



1043 Kittson Rd, Box 2, Group 35, RR 1 | East Selkirk, MB, R0E 0M0 | info@rmofstclements.com
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Introducing St. Clements Connect

Register now at rmofstclements.com/connect

Register now for *St. Clements Connect* to get emergency alerts and important news that affects you.

You can pick any or all of the following contact options :

- By voice message on your land line telephone
- By text or voice message on your cell phone
- By email

If you don't use email, call the RM office at 204-482-3300 to register.



AROUND ST. CLEMENTS

RM of St. Clements Open House: On Friday, June 14 from 2 - 7 pm at the East Selkirk Arena. **Bigger and better than ever** - food, fun for the kids, displays, equipment and more! Council and staff will be on hand to answer questions.

Fitness classes this month: *Moving With Muscle 55+* is on Tuesdays at 9 am & *Yoga/Pilates 55+* is on Thursdays at 9 am. Drop in for \$10 a class: rmofstclements.com/fitness.

East Selkirk Recreation Association News: All are welcome to the ESRA Annual General Meeting on Tuesday, June 7 at 7 pm at the East Selkirk Arena. ESRA is getting a new website soon at eastselkirkrec.ca! The website eastselkirk.net is not connected to ESRA anymore.

St. Clements Heritage committee is looking for members. Contact info@redrivernorthheritage.com.

Grand Fitness Wellness Centre is open 24/7 in the Grand Marais Community Central Building in Grand Marais.

Rhymes, Songs, Story Time, Snacks and Play for children aged 0-5 and their caregivers at the Libau Community Club. Mondays from 10 - 11:30 am. Contact Pam for information at parent.childprogram@gmail.com

RM of St. Clements Financial Plan Hearing is on Tuesday, May 7, 2019 from 7 - 9 pm at the RM Office, 1043 Kittson Road, East Selkirk.

**Burn ban in effect
until further notice
due to extremely dry
conditions.**

**See rmofstclements.com/burning
for details.**



The recreation newsletter will be published on the first of every month.

Send your recreation news and events by the 15th of the month to communications@rmofstclements.com.

EVENTS More details on these events at rmofstclements.com/events/

Moving With Muscle 55+	Tues until June 11	9 - 10 am	Drop ins only -\$10	Corpus Christi Hall
Yoga/Pilates 55+	Thurs until June 13	9 - 10 am	Drop ins only -\$10	Corpus Christi Hall
Zumba	Thurs until June 13	6:30 - 7:30 pm	CLASS FULL - no drop ins	Corpus Christi Hall
Badminton	Sundays Wednesdays	1-4 pm 7 - 9:30 pm	\$4 drop in fee	Lord Selkirk High School East Selkirk Middle School
Rhyme, Songs, Snacks & Play	Mondays (no class May 20)	10 - 11:30 am	Children up to 5 years and their caregiver	Libau Community Club
Red River North Photography Club	Last Thurs of every month	6:30 - 8 pm	Open to all, free of charge	Gaynor Family Regional Library
Circle of Friends	Fridays	1 - 3 pm	Seniors' program	Gaynor Family Library
Blood Donor Clinic	Tues, May 7	4 - 8 pm		Selkirk Rec Complex
Kenya: A Travelogue in Pictures	Tues, May 7	5:30 - 7:00 pm	By Marcia Desmedt	Gaynor Family Library
Ukrainian Dances from the Prairies	Sun, May 12	1 pm	Selkirk & District Ukrainian Dance School	Jubilee Place , Wpg
Troyanda Spring Market	Sat, May 25	10 - 5 pm	Troyanda Ukrainian Dance Ensemble	Selkirk Memorial Hall
Selkirk Community Choir Concert	Sun, May 26	7 pm	Cost \$10, children under 12 free	Good Shepherd Lutheran Church
Selkirk Horticultural Society Plant Sale	Fri, May 31	6 - 8 pm	Perennials, annuals, herbs, trees, more	Selkirk Memorial Hall
East Selkirk Rec AGM	Tues, June 4	7 pm	All welcome	East Selkirk Arena
WAVE Artist's Studio Tour	Sat and Sun, June 8-9	All day	Interlake artists open their studios	Interlake region
RM of St. Clements Open House	Fri, June 14	2 - 7 pm	Food, fun, displays & more	East Selkirk Arena
Lower Fort Garry Day Camp	July and August	Weekly	Save \$20 if you register by June 1	Lower Fort Garry

Let's Walk

Walking is the number one physical activity choice and with spring here people will be outside walking more. Taking a 30-minute walk a day is good for you. Try to incorporate walking into your daily routine.

The benefits of walking are many, from helping reduce weight and stress to lowering blood pressure and reducing risk of many chronic diseases. Walking is very easy to do and requires nothing but a pair of good walking shoes.

Have your organization listed on our website!
Send your info to communications@rmofstclements.com

If you have an interest in having us bring health, fitness or training opportunities to the RM of St. Clements, email Rec Manager David Cain at recreation@rmofstclements.com