

Winter RECREATION opportunities



RECREATION DEPARTMENT/ QUEENS PLACE EMERA CENTRE EQUIPMENT LOAN PROGRAM

Did you know that the Recreation Department has a variety of equipment for loan? There is a refundable deposit required upon pick-up, items will be loaned to those 19 years and older. Call the Recreation Department for more information!

Snowshoes: The Recreation Department and Queens Place Emera Centre each have the following:

- | | |
|--------------------------------------|--------------------------------------|
| 2 pairs each of 30-80 lbs snowshoes | 1 pair each of 100-200 lbs snowshoes |
| 1 pair each of 60-160 lbs snowshoes | 1 pair each of 100-225 lbs snowshoes |
| 1 pair each of 200-300 lbs snowshoes | |

..... Refundable deposit of \$30 per pair

3 Igloo Making Kits Refundable deposit of \$30 per kit

1 GPS system Refundable deposit of \$25

6 sets Nordic walking poles (4 adult sets, and 2 child sets) Refundable deposit of \$10 per set

Contact us to book equipment: Recreation Department 902-354-5741 or Queens Place Emera Center 902-354-4422.



RECREATION DEPARTMENT: TATTOO BUS TRIP 2018

Join the Region of Queens Recreation Department on a Bus Trip to the Royal Nova Scotia International Tattoo! We will be going to the June 29th matinee, leaving Queens Place Emera Centre's Parking lot at 11:30 a.m. for the 2 p.m. show. Supper will be at Swiss Chalet after the show (not included in the ticket price). Ticket price \$85.00 per person if paid before May 1st, after May 1st tickets will be \$95.00 per person. We will be travelling on an air conditioned motor coach. Minimum registration for the trip is 45 people, maximum is 54 people.



MUNICIPAL PHYSICAL ACTIVITY LEADERSHIP COORDINATOR

Norm Amirault began his duties as Physical Activity Coordinator on November 15th. In this role, he will assist and encourage residents of Queens to have a more active and healthy lifestyle. To do so physically active programs will be arranged throughout Queens to meet community needs, so if you have a program idea let him know.

An important part of this role will also be to liaise with community Recreation Associations and service providers to work collaboratively to provide programs and education.

If your group would like to meet with Norm, call him at the Recreation and Community Facilities Department at 902-354-5741, or via email – mpal@regionofqueens.com.

FREE FACILITIES



FREE Public Skate

Fridays, January 5th - March 23rd (**no skate March 16th)

5:00 pm - 6:00 pm

All ages welcome

Queens Place Emera Centre, 50 Queens Place Drive, Liverpool

FREE skate and helmet loan program available. Adult and youth skate aids available, subject to availability, some sizes are limited.



FREE Jillian Michaels BODYSHRED™

Mondays, January 8th - March 2nd

6:30 pm - 7:00 pm

Ages 16 years +, maximum of 15 participants, call to sign-in 902-354-4422 after 9 am each day of class.

Queens Place Emera Centre, Fitness Studio

ADVANCED CLASS *Jillian Michaels BODYSHRED™ is a high-intensity and endurance based 30 minute workout utilizing Jillian's 3-2-1 interval approach. 3 minutes of strength/ 2 minutes of cardio/ 1 minute of abs.*



FREE Fit Parent Bootcamp

Saturdays, January 6th - March 3rd (**no class January 27th)

9:00 am - 9:30 am

Ages 16 years +, maximum 10 participants, call to sign-in 902-354-4422 the night before class, or first-come, first-served on the morning of class.

Queens Place Emera Centre, Indoor Track

Calling all parents! Join us for a total body bootcamp on the indoor track. Meet by the arena seats by section 07N. Clean indoor shoes mandatory.



FREE Community Family Yoga

Wednesdays, January 3rd - February 21st

10:30 am - 11:30 am, Instructor Melissa Belkin

All ages welcome

Queens Place Emera Centre, Community Room

Not your average yoga class! Come experience a community-based yoga class that benefits everyBODY! This class focuses on connecting breath to movement, bonding with family while sharing the benefits that an active lifestyle through regular yoga practice will bring. Gentle Yoga, Yin Yoga, Restorative Yoga, Hatha Yoga, Vinyasa Yoga, Pranayama will all be practiced.



FREE Indoor Track Usage

Mondays, January 8th - March 26th

Not Available on February 19th or March 12th

6:00 pm - 7:00 pm

All ages welcome

Queens Place Emera Centre, Indoor Track



QUEENS PLACE

EmeraCentre

FREE CLASSES
January 2nd - 6th
8-Week Session
January 8th - March 3rd

*** Fitness Class Schedule is Subject to Change ***

JOHN ATKINSON FITNESS CENTRE

MONDAY	Nice & Easy: Strength & Stretch	9:30 - 10:00 am	Denise
	Women on Weights	10:15 - 11:15 am	Denise
	 	4:15 - 5:15 pm	Jo-Anne
	NEW!! Facility Access Sponsored:  Yoga with Claudine	6:30 - 7:00 pm 7:15 - 8:15 pm	Jo-Anne Claudine
TUESDAY	Cardio & Strength	9:30 - 10:30 am	Jo-Anne
	Core & Nothing More	10:30 - 11:00 am	Jo-Anne
	Fit For Function (Fitness Centre)	11:30 am - 12:30 pm	Jo-Anne
	**On Tap Dance Studio Classes	4:00 - 6:00 pm	On Tap Dance Studio
	Full Body Circuit	6:45 - 7:15 pm	Denise
H.I.I.T Skip with Strength	7:30 - 8:00 pm	Denise	
WEDNESDAY		9:30 - 10:00 am	Jo-Anne
	NEW!! Core Fit & Stretch	10:15 - 10:45 am	Jo-Anne
	NEW!! Facility Access Sponsored: Community Family Yoga	10:30 - 11:30 am	Melissa Belkin
		2:00 - 2:30 pm	Denise
	NEW!! Fusion	6:00 - 7:00 pm	Meaghan
	7:15 - 7:45 pm	Denise	
THURSDAY	NEW!! Nice & Easy: Mobility & Balance	9:00 - 9:30 am	Denise
	Stability & Strength	9:45 - 10:45 am	Denise
	Fit For Function (Fitness Centre)	11:30 - 12:30 pm	Denise
	NEW!! 	6:15 - 6:45 pm	Jo-Anne
	Tone The Top	7:00 - 7:30 pm	Jo-Anne
	7:45 - 8:15 pm	Jo-Anne	
FRIDAY		10:00 - 10:30 am	Jo-Anne or Denise
	NEW!! Core Fit & Stretch	10:30 am - 11:00 am	Jo-Anne or Denise
SATURDAY	NEW!! Facility Access Sponsored: Fit Parent Bootcamp (Indoor Track)	9:00 am - 9:30 am	Jo-Anne, Denise or Meaghan

PORTSMOUTH COMMUNITY

SCANS: Seniors' College Association of Nova Scotia

Monday, January 8th; 10:00 am

Trinity Parish Hall, 196 Church Street, Liverpool

There will be an information and registration session for the upcoming semester. Registration fee for the calendar year is \$155.25. This semester's course is Eastern Religious Traditions: Hinduism, Buddhism & Sikhism. Semester starts Monday, January 29th for 6 weeks.

For more information contact Mary MacIntosh at 902-354-4605, or marypmac@gmail.com or visit <https://www.thescans.org/>.

PICKLEBALL

Mondays 6:00 - 8:00 pm & Tuesdays 10:00 am - 12:00 pm

\$2.00 per person

West Queens Recreation Centre, 70 Riverhead Road, Port Mouton

For more information contact Cathy Williams 902-683-2620.

ON TAP DANCE STUDIO

Winter session will be 10 weeks. Start Date: Tuesday, January 2nd

Instructor: Kelly Conrad

End Date: Saturday, March 10th

Queens Place Emera Centre, Fitness Studio, 50 Queens Place Drive

CLASSES:

Twinkle Babies (ages 18 mo - 2 yr); 4:00 - 4:30 pm

Twinkle Stars 1 (ages 3 - 5yr); 4:30 - 5:15 pm

Twinkle Stars 2 (ages 5 - 6 yr); 5:15 - 6:00 pm

Registration / Questions: Shannon Moore at ontapdancestudio@gmail.com

QUEENS FAMILY RESOURCE CENTRE

Programming for families in Queens County including weekly playgroups, parent information sessions and special events. To find out more visit www.southshorefamilyresource.org.

LIVERPOOL CURLING CLUB

108 GORHAM STREET, LIVERPOOL, NS

EVENTS

Lobster Spiel with skills competition

February 2nd, 2018; 6 pm

\$20.00 per person, includes lobster chowder or chili

Register by January 26th via email at liverpoolcurling@gmail.com.

Greenspiel

February 9 - 11, 2018

Under 15 Provincial Championship event for male and female junior curlers.

Curl for Cancer

February 17, 2018

CLUB SCHEDULE

Mondays, 7:30 pm

Learn to Curl

Tuesdays, 7:00 pm

Doubles/ Stick Curling Doubles

Wednesdays, 7:00 pm

Ladies Night

Thursdays, 7:00 pm

League Curling

Fridays, 7:00 pm

Social Night

For more information contact liverpoolcurling@gmail.com



Thomas H. Raddall

LIBRARY *programs*

145 OLD BRIDGE STREET, LIVERPOOL

Weekly Activities

Virtual Reality Discovery Hour

Tuesdays, 11:00 am - 12:00 pm

Come in and explore, create, and play with virtual reality.

Handcraft Circle

Tuesdays, 1:00 pm - 3:00 pm

Bring in your knitting, sewing or any other craft to work on and share.

Virtual Reality Discovery Hour

Wednesdays, 4:00 pm - 4:45 pm

Come in and explore, create, and play with virtual reality.

Adult Colouring

Fridays, 1:00 - 5:00 pm

Relax by colouring different sheets we have.

French Conversation Class

Saturdays, 11:00 am

Practice your French with our volunteer Denise. No experience required.

Afterschool Activities

Lego Club, Tuesdays, 3:00 - 4:00 pm

Join us at the library to build and create sculptures.

Pokemon Club, Wednesdays, 3:00 pm - 4:00 pm

Come in and trade, battle, and talk Pokemon with fellow fanatics.

Story Time, Thursdays, 10:30 am & 1:30 pm

Listen to a variety of kids stories and then make a craft.

Mail Art, Thursdays, 1:30 pm - 2:30 pm

Write and decorate a letter and envelope and mail it with love.

Mad about Minecraft, Thursdays, 3:00 - 4:00 pm

Create your own world and share with other kids.

Virtual Reality Art & Education

Thursdays, 4:00 - 5:00 pm

Games Club, Fridays, 3:00 - 4:30 pm

Play a variety of board and video games. Ages 5-12

Special Events

Trivia Night, Jan. 18 & Feb. 22; 6:00 pm - 8:00 pm

Pub style trivia, bring a team of up to five people!

NFB Film Night, Jan. 25 & Feb. 8; 6:00 pm - 8:00 pm

We will be screening two films from the National Film Board and discussing their content.

Games Night, Feb. 1 & Feb. 15; 5:00 pm - 8:00 pm

Come alone or bring a group to play some board games we have, or bring along one of your favourites to share.

Movie Screening, Feb. 15th, 6:00 pm - 8:00 pm

We will be screening the classic film 'His Girl Friday' starring Cary Grant and Rosalind Russell. Snacks will be provided.

Raddall Reading Club, Wednesdays, 1:30 pm - 2:30 pm

January 3, 'One Crow Sorrow', Vernon Oickle

February 7, 'The Motorcyclist', George Elliot Clarke

March 7, 'We are not Ourselves', Matthew Thomas

Education Series

Online Banking Tutorial, Wed., Feb. 7, 10:30 am

A representative from BMO will be coming to the library to talk about the benefits of applications of online banking and help patrons register.

Senior Fitness, Wednesday, February 14, 10:30 am

Denise Covey, a fitness instructor at Queens Place Emera Centre will be coming and talking about the importance of a physically active lifestyle for seniors and will lead their half hour class "Nice & Easy" which is all done in a chair.

Alean Freeman Public Library

5060 HIGHWAY 210, GREENFIELD

Knitting Circle, Saturdays, 11:00 am - 1:00 pm

Bring in your knitting, sewing or any other craft to work on and share.

Valentines Mail Art, Sat., Feb. 3, 10:30 am - 12:30 pm

Write and decorate a letter and envelope and mail it with love.



YOGA CLASSES IN NORTH QUEENS

Thursday, January 11th; 6:00 - 7:30 pm

North Queens Business Hub, 9793 Highway 8, Caledonia

Instructor: Andrea Wegerer

Cost: \$30.00 for the session

Come join this hour and a half yoga flow instructed by Andrea Wegerer. Please bring a yoga mat, and a small blanket for relaxation.



QUEENS PLACE

EmeraCentre

PUBLIC SKATES

Parent & Tot Skate ... Tuesdays & Thursdays 1:00 - 2:00 pm

Adult Skate Mondays, Wednesdays & Fridays 12:00 - 1:00 pm

Public Skate Mondays 3:15 - 4:15 pm & Fridays 5:00 - 6:00 pm

\$2.00
per skater

Loaner skates and helmets are available at no charge, some sizes are limited. Hockey sticks, pucks or balls are not permitted on the ice during skates. Skater use of helmets is highly

recommended. Skates must be worn on ice surface, shoes are not permitted.

* All skate times are subject to change, please check the arena schedule for up-to-date information at www.queensplace.ca.

2018 ATLANTIC SYNCHRONIZED SKATING CHAMPIONSHIPS



Saturday, January 27th & Sunday, January 28th

The blades of synchronized figure skating teams from Nova Scotia, Prince Edward Island, New Brunswick and Newfoundland & Labrador will hit the ice at Queens Place Emera Centre.

THE ASTOR theatre

219 MAIN STREET, LIVERPOOL, NS

MOVIE: Victoria & Abdul
Students \$7; Adults \$8
January 10 & 11 @ 1:30pm & 7pm

MOVIE: Wonder
Students \$7; Adults \$8
January 12, 13 & 14 @ 7pm

CONCERT: Dave Gunning & James Keelaghan
\$25.00 per person
January 17 @ 7:30pm

MOVIE: Murder on the Orient Express
Students \$7; Adults \$8
January 18 & 19 @ 1:30pm & 7pm
January 21 @ 7pm

PERFORMANCE: Norman Foote - Children's Performer
Cost: "Pay What You Will"
March 2 @ 6:30pm

STAND-UP COMEDY: James Mullinger * LIVE *
\$20.00 per person
March 16 @ 7:30pm

PERFORMANCE: H'SAO Impressive A'cappella Harmonies & Powerful Live Performance
\$25.00 per person
March 23 @ 7:30pm

Box Office 902-354-5250
www.astortheatre.ns.ca