



Fall colours on Cooks Creek

## Fitness Classes

Fitness classes are starting up again this fall in south St. Clements. Classes are \$80 for 10 sessions or \$10 to drop in. All classes are at Corpus Christi Hall at 5819 Henderson Hwy.

### **Moving With Muscle 55+**

9 - 10 am on Tuesdays from September 17 to November 19

### **Yoga/Pilates 55+**

9 - 10 am on Thursdays from September 19 to November 21

### **NEW! Move & Groove**

5:45 - 6:45 pm on Thursdays from September 19 to November 21

Register online at [rmofstclements.com/fitness](http://rmofstclements.com/fitness)



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

Submit your event online by the 15th of the month at [rmofstclements.com/submit](http://rmofstclements.com/submit)



Libau-Netley marsh fire 2018

## Be ready for emergencies with St. Clements Connect

Register now at [rmofstclements.com/connect](http://rmofstclements.com/connect) to receive emergency alerts from Environment Canada, the RCMP and more as well as news that affects you and your property

# EVENTS

More details on these events at [rmofstclements.com/events/](http://rmofstclements.com/events/)

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	Free seniors' program	Gaynor Family Regional Library
Pineridge Hollow Farmer's Market	Saturdays until September 14	9 am - 1 pm	Adjacent to south side of Bird's Hill Park	Pineridge Hollow
Interlake Wave Artists' Studio Tour	Saturday & Sunday, August 31 & Sept 1	10 am - 6 pm	Info at <a href="http://watchthewave.ca">watchthewave.ca</a>	Various locations in the Interlake
Blood Donor Clinic	Tues, September 3	4 - 8 pm	Book at <a href="http://blood.ca">blood.ca</a>	Selkirk Rec Complex
Selkirk Skating Club Registration	Online anytime			<a href="http://selkirskatingclub.wordpress.com">selkirskatingclub.wordpress.com</a>
Selkirk Judo Free Open House	Thurs, September 5	6:30 - 8:00 pm	Free two week trial	Selkirk High School
Moving With Muscle 55+	Tues starting September 17 to November 19	9 - 10 am	\$80/10 classes or drop-in for \$10	Corpus Christi Hall
Yoga/Pilates 55+	Thurs starting September 19 to November 21	9 - 10 am	\$80/10 classes or drop-in for \$10	Corpus Christi Hall
Move & Groove	Thurs starting September 19 to November 21	5:45 - 6:45 pm	\$80/10 classes or drop-in for \$10	Corpus Christi Hall

## Volunteer Manitoba Training Opportunities

Volunteer Manitoba offers many year-round training opportunities tailored for the specific needs of volunteer organizations.

Find a list of upcoming training opportunities at [volunteermanitoba.ca/training\\_and\\_events](http://volunteermanitoba.ca/training_and_events).

Their next training is *Building Your Bridge to Youth Engagement* on September 18 from 9 am to noon.

Have your organization listed on our website! Send your info to [communications@rmofstclements.com](mailto: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](mailto:recreation@rmofstclements.com)