

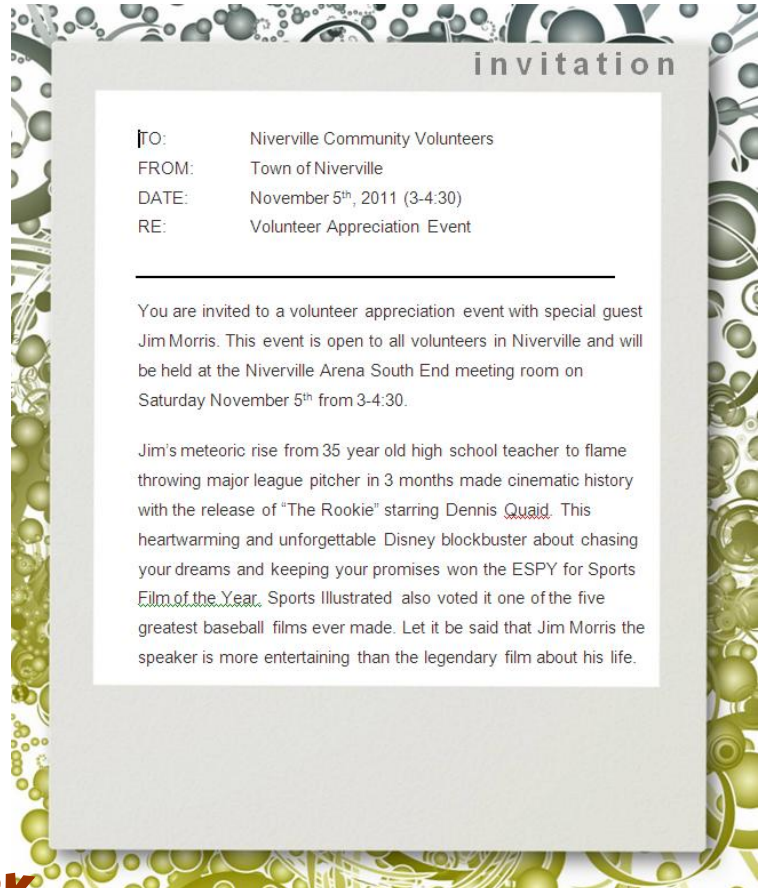


Winter Events

NOVEMBER & DECEMBER 2011

AT A GLANCE

- November 1 Mom and Me Boot Camp starts
- November 1 Sunrise Yoga starts
- November 1 Mom and Baby Yoga starts
- November 1 Lunchtime Yoga starts
- November 2 Evening Yoga starts
- November 2 Diabetes Learning Series
- November 5 Volunteer Appreciation Event
- November 9 & 10 Emergency First Aid
- November 12 Breakfast with the Experts
- November 14 Kids Corner
- November 17 Cooking Around the World – Mexico
- November 19 Grocery Store Tour
- December 8 Cooking Around the World – Holiday Appetizers from Around the World
- December 23 Holiday skate
- January 18 "Meet Your Creativity" class starts



invitation

TO: Niverville Community Volunteers
 FROM: Town of Niverville
 DATE: November 5th, 2011 (3-4:30)
 RE: Volunteer Appreciation Event

You are invited to a volunteer appreciation event with special guest Jim Morris. This event is open to all volunteers in Niverville and will be held at the Niverville Arena South End meeting room on Saturday November 5th from 3-4:30.

Jim's meteoric rise from 35 year old high school teacher to flame throwing major league pitcher in 3 months made cinematic history with the release of "The Rookie" starring Dennis Quaid. This heartwarming and unforgettable Disney blockbuster about chasing your dreams and keeping your promises won the ESPY for Sports Film of the Year. Sports Illustrated also voted it one of the five greatest baseball films ever made. Let it be said that Jim Morris the speaker is more entertaining than the legendary film about his life.

FEBRUARY FITNESS MONTH:

Contests, "try it for free" events, challenges and more!
 Watch for details coming in January!

www.NivervilleRecreation.com

COMMUNITY VOLUNTEER NETWORK

Niverville Recreation and Wellness is starting up a new project called the Community Volunteer Network. We are working to bring local organizations and event planners that need volunteers together with people from the community who want to volunteer.

We are looking for organizations to register their Call for Volunteers and community people to register as potential volunteers specifically outlining their areas of interest and availability. With the information from organizations and community members, we can begin matching volunteers with potential placements.

With this initiative we are striving to meet three goals: One, is to make it easier for volunteers to find places where they want to give their time and to open the door for people who have thought of volunteering but weren't sure where to go. Two, is to gather together the places in our community that need volunteers. The third goal is to highlight and celebrate the commitment of our community volunteers. Many of the great events, services, projects and programs our community offers happen because of volunteers.

As this is a new project, any feedback/suggestions are welcome as to how we can make this even more successful. Forms are available on our website, or contact us for more details at recreation@whereyoubelong.ca or by phone at 388-4078



Empowering Mommies!

Body, Baby, Beauty, Fit for Mind, Soul, Life

Whether you are a new mother or your children are older, it doesn't really matter. Bring your baby and/or the kids along in his/her stroller and get a great workout simultaneously. You only need a good pair of shoes, H2O, a yoga mat and 2-10lb weights as well as some motivation (women without strollers or children are welcome too).

Dates: Runs for 6 weeks on Tuesdays and Thursdays
From November 1st – Dec 8th

Times: 9:30am-10:30am **Location:** Arena SE **Cost:** \$125.00

YOGA

All classes are subject to minimum registration requirements but drop ins are welcome once the minimum has been met. Drop in rate is \$12 per class. Classes are held at the Curling Club. Please visit our website for full descriptions

Sunrise Yoga:	Tuesday mornings	6-7am	Nov 1st - Dec 20th	(8 classes for \$80)
Evening Yoga Class:	Wednesday evenings	8-9:30pm	Nov 2nd - Dec 21st	(8 classes for \$80)
Mom and Baby Yoga:	Tuesday mornings	10:00-11:00	Nov 1st – Nov 29 th	(5 classes for \$50)
Lunch Hour Yoga:	Tuesday afternoons	12:05-12:45	Nov 1st - Dec 20th	(8 classes for \$70)

 Come down to the arena to cheer on the Clippers during their home games!	
Jr Clippers	Sr Clippers
November 10 @ 8pm	November 3 @ 8pm
November 17 @ 8pm	November 5 @ 8pm
November 26 @ 8pm	November 12 @ 8pm
December 1 @ 8pm	November 24 @ 8pm
December 10 @ 8pm	December 8 @ 8pm
December 15 @ 8pm	December 9 @ 8pm
January 12 @ 8pm	January 7 @ 8pm
January 26 @ 8pm	January 16 @ 8pm
January 29 @ 2:30pm	January 19 @ 8pm
February 2 @ 8pm	January 29 @ 7pm
February 10 @ 8pm	February 9 @ 8pm

YOUR HELP NEEDED!!

HELP NIVERVILLE WIN A \$100,000 NATURAL, ACCESSIBLE PLAYGROUND! VOTE ONCE A DAY EVERY DAY PER EMAIL ADDRESS TO HELP US WIN!

<http://www.avivacommunityfund.org/ideas/view/11175>

"Meet Your Creativity" class coming in January!

Wednesdays Jan18-Feb 22 7-9pm \$95/person
This class caters to finding your creativity in a combination of mediums, and will encompass both visual and literary art. It is designed to be a no stress, no wrong way of creating. It will help you think outside of the box, and finding a new way to view things. There will be a project completed each evening as well as a "lecture/discussion", but no critique.

www.NivervilleRecreation.com

Our office is located in the South End of the Arena.
Ph: 388-4078 or leave a message at 388-4600 ext 110
Donna: Donna@whereyoubelong.ca
Robyn: recreation@whereyoubelong.ca



The Canadian Diabetes Association is pleased to coordinate a variety of educational sessions for Diabetes Awareness Month (November) 2011:

- Wed. Nov. 2 - Learning Series Presentation: *Living Well with Diabetes***
7:00 -8:00 p.m. at the Niverville Curling Club Please register for this FREE event with Donna Watts by Oct. 27th via: donna.watts@whereyoubelong.ca
- Mon. Nov. 12 - Nutrition Presentation: *Recipe makeover & Cooking Demo***
9:00 -11:00 a.m. at the Niverville Arena South End meeting room Cost :\$5.00. Participants must pre-pay to confirm/reserve their seat. Submit a favourite recipe that you would like to have made over, and get the chance to win a free cookbook! Submissions are due by Nov. 5th to Donna Watts or via susan@alittlenutrition.com.
- Sat. Nov. 19 - Educational Field Trip: *Grocery Tour & Label Reading***
9:00 -10:30 a.m. Please register by Nov. 15, 2011 by calling susan@alittlenutrition.com.

The Canadian Diabetes Association would like to thank Susan Watson, Registered Dietitian from *A Little Nutrition* and Donna Watts, Director of Recreation and Wellness, Niverville, for their continued commitment and partnership!