25, 11:30 a.m. - 12:30 p.m.

Best Western Plus Bridgewater Hotel & Convention Centre

\$34.78 + \$5.22 HST = \$40/8 weeks



AQUA-ARTHRITIS

Aqua-Arthritis, a gentle, non-impact water class that uses slow movements and exercise to improve range of motion, balance, co-ordination, flexibility, and general well-being, while helping decrease pain and stiffness. Excellent class for anyone with arthritis, recovering from injury, or an entry level exerciser wanting a low impact workout. Karen will incorporate "waterwalking", dance type moves, and props such as sponges, wands and snoodles providing variety and 'FUN'! If you have a pre-existing medical condition, you should consult with your doctor before attending this class. 45 minutes of instruction and 15 minute free swim. Participants can work at your own pace.

Karen Geddes-Selig

Thurs., Jan. 9 - Feb. 27, 11:30 a.m. - 12:30 p.m.

Best Western Plus Bridgewater Hotel & Convention Centre
\$34.78 + \$5.22 HST = \$40/8 weeks

ZUMBA GOLD

Zumba Gold is a fun, friendly, dance-fitness class that uses zesty Latin music like salsa, merengue, cumbia and reggaeton. The easy-to-follow moves are perfect for those starting their journey towards a fit and healthy lifestyle, as well as older adults. The invigorating party like atmosphere is a great way to add camaraderie, excitement and fitness to your weekly schedule. Kate Jollymore

Thurs., Jan. 9 - Mar. 20, 5:30 - 6:30 p.m.

(No class March 13)

\$37.39+\$5.61 HST = \$43/10 weeks

OR Thurs., Jan. 9 - Feb. 27, 1 - 2 p.m.

\$30.43+\$4.57 HST = \$35/8 weeks

Anglican Church Hall (78 Alexandra Avenue)



New! CHAIR YOGA

Chair Yoga is gentle, slow-paced, and suitable for most adults with mobility or balance issues. Participants will learn simple, Hatha-based poses and breathing exercises that can be done seated in or assisted by a chair. Chair Yoga is designed to help improve circulation, increase flexibility, and promote relaxation. Karen's classes consist of well-balanced, Hatha-based sequences, with an emphasis on better breathing habits. She strives to create a safe and supportive environment for her students, encouraging modifications and new challenges as needed. She loves bringing yoga to people who might feel a bit intimidated to try a regular yoga class. Come give this class a try. We know that you will love Karen's warm, friendly personality!

*Instructor **Karen MacKenzie** is a Registered Yoga Teacher, Certified Ayurvedic Yoga Specialist, and Canfit Pro Fitness Instructor Specialist.*

Mon., Jan. 13 - March 3, 1-2 p.m.

Michelin Social & Athletic Club

\$47.83+\$7.17 HST = \$55/8 weeks



Bus Trips Age 50+

For each of our bus trips, we will travel in a coach equipped with a washroom, air conditioning, tour windows and high back seating with seat belts. RELAX & ENJOY!



New! SUGAR MOON FARM & WILDLIFE PARK

Experience an authentic maple syrup farm! We will take part in a Sugar Camp guided tour, do some taste testing and try some "sugar on snow." We'll also enjoy a delicious maple inspired brunch, which includes buttermilk pancakes and maple syrup, their own maple baked beans, local sausages, a fresh biscuit and maple butter, and a bottomless cup of tea or organic fair trade coffee and O.J. (Their pancakes were named "One of Canada's 7 Best Pancakes in Canada - Canadian Living, March 2013.) You can even do some "maple shopping." On the way home, we will stop at **Shubenacadie Provincial Wildlife Park**, the perfect place for animal and nature lovers to stroll. The park is set in natural woodlands with native mammals and birds, as well as some exotic species. The park provides static and interactive displays. Tues., June 3 (Rain Date June 5), 8:30 a.m. - 4:30 p.m. Depart from the Bridgewater Arena
\$56.52 + \$8.48 HST = \$65
(Includes brunch and admission fees - value \$28)



THE ROYAL NOVA SCOTIA INTERNATIONAL TATTOO

Featuring over 2000 world-class Canadian and International military and civilian performers, the Tattoo continues to live up to its reputation as one of the world's premiere cultural and entertainment events. It features pipes and drums, drama, historic re-enactments, dancers, acrobatics, choirs, military displays and competitions and more. We will stop to dine at a restaurant on the way home. Our tickets are reserved in Section 23 of the Lower Bowl. Sat., July 5, 2014, depart 12:15 p.m. from Bridgewater Arena Showtime 2:30 p.m. Dine at restaurant after show.
\$65.22 + \$9.78 HST = \$75 (fee does not include dinner)

FISHERMAN'S COVE

Fisherman's Cove is an authentic fishing community in Eastern Passage with beautiful natural scenery, unique gift shops, museums, art galleries, coffee and bake shops, ice cream and fish n' chip shacks. It is gorgeous! You will have the opportunity to browse, dine (at Boondocks, Wharf Wraps or a place of your choice) and stroll along the picturesque board walk. On the way back, we will stop for a little visit at the **Mic Mac Mall** before arriving home. Tues., July 15 (Rain Date July 17), 9 a.m. - 4:30 p.m. Depart from the Bridgewater Arena
\$33.04 + \$4.96 HST = \$38
(Lunch at participants' expense)



KITCHEN PARTIES (AGE 55+)

Wednesday, January 22, February 19, March 19 & April 23, 1:30-3 p.m.

HB Studios Sport Centre
(543 Glen Allan Dr., Bridgewater)

\$2 drop-in fee

Tap your feet to live music, sip on some tea/coffee and enjoy some snacks!
And ... come try our two new **SHUFFLEBOARD** and **FLOOR CURLING** courts (equipped with push poles) or play **CARD** and **BOARD GAMES, BOCCE, BAGGO, HILL BILLY GOLF** or **CROQUET!**

Each week, you will also have the chance to take part in one of our 'TRY-IT' sessions where you will be able to "try" a new game or experience a new activity like "Chair Yoga." Come share a laugh and join in the fun!

The following is our upcoming line-up of musical entertainment:

January 22 - Ron Muise Country Sounds

February 19 - Trinity Fiddlers

March 19 - South Shore Ukulele Players

April 23 - Agnes & Jim Clinton



These Kitchen Parties are being brought to you by the Town of Bridgewater, District of Lunenburg, Drumlin Hills, HB Studios Sports Centre, Bridgewater Police Services/South Shore Safe Communities, South Shore Health, and BHS and PVEC with support of the United Way of Lunenburg County and the Department of Health & Wellness.

SHUFFLEBOARD TOURNAMENT (AGE 55+)

Wednesday, April 23, starting 10 a.m.

HB Studios Sport Centre (543 Glen Allan Dr., Bridgewater)

\$5 per person (to cover the cost of small prizes).



Shuffleboard enthusiasts Joseph and Dorothy Boudreau are leading our first, fun shuffleboard tournament. Sign up as a team of 2 or an individual and we will “pair you up” with a partner.

All are welcome! (Beginners and Experienced Players).
Call Bridgewater Parks, Recreation & Culture at 543-2274 or the Lunenburg Municipal Recreation Department at 541-1343 to register
 or register at one of our Kitchen Parties.



New! SHUFFLEBOARD - “IT’S HERE!”

“YOU ASKED FOR SHUFFLEBOARD COURTS... AND WE GOT THEM!” The Town of Bridgewater and District of Lunenburg made this happen, in partnership with the HB Studios Sports Centre, and with the generous support of the United Way of Lunenburg County, and the Department of Health and Wellness.

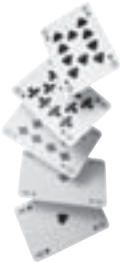
A full size (40’ by 6’) court is available downstairs at HB Studios Sports Centre (situated behind the soccer field at the far end.) There is also a small (27’ by 4’) court situated at the far end (left side) of the upstairs track. Families and adults of all ages can “sign out” the discs and cues at the front desk and play shuffleboard during open hours at the HB Studios Sports Centre. (Some restrictions may apply). The fee is only **\$2/person**. So...next time you go for a walk at HB Studios Sports Centre (543 Glen Allan Drive) “Why not try a game of shuffleboard?”

You are never too old or too young to play! It provides healthy exercise and helps to develop good hand-eye coordination. Play with two people or four. It’s up to you! Anyone of any athletic level, age or ability can learn and enjoy this FUN game.

You can also sign out **floor curling, hillbilly golf, bocce, baggo and croquet** at HB Studio Sports Centre.

Call HB Studios Sports Centre (543-5348), Bridgewater Parks & Recreation (543-2274) or the District of Lunenburg (541-1343) for more information.





45's CARD PARTY (Age 55+)

Tuesday, February 11

1:30 p.m.

Drumlin Hills (558 Glen Allan Drive)

\$5/person

Join us for a fun afternoon of 45's! Refreshments, small prizes and a great way to meet others! Call **Bridgewater Parks & Recreation at 543-2274** to register or for more information (You can also sign-up at our January 22 Kitchen Party. See previous page for details.) Register with a partner or as an individual. (We will match you up.)

**If you have never played 45's before, or need a refresher, come to our January 22 Kitchen Party and learn the rules.*



SENIORS POLICE ACADEMY (Age 55+)

The **Seniors Police Academy** is a classroom-based program presented by the Lunenburg County Seniors Advisory Council. The program features guest speakers who are experts in a range of topics including: legal issues, medication safety, personal safety, crime prevention, elder abuse, fraud prevention, self defense, safe banking, senior fitness, and many other topics. The program is **FREE**, but registration is required – limited to 25 participants. Call **Leslie** at the VON Blockhouse at **624-0318** to register today!

Thursday

1:00 p.m.-3:30 p.m.

January 23-February 27

Drumlin Hills (558 Glen Allan Drive, Bridgewater)

"IN THE COMMUNITY"

There are many groups/organizations that offer recreation programs/activities throughout the Town. Check out our Community Directory on the Town's website: www.bridgewater.ca

mosaic
NETWORK

Café Scientifique – Discussions About Dementia

Do you know, care for, or work with an older adult who has a form of dementia? Do you wish you had more information? Enjoy a cup of coffee while listening to local experts speak about dementia and related issues.

Where: Bridgewater Firehall (81 Dominion St.)

When: 1:00 – 4:00 pm, January 21

What: A “Café Scientifique” - style gathering, intended to provoke questions and provide answers.

Featuring: Dr. Dilruba Rahman, Psychiatrist (more speakers TBA)

RSVP to Liz Fraser: lizfraser208@gmail.com
or 521-2213

A MOSAIC Network Sponsored Event
www.mosaicnetwork.ca



First Aid & CPR

Refunds for the following first aid courses will only be given with one week's notice prior to course commencement.

ST. JOHN AMBULANCE EMERGENCY & STANDARD FIRST AID & CPR RE-CERT

Re-certify your emergency or standard first aid qualifications. Please bring proof of your certification when registering. Please note that you can not do back-to-back re-certification.

Patty Joudrey

Emergency

Sat., Feb. 22, 9 a.m. - 1 p.m., Town Office

\$52.17 + \$7.83 HST = \$60

Standard

Sat., Feb. 22, 9 a.m. - 5 p.m., Town Office

\$73.91 + \$11.09HST = \$85

ST. JOHN AMBULANCE STANDARD FIRST AID & CPR (BLSC)

Learn the skills and knowledge necessary to deal with life threatening situations and provide assistance to persons in physical distress. Includes care for fractures, head and spinal injuries, cuts, burns, poisoning, choking, cardiac arrest and other sudden medical conditions. CPR on adults, infants and children will also be covered.

Patty Joudrey

Sat. & Sun., Jan. 25 & 26, 9 a.m. - 5 p.m., Town Office

OR

Sherry Dickson

Sat. & Sun., Feb. 8 & 9, 9 a.m. - 5 p.m., Town Office

OR

David Nash

Wed. & Thurs., Feb. 19 & 20, 8:30 a.m.-4:30 p.m., Town Office

OR

David Nash

Tues. & Wed., March 4 & 5, 8:30 a.m.-4:30 p.m., Town Office

OR

Sherry Dickson

Sat. & Sun., March 29 & 30, 9 a.m.-5 p.m., Town Office

OR

Patty Joudrey

Sat. & Sun., April 12 & 13, 9 a.m. - 5 p.m., Town Office

OR

Sherry Dickson

Tues. & Wed., April 29 & 30, 8:30 a.m. - 4:30 p.m., Town Office

OR

David Nash

Tues. & Wed., May 13 & 14, 8:30 a.m.-4:30 p.m., Town Office

OR

Patty Joudrey

Sat. & Sun., May 24 & 25, 9 a.m. - 5 p.m., Town Office

OR

David Nash

Sat. & Sun., June 7 & 8, 9 a.m. - 5 p.m., Town Office

\$95.65 + \$14.35 HST = \$110

MARINE BASIC FIRST AID (MBFA)

This is an excellent course for the professional mariner and recreational boater. Similar to standard first aid and CPR. It includes a marine supplement, which includes information on marine related topics. This course is approved by Transport Canada and meets the requirement for those in the marine industry who require this certification.

Patty Joudrey

Tues. & Wed., March 25 & 26, 8:30 a.m. - 4:30 p.m., Town Office

\$100 + \$15 HST = \$115

ST. JOHN AMBULANCE EMERGENCY FIRST AID & CPR (BLSB)

Learn the basic skills necessary to deal with emergency first aid situations necessary to sustain life. Covers techniques for dealing with shock, unconsciousness, bleeding, choking and cardiac arrest, etc. CPR on adults will also be covered.

Patty Joudrey

Sat., Jan 25, 9 a.m. - 5 p.m., Town Office

OR

Sherry Dickson

Sat., Feb. 8, 9 a.m. - 5 p.m., Town Office

OR

David Nash

Wed., Feb. 19, 8:30 a.m.-4:30 p.m., Town Office

OR

David Nash

Tues., March 4, 8:30 a.m.-4:30 p.m., Town Office

OR

Sherry Dickson

Sat., March 29, 9 a.m.-5 p.m., Town Office

OR

Patty Joudrey

Sat., April 12, 9 a.m. - 5 p.m., Town Office

OR

Sherry Dickson

Tues., April 29, 8:30 a.m. - 4:30 p.m., Town Office

OR

David Nash

Tues., May 13, 8:30 a.m.-4:30 p.m., Town Office

OR

Patty Joudrey

Sat., May 24, 9 a.m. - 5 p.m., Town Office

OR

David Nash

Sat., June 7, 9 a.m. - 5 p.m., Town Office

\$69.57 + \$10.43 HST = \$80

FIRST AID AT YOUR CONVENIENCE

If you have a group of friends or staff that require first aid or CPR training, and our current courses don't fit your schedule, please give us a call at 543-2274 or 541-4384 (voice mail). We can arrange a course for you.

Gardening

New! FLORAL ARRANGING 101

"This is a beginner friendly class for anyone who loves flowers!" Learn "tips and tricks" to help you create beautiful arrangements at home. Class will include some of the basic key principles of floral design (e.g. stem length, focal point) and other topics such as: tools and supplies, choosing flowers and foliage, cutting technique and accessories, etc. This fun class will be led by members of the **Bridgewater Garden Club**. Tools and supplies will be provided.

Date: TBA - Workshop will take place in May (Call us at 543-2274 for details).

BHS

\$TBA

New! HYDROPONICS BASICS

Hydroponics (growing plants with nutrients and water, without soil) is a great way to extend your growing season and it's a perfect way to grow lots of edible plants in small spaces, including your basement and green house, all year round.



If you live in an apartment or just don't have space for soil beds, hydroponics might be a nice option for you to grow your veggies, plants and herbs.

Ben Gillespi, owner of **LaHave Street Hydroponics**, will introduce you to the basics of hydroponic gardening including: advantages, lighting, temperature, nutrients, containers, mediums, pest and disease control, systems and the products to make it easier. Come find out about hydroponics. It's FUN, SAVE and EASY!

Sunday, Jan. 19, 3 - 4:30 p.m.

BHS

\$5+.75 HST = \$5.75

New! ATTRACT BIRDS & BUTTERFLIES TO YOUR YARD

Invite birds and butterflies to visit your garden and perhaps extend their stay. **Charles Berry**, a member of the Bridgewater Garden Club and past chair of the NS Association of Garden Clubs (nsagc.com) will cover topics that will help you attract birds and/or butterflies to your back yard (such as plants, shrubs, water and shelter). He will also touch on winter feeding, types of bird feeders and type of food to provide. In addition, you will learn about some of the bird species native to our area. Learn also some tips to attract monarch and other butterflies to your garden. Bring a little life and magic to your backyard this year!



Tues., Feb. 4 (Snow Date: Feb. 6), 6:30-8 p.m.

BHS

\$5+.75 HST = \$5.75

LEARN TO GRAFT YOUR OWN FRUIT TREES

Most fruits do not "come true to seed." That is a seed from a MacIntosh apple will not grow into a tree which produces MacIntosh apples; one must graft a shoot from a MacIntosh tree onto a suitable root to get such a tree. This hands-on workshop will cover two distinct situations:

1) how to graft a new tree, using a size-controlling rootstock.

Participants will be able to take home their own apple trees, grafted to their choice of

variety, for planting. 2) how to "topwork" an existing tree, such as an abandoned apple tree on their own property, that is grafting one - or many - new varieties onto a mature tree, making a tree which bears the new variety or varieties.

Dr. David Maxwell is passionate about the importance of preserving the old varieties of apples, many of which are no longer available commercially, and the varieties he will supply for the workshop are drawn from his own collection of antique varieties. However, participants are also encouraged to bring their own scion wood from any apple trees which they may wish to preserve and reproduce. (In this instance, they should contact Dr. Maxwell, 766-0305, during the winter to obtain guidance on how and when to cut their grafting wood.) The workshop fee includes the cost of all necessary materials (rootstocks, scions, tools and grafting materials) which will be supplied. Participants should also take note of the workshops being offered by Elspeth MacLean-Wile, in which they will learn how to plant and care for their newly grafted baby. Please bring a sturdy utility knife (type used for cutting wallboard) and lunch.

Instructor Bio: Dr. David Maxwell is an amateur apple grower with his own small orchard in Middle Lahave, where he grows 50 different varieties of apples, most of which are antique varieties.

Sat., May 10, 10 a.m. - 4 p.m.

Municipal Area Recreation Complex, Dayspring

\$30.43+ \$4.56 HST = \$35



Instructor Bio: *Elspeth McLean-Wile and her husband Peter own and operate Wile's Lake Farm Market in Wileville. They have been answering gardening questions and helping folks with their planting dilemmas for more than 20 years. Elspeth is heard regularly on CKBW and Hank FM offering gardening tips. Peter operated a commercial orchard with his family for more than 25 years. Their workshops are lively and entertaining with a great opportunity for socializing afterwards with treats from their bakery! Note: Workshops are held at the Greenhouse at Wile's Lake Farm Market.*

SPRAYING FRUIT TREES

The workshop will provide information on spraying fruit trees to improve tree health and fruit quality. Organic and chemical practices will be discussed.

Sat., April 12, 11 a.m.
\$13.91 + \$2.09 HST = \$16

New! CARE & PRUNING FLOWERING SHRUBS

Spring is time for fertilizing, mulching and pruning flowering shrubs. Recommendations will be provided on when to prune and how much plant material to be removed.

Sat., April 26, 11 a.m.
\$13.91 + \$2.09 HST = \$16

PRUNING FRUIT TREES

Peter Wile will demonstrate pruning techniques to improve fruit quality and quantity on fruit trees - apple, peach, pear, plum and cherry trees.

Sat., May 3, 11 a.m.
\$13.91 + \$2.09 HST = \$16



SQUARE FOOT GARDENING

Planting and creating small but intensively planted vegetable gardens in 4' x 4' wooden boxes. Perfect for people with limited time, space and energy! Reduces weeding and encourages use of companion plants as natural insect repellents.

Wed., May 21, 6:30 p.m.
\$13.91 + \$2.09 HST = \$16

PLANT YOUR TOMATOES

The workshop will introduce participants to a variety of tomatoes, provide tips on planting in the garden and in pots, fertilizing, using companion plants as insect repellents and "staking or not."

Thurs., May 22, 6:30 p.m.
\$13.91 + \$2.09 HST = \$16

MAKE A HERB PLANTER

Create a herb planter to provide fresh herbs during the summer months. Workshop will provide tips on growing herbs in containers including fertilizing, pruning and maintenance.

Wed., June 4, 6:30 p.m.
\$30.43 + \$4.57 HST = \$35



PHOTOS OF TOWN WANTED

Do you have a photo of the Town of Bridgewater that you would like to share?
 We would love to receive photos of our parks, trails, green spaces and recreation facilities... and ones of people enjoying them!
 Photos may be used in our upcoming brochures, facebook page, website or other promotions.
 Please send to recreation@bridgewater.ca

Continuing Education Courses

Join Us

for Our Financial Workshop Series

No matter what your age, chances are you want a better future. Financial Advisor Kevin Dorey strongly believes financial education is an important step in helping you achieve this. He truly loves to educate, is knowledgeable, passionate about finances, keeps up-to-date, and is a very personable instructor. Whether you are just starting out or want to learn something new, this workshop series will give you real-world strategies that are easy to follow:

Class 1: Provides insight about the key features and benefits of stocks, bonds and mutual funds.
Tues., March 18, 6:30-8 p.m.

Class 2: Discusses 10 investing principles to help you avoid common investment mistakes.
Tues., March 25, 6:30-8 p.m.

Class 3: Explains how to protect you and your loved one for when unexpected life events occur.
Tues., April 1, 6:30-8 p.m.

Class 4: Explains how an estate plan can help you create a legacy.
Tues., April 8, 6:30-8:30 p.m.

Bridgewater High School
\$26.09 + \$3.91 HST = \$30



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MAKING SENSE OF INVESTING

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INTRO TO DIGITAL PHOTOGRAPHY

A beginner course on the photography arts suitable for film but with emphasis on digital. The course will take a person with little knowledge and give them the tools to become a good photographer. Learn the basic mechanics of photography (i.e. exposure, and how it is effected by shutter speed, aperture and ISO, and the properties of cameras such as lens selection etc.); composition (design and light and how they effect a photograph); and the art and aesthetics of photography. For best results, a student should have the use of a digital camera that can be used manually. Be prepared to complete photographic assignments.) Instructor, **Grant Dixon** was at one time a technical editor for O'Riely Publishing and a beta tester for Adobe. He is versed in both Mac and Windows and is presently doing client support through the South Shore Regional Library. Check out Grant's website: sideways-glance.com

Thurs., Jan. 23-March 20, 6:30-8:30 p.m. (No class Mar.13)
BHS

\$78.26 + \$11.74 HST = \$90/8 weeks

SOLAR SHELTER DESIGN

Solar Nova Scotia offers a practical, how to course on designing and building solar shelters, including greenhouses, solariums, additions, and especially solar homes. Learn solar basics, climate control, site and shelter design, cost, solar construction, contracting, and do-it-yourself tips. Intended for the general public and those in design and construction. **Don Roscoe** is one of Canada's most experienced solar designer builders.

Tues., Jan. 28 - March 4, 6:45-9:45 p.m.

BHS

\$78.26 + \$11.74 HST = \$90/individual/6 weeks

\$130.43 + \$19.57 HST = \$150/couple/6 weeks

Public Interest Seminars

New! **HAPPY DOGS, HAPPY PEOPLE - "Taking Dogs Beyond Walk and Fetch"**

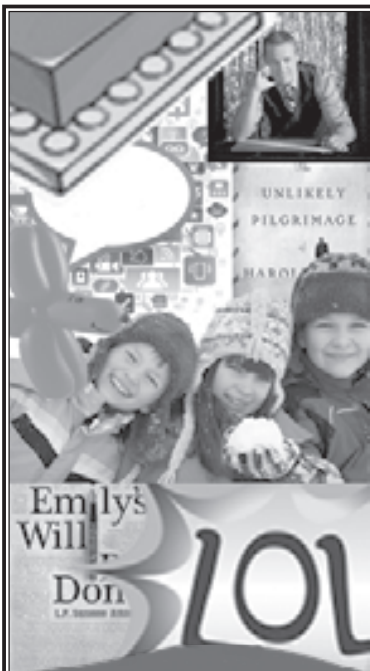
Are you and your dog looking to add fun activities to your lives? Would you both benefit from some exercise while having fun too? Would you like to learn how to safely socialize your dog and learn about different dog-sports and recreational activities like **agility, rally obedience and trick work**? If your answer is yes, come join members of the Blunose Agility and Recreational Canine Association for an information session and open discussion. A wonderful way to learn about the options available to you and your dog in our community. **For more information, feel free to call Lin at 685-2302 or Julie at 688-1912.** Please pre-register with Bridgewater Parks & Recreation. **Tues., April 1, 7 - 9 p.m. OR Sun., April 13, 2 - 4 p.m.**
\$5 + .75 HST = \$5.75
 BHS



WILLS & ESTATES

Learn the reasons why everyone should have a will and what you should consider when 'drawing' one up. Power of Attorney and Personal Directives will also be discussed and handouts will be given out. Volunteer Tabitha Veinot has been practising law since 1997. A major area of her focus is

on "Wills and Estates."
 She works with the law firm Dumke MacLeod.
Tues., Jan. 28, 6:30-8p.m.
 (Snow Date: Thurs., Jan. 30) **BHS**
\$6.96 + \$1.04 HST = \$8



Programs start SOON at South Shore Public Libraries in Bridgewater, Liverpool and Lunenburg. Sign up today! Program Guide is now available at your Library and on-line: southshorepubliclibraries.ca

- After School Clubs
- Minecraft
- Robotics
- March Break Programs:
 - Claymation
 - Magic show with Patrick Drake!
 - LOL Day Camp
- Something Special Saturdays
- Storytime
- Telling My Story Workshops
 - Poetry, Acting & Visual Arts
- Hidden Films
- Book Clubs
- Alzheimer's Book Discussion
- Author Reading
- One Billion Rising Activity
- International Women's Day
- Wellness Wednesdays
 - Osteopathy
 - Physiotherapy
 - Bowen Therapy
- Income Tax Assistance
- Community Banking
- Naturopathy
- Dying with Dignity
- One-on-one Computer Help
- Computer Classes
 - ereaders, Skype, Kijiji, social media, ipads
- Computer tutor



Volunteering

Nova Scotia's passion at work

VOLUNTEER AWARD NOMINATIONS

Provincial Volunteer Week -April 6-13, 2014

Each year, the Town of Bridgewater recognizes the contribution of volunteers in our community. This year, we are seeking nominations for volunteers in the following categories:

- **Representative Volunteer** - The Town of Bridgewater is looking for a special volunteer to represent our community at the Provincial Volunteer Awards Ceremony to be held in Halifax on April 7, 2014. If you know of an outstanding volunteer who has made a difference in our community, please forward their name, address and letter detailing their volunteer efforts to the Parks, Recreation and Culture Department, 60 Pleasant Street or email us at recreation@bridgewater.ca.
- **Volunteer Family Award** - Recognizes a family that has made outstanding contributions as volunteers. Nomination form available at the Parks, Recreation & Culture Department.
- **Corporate Volunteer Award** - Recognizes a business in Bridgewater that has made significant contributions through support and encouragement of employee volunteerism or shown corporate support for community initiatives. Nomination form available at the Parks, Recreation & Culture Department

Deadline for nominations in all categories is Thursday, February 13th .