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AROUND ST. CLEMENTS

New fitness class sessions starting this month: Moving With Muscle 55+, Yoga/Pilates 55+ and **Zumba (new)**. Eight classes for \$64 or drop in for \$10 a class: rmofstclements.com/fitness.

East Selkirk Recreation Association News: Soccer starts on April 29. For more information contact tjkawaja@gmail.com. Register for baseball at redrivervalleybaseball.bonzidev.com. ESRA is getting a new website soon at eastselkirkrec.ca! The website eastselkirk.net is not connected to ESRA anymore.

East Selkirk Slo Pitch League: New Slo Pitch league to start in May. More information at facebook.com/ESBeerPitchLeague.

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

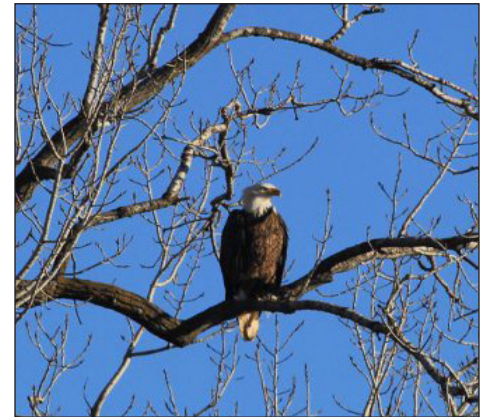
Grand Fitness Wellness Centre is open 24/7 in the Grand Marais Community Central Building in Grand Marais.

SAVE THE DATE: RM of St. Clements Annual **Public Open House** will be in June.

Health and Wellness programs for the region can be found at the Interlake-Eastern Regional Health Authority website under *Care in Your Community > Community Wellness Team > Free Classes for Healthy Living*.

Lord Selkirk School Division **Continuing Education** spring registration is open and offers something for everyone. Course list and registration at selkirkconed.com.

Rhymes, Songs, Story Time, Snacks and Play for children aged 0-5 and their caregivers at the Libau Community Club starting Monday, April 15 from 10 - 11:30 am. It runs every Monday for 8 weeks. Contact Pam for information at parent.childprogram@gmail.com



Eagles are back

A FUN – Fund Raising Success

Fund raising is a constant need for nonprofit organizations. Buildings, programming, equipment, repairs: the list can be endless.

One community club found a great way to build their bank account, help pay for renovations and provide a meaningful recreation program aimed at the 55 plus crowd.

Country music dances with a hot lunch is a fund raiser that helped a community centre in St Andrews raise money to assist with their kitchen renovations.

This event is ongoing at the Clandeboye Community Club. The band is Ed's Group 4 Country and Old Tyme Music, coordinated by Edward Chrapchanski at 204-482-4843 or 204-785-3344.

Recreation newsletters 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.

CORRECTION

In the last newsletter we called a walleye a pickerel - we found out they are two unrelated fish that belong to two different fish families.



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

Moving With Muscle 55+	Tues until April 16	9 - 10 am	Drop ins only -\$10	Corpus Christi Hall
Yoga/Pilates 55+	Thurs until April 18	9 - 10 am	Drop ins only -\$10	Corpus Christi Hall
Circle of Friends	Fridays	1 - 3 pm	Seniors' program	Gaynor Family Library
Badminton	Sundays Wednesdays	1-4 pm 7 - 9:30 pm	\$4 drop in fee	Lord Selkirk High School East Selkirk Middle School
Blood Donor Clinic	Tues, April 2	4 - 8 pm		Selkirk Rec Complex
Healthy Together Now	Wed, April 10	1:30 - 3:30 pm	Chronic disease prevention	IERHA, 237 Manitoba Ave, Selkirk
Controlled Burn - Urban Prairie	Wed, April 11	7 pm	Once in 5 years controlled burn	Gaynor Family Regional Library
Owl Prowl: Nocturnal Owl Survey	Sun, April 14	6:30 - 9:30 pm	Registration required	Nimowin Trail Interpretive Centre, Birds Hill Park
Rhyme, Songs, Snacks & Play	Mon from April 15	10 - 11:30 am	Children up to 5 years and their caregiver	Libau Community Club
Petunias Presentation	Sat, April 20	Noon - 1:00pm	Master Gardners group	Gaynor Family Library
Moving With Muscle 55+	Tues from April 23 to June 11	9 - 10 am	New session! 8 classes for \$64 or drop in for \$10	Corpus Christi Hall
Yoga/Pilates 55+	Thurs from April 25 to June 13	9 - 10 am	New session! 8 classes for \$64 or drop in for \$10	Corpus Christi Hall
Zumba	Thurs from April 25 to June 13	6:30 - 7:30 pm	New session! 8 classes for \$64 or drop in for \$10	Corpus Christi Hall
Red River North Photography Club	Last Thurs of every month, April 25	6:30 - 8 pm	Open to all, free of charge	Gaynor Family Regional Library
Communities in Bloom	Registration deadline April 30		Working to achieve clean, green, sustainable communities that celebrate their heritage	
Active Living Facilitator Workshop	Wed, May 15	9:30 am - 4 pm	\$25 fee - learn to lead physical activity	Gimli Rec Centre
Free Fit Kids Healthy Kids Training Session	Mon, May 27	9 am - 4 pm	Leading physical activity for children 2-12	Arborg Rec Centre

Selkirk Canoe & Kayak Centre Summer Camps

The Selkirk Canoe & Kayak Centre offers an introduction to kayaking, canoeing, dragon boating and paddle boarding in a safe, friendly environment located in Selkirk Park. We offer a great welcoming atmosphere where camp participants will learn the basic principles of the paddling sports, have the opportunity to swim at Selkirk Pool and engage in other fun activities. The youth summer camps run July 8th - 12th and August 12th - 16th from 9am-4pm for children the ages 8-16 years old. The camp fee is \$125.00 per camp and registration for camp includes access to the club for the season. Early drop off & early pick-up available - extra \$25.00 per week (no drop off prior to 8:00am or after 5:00pm)

For more information:
Email: selkirkkayak@hotmail.com



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