



recreation in queens



'SNOW
PLACE



like
QUEENS

Winter 2017



www.facebook.com/RegionofQueens



[@regionofqueens](https://twitter.com/regionofqueens)

www.queens.ca

Youth FUNDING PROGRAMS

CANADIAN TIRE JUMPSTART PROGRAM

Who we fund is simple: Kids. Kids who want to get active. Kids who want to learn a new sport or activity. Kids who want to keep up with a sport or activity they already enjoy, but these kids just need a little extra financial help to get their name on the roster.

The Jumpstart Program is changing!

Funding Guidelines

1. For children aged 4 - 18 years old.
2. Open to individual children, not groups or teams.
3. Funding available for multiple children within the same family for the same season.
4. Funds awarded for registration fees, equipment and/or transportation costs.
5. Funding up to \$300 per child per application.
6. Children can apply for successive seasons in an activity, up to a maximum of \$600.

How do we determine if a family requires our help? Families must meet financial need criteria in order to qualify for Jumpstart funding. Jumpstart recommends following Revenue Canada's Low Income Cut-offs (LICOs) which are based on a family's size, the size of their community and the total family unit income (before tax).

# of People in Household	Gross Family Income
1 person	\$16,279
2 persons	\$20,266
3 persons	\$24,914
4 persons	\$30,250
5 persons	\$34,308
6 persons	\$38,695
7 persons	\$43,080

Apply online at <http://jumpstart.canadiantire.ca/en.html#apply> .

KIDSPORT PROGRAM

KidSport is a national children's program that helps children overcome the financial barriers preventing or limiting their participation in organized sport. The KidSport program believes that no child should be left on the sidelines and all should be given the opportunity to experience the positive benefits of organized sports. The next two intake deadlines are January 1st, and March 1st.

Funding Guidelines

1. Funding is granted for registration fees and equipment costs only.
2. Total funding will not exceed \$300. Funding for equipment only will not exceed \$200.
3. A child can only receive one grant in a calendar year.
4. Preference is given to athletes who are being introduced into organized sport for the first time.
5. Cheques for registration funding will be made payable to a league, association or club. Cheques/ vouchers for equipment will be made payable to a sporting goods retailer. (KidSport reserves the right to request proof of purchase.)

Apply online at <http://www.kidsportcanada.ca/nova-scotia/apply-for-assistance/>.



THE 'MPAL' PROGRAM

municipal physical activity leadership

Our PA Coordinator

Diana Johnson
902-350-6971
djohnson@regionofqueens.com

The 'MPAL' program aims to implement a comprehensive local physical activity strategy intended to increase participation in health enhancing physical activity. The RQM Physical Activity (PA) Coordinator will work to further the development, implementation, and continued evaluation of PA strategies in RQM. Outcomes will provide local data to inform the strategies on physical activity - and the extent to which these align with physical activity opportunities in the area.

Canadian Physical Activity Guidelines

Youth (5-17 yrs)

GUIDELINES

For optimal health benefits, children and youth should achieve high levels of physical activity, low levels of sedentary behaviour, and sufficient sleep each day.

SWEAT

60 minutes of moderate to vigorous physical activity at least 3 days per week.

STEP

Several hours of a variety of light physical activity.

SLEEP

9 to 11 hours of uninterrupted sleep per night for those aged 5-13yrs; and 8 to 10 hours per night for 14 to 17 yrs, with consistent bed and wake-up times.

SIT

No more than 2 hours per day.



Adults (18-64 yrs)

GUIDELINES

To achieve health benefits, adults should accumulate at least 150 minutes of moderate to vigorous intensity aerobic physical activity per week, in bouts of 10 minutes or more.

It is also beneficial to add muscle and bone strengthening activities using major muscle groups, at least 2 days per week.

More physical activity provides greater health benefits.

Being active for at least 150 minutes per week can help to:

- Maintain functional independence
- Improve or maintain body weight
- Maintain mobility
- Maintain bone health
- Improve fitness
- Maintain mental health and feel better

Adults (65 yrs+)

GUIDELINES

To achieve health benefits, adults should accumulate at least 150 minutes of moderate to vigorous intensity aerobic physical activity per week, in bouts of 10 minutes or more.

It is also beneficial to add muscle and bone strengthening activities using major muscle groups, at least 2 days per week.

Those with poor mobility should perform physical activities to enhance balance and prevent falls.

More physical activity provides greater health benefits.

LET'S TALK INTENSITY...

Moderate-intensity physical activities will cause adults to sweat a little and to breathe harder.

Activities like:

- Brisk walking
- Bike riding

Vigorous-intensity physical activities will cause adults to sweat and be "out of breath".

Activities like:

- Jogging
- Cross-country skiing

Thrive! FREE programming

A plan for a healthier Nova Scotia

Thrive! is an initiative by the provincial government to create a healthier Nova Scotia and through this funding, more people in our community have access to physical activity programs & activities at Queens Place Emera Centre & throughout the Region of Queens Municipality. Facility Access grants are made possible through the Nova Scotia Department of Communities, Culture and Heritage.



PICKLEBALL

One of the fastest growing sports in Canada. A hybrid of tennis and badminton. Exercise and fun for people of all ages, and we're going to be offering it for **FREE** at West Queens Recreation Centre, 70 Riverhead Road, Port Mouton for an 8 week session! Tuesdays, 10:00 am - 12:00 noon, starting January 10th.

FREE Track Usage

Fridays 12:00 - 1:00 pm
From January 6th - March 31st
Queens Place Emera Centre

FREE Public Skate

Fridays 5:00 - 6:00 pm
From January 6th - March 31st
Queens Place Emera Centre

FREE POUND[®]

ROCKOUT. WORKOUT.

Sundays 10:30 - 11:30 am
8-weeks from January 8th – February 26th
*Max 15 participants per class. Participants may phone 902-354-4422 to sign-in starting at 9:00 am Sunday mornings. First-come, first-serve.
Queens Place Emera Centre

FREE POUND[®]

ROCKOUT. WORKOUT.

Instructor: Jo-Anne Lenethen
Day & Time TBD
12-weeks from January 9th – March 31st
Greenfield Recreation Centre

Heritage Day ACTIVITIES

FREE Family Skate

Monday, February 20th, 2:30 - 3:30 pm
Queens Place Emera Centre

FREE ZUMBA[®] kids

Monday, February 20th, 1:45 - 2:45 pm
The ultimate dance-fitness part for young Zumba fans where they can play it loud and rock with friends!
Ages: 5-12 years
Maximum 25 participants. Pre-register by Friday, February 17th at 902-354-4422. First-come, first-serve.

FREE Adult Shinny

Monday, February 20th, 3:45 - 4:45 pm
Queens Place Emera Centre
Phone 902-354-4422 to put your name on the list. Maximum 26 players.



All programming is subject to change, please visit www.queensplace.ca for up to date information.

Inclusion In Recreation Programs

The Region of Queens Municipality is committed to providing recreational programs through the Recreation Department and through programming at Queens Place Emera Centre for all residents to enjoy, and will when possible provide supports for those who would benefit from inclusion supports. Registration for programs is on a first come/first served basis, regardless of ability. Participants, parents and/or caregivers should register as soon as possible for the program they are interested in taking part in, and at the time of registration indicate that they require inclusion supports, to allow for sufficient time for the inclusion process. This process includes a meeting with the Region staff who are coordinating the program, to determine appropriate support and requirements. The fee for the program will be charged after the meeting, once it is determined if trained staff supports are available. The open communication between families and the Municipality is imperative to the inclusion process. Undisclosed need for support may result in temporary withdrawal until appropriate support can be found.



The Council of the Region of Queens Municipality is proud of "The Ripple Effect" volunteer recognition program, which recognizes and celebrates the contributions all our volunteers make to Queens. You can view past nominees on the Region of Queens website, Facebook Page, and Twitter.

Anyone can nominate a resident of Queens County for recognition through this program that inspires and affects positive change in our community in a volunteer capacity. Nominations can be made year round at any time and forms are available for downloading on the Region of Queens website, or by contacting the Recreation Department at 902-354-5741 or via email at info@region-ofqueens.com, or visit the Recreation Department in person at 249 White Point Road, Liverpool to pick up a nomination form.

DUKE OF EDINBURGH'S AWARD

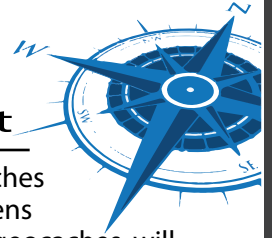
This is a self-development program available to all young people ages 14 - 24 years, equipping them with life skills to make a difference to themselves, their communities and the world. The components of the award revolve around community service, physical recreation, skill development, outdoor adventure and participation in a residential project.



For more information contact Troy Smith at 902-298-9054.

PLOW IT FORWARD

Plow it forward this Winter! "Adopt" a senior neighbour and help with their snow removal. Uncleared snowfall prevents seniors from getting groceries, mail, medications and daily care on which they depend. Seniors clearing their own snow puts them at serious risk of broken bones, heart attacks and stroke.



The Passport is a series of geocaches hidden throughout Queens County. The search for these geocaches will lead you to areas of Queens County to learn the history of the people and places. Upon completion of all or a portion of the passport, you will earn a trackable souvenir coin or button. A geocaching account is not a requirement but will make the hunt easier and can be obtained free of charge at:

<https://www.geocaching.com/play>.

RECREATION DEPARTMENT 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!

What equipment do we have for Winter Recreation use you ask?

- Snowshoes: The Rec. Dept. and QPEC each have the following:
 - 2 pairs each of 30-80 lbs snowshoes
 - 1 pair each of 60-160 lbs snowshoes
 - 1 pair each of 100-200 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 at 902-354-5741.

TOWN HALL arts & cultural centre

219 MAIN STREET, LIVERPOOL

Open Monday – Friday, from 8 am – 4 pm

The historic former Town Hall and Opera House has transformed into the Town Hall Arts and Cultural Centre. The facility is home of the Astor Theatre (live theatre, music and cinema), Sipuke'l Gallery (First Nation art and artifacts), and an art gallery with meeting and workshop space on the upper level.

Art Gallery:
Upcoming Shows
in 2017
(subject to change)

Art Gallery of NS:
ArtReach

Jan 7th - Feb 28th

Bev Crouse

April 10 - 13

Lisa Strickland-Clarke

July 17 - 29

Julie Anne Babin

Aug 7 - 19

Joan Harris Reid

Aug 21 - Sep 1

Deb Taylor Art Students

Dec 2 - 19

Are you an Artist? We should talk! The Town Hall Arts and Cultural Centre is currently booking art shows for the 2017 season, and we would love to showcase our talented Queens County Artists in the Gallery, located upstairs. Whether you are a seasoned artist with many shows in your career, or an emerging talent looking for a venue for your first show, we would be happy to work with you to make your show a reality. Solo exhibits as well as group shows are welcomed. Contact Heather Cook, Community Development Coordinator, Region of Queens Municipality for more information and available dates – phone: 902-354-5741.

ACADIA FIRST NATION: Sipuke'l Gallery
Sipuke'l Gallery is owned and operated by Acadia First Nation with the aim of showcasing traditional and contemporary native art and crafts, and aboriginal artifacts.



902-354-5501

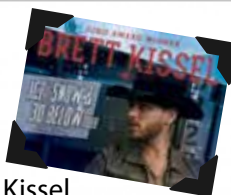
Saturday, January 7th - February 28th: In partnership with Sipuke'l Gallery, the Art Gallery of Nova Scotia (AGNS) will have its travelling exhibition ArtReach installed at the Town Hall Arts & Cultural Centre. The exhibit consists of eighteen prints by various artists. Workshops of several types will be held during the two-month length of the Exhibit. The ArtReach prints were donated to the AGNS in 2005 by the Canada Council Art Bank to support work establishing arts connections with Nova Scotia schools. The Exhibit is free and available for the public to view anytime during the Centre's open hours.

Saturday, January 21st, 2 - 4 pm: A book launch will be held at the Gallery for Theresa Meuse's new book for 8-12 year-olds, L'nuk: The Mi'kmaq of Nova Scotia, published by Nimbus Publishing. Theresa will be on-site signing her books which will be available for purchase, Dick Henneberry will provide musical entertainment, and there will be refreshments for all. Come on out for a great event!

 Sipukel Gallery



where art comes to life!



Brett Kissel

"Ice, Snow & 30 Below" Tour
January 26th, 8 pm

Tickets are available at the Box Office or Ticket Pro.

Box Office Hours

Tuesday - Friday, 11 am - 4 pm
902-354-5250

For more details about the upcoming shows visit www.astortheatre.ns.ca or on Facebook.

TOWN HALL arts & cultural centre

219 MAIN STREET, LIVERPOOL

Open Monday – Friday, from 8 am – 4 pm

Are you looking for a place to hold art classes, music lessons, acting classes, writing workshops or another arts or cultural program? Contact Heather Cook (phone: 902-354-5741) to talk about the workshop and meeting space available to art and cultural groups and individuals to express themselves and share their talents with the community. We want to see the Town Hall Arts and Cultural Centre as a thriving centre of music, art and other cultural experiences – and YOU are an important part of making that vision a reality!

OCCCR 09.3
presents
VIBETALK
6pm. 01. february. 2017

What is a VIBETALK?

VibeTalks is a collaboration between QCCR and the Region of Queens to celebrate those VIBRANT people creating a VIBRANT community in Queens. There are 6 VibeTalks at each event, the talk consists of 20 slides, 20 seconds each, a total of just under 7 minutes per presentation. It is a time to communicate with the community, share and connect.



Life Drawing Sessions

Fridays, January 13th - April 28th, 2:00 - 4:30 pm (no session on April 14th)
\$15/ participant

If you are an artist who enjoys figure studies and life drawing, this is an opportunity to gather with other artists to be inspired by each other's techniques and vision. Bring your own drawing board, and gear. Some easels will be available. This session is coordinated by Roger Savage, who can respond to questions about the sessions, 902-354-5431.

Town Hall Talks

We are looking for folks who have interesting hobby's or interests who would like to share their passion by hosting a Town Hall Talk. All that's required is for you to talk about your special interest, and share that information with others in the community. Past talks have included *Medway River: Past, Present and Future*; *Black History Month*; *Chris Mansfield: They Gave Their All*; and *Greg Kenney: Remembering the Wars*. Yours could be next!

For more information and available dates contact:

Heather Cook
Community Development Coordinator
Region of Queens Municipality
Phone: 902-354-5741

We are pleased to provide space for artists to exhibit their work, and have had shows from artists in a wide variety of media and styles, including painting, sketches, textiles, metalwork, and more. The shows have been well attended by the public, and we have been happy to be able to provide this opportunity for the public to be exposed to local and Nova Scotian artists. For details about upcoming art gallery shows, Town Hall Talks and other opportunities at this centre, please check the "Snow Place Like Queens" calendar at www.queens.ca, or follow the Town Hall Arts and Cultural Centre on Facebook for up to date information.



Liverpool Arts and Culture

TOWN HALL ARTS & CULTURAL CENTRE



QUEENS PLACE
EmeraCentre

Skates

ADULT NOON HOUR SKATES

Mondays 12:00 - 1:00 pm
Wednesdays 12:00 - 1:00 pm
Fridays 12:00 - 1:00 pm

PARENT & TOT SKATES

Tuesdays 1:00 - 2:00 pm
Thursdays 10:00 - 11:00 am

PUBLIC SKATES

Mondays 3:15 - 4:15 pm
Thursdays 3:30 - 4:30 pm
Fridays (FREE sponsored by THRIVE!) 5:00 - 6:00 pm
Saturdays 3:15 - 4:15 pm

\$2.00 per skater

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

Hockey



2017 Home Game Schedule **

January 7.....	7:30 pm	vs.	East Hants Penguins
January 14.....	7:30 pm	vs.	Sackville Blazers
January 21.....	7:30 pm	vs.	Cole Harbour Colts
January 28.....	7:30 pm	vs.	Valley Maple Leafs
February 4.....	7:30 pm	vs.	Sackville Blazers
February 5.....	5:00 pm	vs.	Brookfield Elks
February 11.....	7:30 pm	vs.	Brookfield Elks



2017 Home Game Schedule **

January 7.....	5:00 pm	vs.	Bedford Barons
January 8.....	11:00 am	vs.	Kings Mutual
January 19.....	5:00 pm	vs.	Dartmouth Whalers
February 9.....	11:00 am	vs.	Rangers

**** Hockey Schedules are subject to change**

Queens Place Emera Centre, 902-354-4422, 50 Queens Place Drive, Liverpool

CREATE

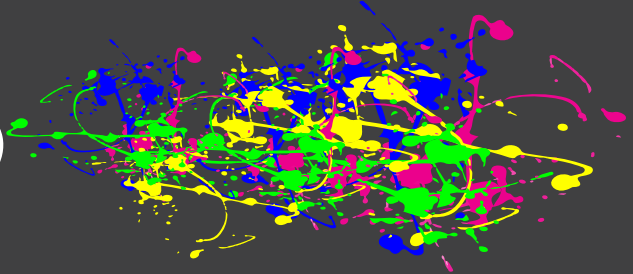
at Queens Place: FAMILY EDITION

Join artist Julie Anne Babin in creating a two-canvas masterpiece that can be hung either together as a scene or separately. Paintings will be revealed mid-January on the Queens Place Emera Centre FACEBOOK page!!!

Monday, February 20th (Heritage Day), 3 - 5 pm
Register by Friday, February 10th
Payment will hold your spot

Youth must be Grade 3+
Maximum: 9 pairs

\$50 per pair
includes
snack



DAVID DOBSON & PHILIP HARDING

David Dobson & Philip Harding will be performing in the QPEC Community Room on Friday, January 27th, 2017. Tickets are available at QPEC. Cash bar, ATM onsite, light snacks served.

Concert Time: 9 pm - 12 am
Doors open at 8:30 pm
Cost: \$20 + HST per person

Limited tickets available.

DRAWING WITH CRAYONS

Come join artist Julie Anne Babin and create a masterpiece using crayons!

Wednesday, February 1st, 2 - 4 pm (CLT- Early Dismissal Day)
Ages: Grade 3+
Cost: \$10 per person
Register by Friday, January 27th, payment holds spot

Minimum: 10; Maximum 20

JEWELLERY MAKING

Come join artist Julie Anne Babin and create some beautiful jewellery!

Wednesday, March 1st, 2 - 4 pm (CLT - Early Dismissal Day)
Ages: Grade 3+
Cost: \$10 per person
Register by Friday, February 24th, payment holds spot

Minimum: 10; Maximum 20

2017 NS StarSKATE & Synchro CHAMPIONSHIPS

February 25- 26
Queens Place Emera Centre

South Shore










April 28-30
Queens Place
Emera Centre

2017

To register for these programs contact Queens Place Emera Centre at 902-354-4422.

JOHN ATKINSON FITNESS CENTRE

SUNDAY	 <small>ROCKOUT. WORKOUT.</small> Sponsored by: 	10:30 am - 11:30 am	Meaghan Roberts Jo-Anne Lenethen or Denise Covey
MONDAY	Nice & Easy	9:30 - 10:00 am	Denise Covey
	Women on Weights	10:15 - 11:15 am	Denise Covey
	 <small>ROCKOUT. WORKOUT.</small>	7:00 - 7:30 pm	Jo-Anne Lenethen
	Tone The Top	7:30 - 8:00 pm	Jo-Anne Lenethen
TUESDAY	Cardio & Strength	9:30 - 10:30 am	Jo-Anne Lenethen
	Core & Nothing More	10:30 - 11:00 am	Jo-Anne Lenethen
	**On Tap Dance Studio Classes	3:30 - 6:00 pm	On Tap Dance Studio
	**Hot Yoga (Community Room)	7:00 - 8:00 pm	Hilary Huskilson
	H.I.I.T	6:30 - 7:00 pm	Meaghan Roberts
Total Body Strength	7:15 - 8:15 pm	Denise Covey	
WEDNESDAY	Circuit Bootcamp	9:30 - 10:00 am	Jo-Anne Lenethen
	 <small>ROCKOUT. WORKOUT.</small>	10:15 - 10:45 am	Meaghan Roberts
	Fusion	6:30 - 7:30 pm	Meaghan Roberts
	 <small>ROCKOUT. WORKOUT.</small>	7:45 - 8:15 pm	Denise Covey
THURSDAY	Women on Weights	9:00 - 10:00 am	Denise Covey
	Core & Nothing More	10:15 - 10:45 am	Denise Covey
		4:30 - 5:30 pm	Jo-Anne Lenethen
	Cardio Kick	7:00 - 7:30 pm	Jo-Anne Lenethen
Rock Bottom	7:30 - 8:00 pm	Jo-Anne Lenethen	
FRIDAY	 <small>ROCKOUT. WORKOUT.</small>	9:30 - 10:00am	Meaghan Roberts
	Stretch & Roll	10:00 - 10:30 am	Jo-Anne Lenethen or Denise Covey

Important Class Notes, Cancellations & Holidays

schedule subject to change, contact Queens Place at 902-354-4422 to confirm availability

Group Fitness Class Sign-In Procedure

Participants registered for a specific class will automatically be placed on the sign-in sheet for that specific class. Starting at 9:00am each day, participants are able to phone the Customer Service Desk (902-354-4422) and sign-in for any QPEC class happening that day. For any class that has a start time of 9:00am or 9:30am, participants are able to phone the night before between 6:00-8:00pm to sign-in for class the next morning. You are not required to phone in advance, but it will guarantee your spot in class. There are different maximums for each class depending on the specific space & equipment requirements. All participants must check-in at the Customer Service Desk upon arrival for class.

Classes Not Run By Queens Place Emera Centre

** Any class noted with a double asterisk is not offered by QPEC. These classes are run privately by renters. It may not follow the QPEC group fitness class schedule dates or pricing. If they are participating in a free class week, it will be noted in their description. Class costs are set by the instructor offering each specific class, they do not follow QPEC pricing. For more information on one of these classes, please see the instructor contact information on page 11 of this brochure.

HOT YOGA

Sign up for an 12 week session (or a 6 week - 1/2 session) of hot yoga with instructor Hilary Huskilson. All levels are welcome, bring a mat, water, and a towel.

DATES	TIME/ COST/ LOCATION	CONTACT
Tuesdays, January 3rd - March 28th (Note: No class March 14th) OR January 3rd - February 7th or February 14th - March 28th (Note: No class March 14th)	7:00 - 8:00 pm Full Session \$96; 1/2 Session \$48 Queens Place Emera Centre, Community Room	Hilary Huskilson Phone: 902-350-0690 hhuskilson@gmail.com



Classes run from January 10th to April 2nd at Queens Place Emera Centre, Fitness Studio

REGISTRATION/ QUESTIONS

To register & for more information please contact:

email: tapon@ontapdancestudio.com

website: www.ontapdancestudio.com

***Family Discount: If more than one child is enrolled in classes, you receive at 10% discount on each additional class.*

MOVE AND GROOVE TOGETHER

Get your dancing shoes it is time to get movin' with your toddler. We are going to bounce, rock, jump, swing, hop, twirl, dance and most importantly provide a bonding time for you and your child. We join you in cherishing their progress and celebrating their blossoming confidence and competence as you swirl a scarf and help them learn a steady beat with their feet.

Tuesdays, 3:30 - 4:00 pm

Ages: 18 - 24 months

Cost: \$120 + HST

INTRO TO DANCE

Intro to Dance combines Tap, Jazz, and Ballet in one class and offers the perfect sampling of each genre of dance. Our younger dancers will get to test each style of dance to see which one they like before committing to one genre. The flow of this class is high energy and fun while offering quality dance instruction.

Tuesdays, 4:30 - 5:15 pm

Ages: 4 - 6 years

Cost: \$150 + HST

CREATIVE MOVEMENT

Creative Movement introduces dance to young children with games, simple warm ups, and fun dance activities. This class highlights sharing, taking turns, and following direction skills and tools while learning basic dance moves.

Tuesdays, 4:00 - 4:30 pm

Ages: 2 - 3 years

Cost: \$120 + HST

LYRICAL

Fusing Ballet, Jazz and Contemporary Lyrical dance is expressive movement that is performed to the lyrics of a song. We will lead a basic ballet warm-up and introduce across the floor, centre floor and lyrical based choreography.

Tuesdays, 5:15 - 6:00 pm

Ages: 7 - 10 years

Cost: \$150 + HST

To register for these programs contact information is listed with each class.

COMMUNITY Programs

LIVERPOOL CURLING CLUB

The ice making equipment at the Liverpool Curling Club is all warmed up and ready for you!

DATES & TIMES

Junior Curling, Ages 12 - 18 years

Tuesdays & Thursdays, 3 - 5 pm; and
Saturdays 11 - 1 pm

Light Rocks, Ages 7 - 11 years

Mondays, 6 - 7 pm; and Saturdays, 10 - 11 am

Ice Cubes, Ages 5 - 6 years

Saturdays, 9 - 10 am

There will be a junior bonspiel held February 10th - 12th (Under 15 Greenspiel, Provincial Championship).

The Curling Club will also be holding dances on the second Saturday of the month.



Liverpool Jr. and Light Rocks Curling

QUEENS COUNTY BLADES: CANSKATE

Queens County Blades Skating Club is offering the CanSkate Program.

CanSkate is a dynamic learn-to-skate program that focuses on fun, participation and basic skill development. Based on Sport Canada's long term athlete development (LTAD) principles, CanSkate centers on physical literacy and the fundamental skills needed to take part in any ice sport or to skate as a recreational activity.

DATES & TIMES

Sundays, 4:10 - 4:55 pm; and/or
Wednesdays, 5:45 - 6:30 pm

Queens Place Emera Centre

(the program has already started but they always welcome new participants!)

***The program runs until the end of March. For more information and fees contact sandjdarcy@gmail.com or angelalddixon@gmail.com.*

IMPROVE YOUR SKATING SKILLS FOR HOCKEY

Queens County Blades Skating Club is offering a "Improve Your Skating Skills for Hockey" program.

DATES & TIMES

Sundays, 4:10 - 4:55 pm; and/or

Wednesdays, 5:45 - 6:30 pm

Queens Place Emera Centre

(the program has already started but they always welcome new participants!)

***The program runs until the end of March. For more information and fees contact sandjdarcy@gmail.com or angelalddixon@gmail.com.*

WOMEN'S HOCKEY

Women 16 years of age and older are invited to play. Beginners to advanced are welcome. Full gear is required.

INFORMATION

Sundays, 6:45 pm

Location: Queens Place Emera Centre

PICKLEBALL

One of the fastest growing sports in Canada. A hybrid of tennis and badminton. Exercise and fun for people of all ages.

INFORMATION/ CONTACT

Dates: End of September to end of May

Tuesdays 6:00 - 8:00 pm

Sundays 1:30 - 3:30 pm

Cost: \$2.00

Location: South Queens Middle School

Contact: Dave/ Wanda Winaut at 902-354-4760

A limited number of racquets are available for loan. One court is reserved for recreation/beginner players. Instruction is provided for beginners.

COMMUNITY Programs

QUEENS ARCHERS

The Queens Archers Association offers 15, 3-D targets on their outdoor range and a 90 metre indoor range. The group meets every Thursday evening, year round, at their facility at 5902 White Point Road, Liverpool. Ages 8 years +.

INFORMATION/ CONTACT

Contact: Corey Conrad
queensarchers@eastlink.ca

BOWL FOR KIDS SAKE, EH?

Big Brothers, Big Sisters of the the South Shore presents Bowl for Kids Sake, EH? Help us celebrate Canada's 150 years! Dress in red & white, prizes for best team costumes! Lace up for the most important fundraising event of BBBS's year and you could start something big! Every dollar raised helps match kids with a mentor.

INFORMATION

Date: Saturday, April 8, 2017
Time: 1:30 - 3:30 pm
Location: Liverpool Bowling Alley, 344 Main St.

QUEENS FAMILY RESOURCE CENTRE

The Queens County Family Resource Centre provides free programming to Queens County for children and their families.

PROGRAMMING

Pre/ Post-natal programs
Child Focused programs
Parent Focused programs
Family Focused programs
Community Focused programs

CONTACT

Queens Family Resource Centre
Phone: 902-354-7176
Website: www.southshorefamilyresource.org
Facebook: SouthShoreFamilyResourceQueens County



545 PRIVATEER AIR CADET SQUADRON

Royal Canadian Air Cadets participate in a variety of fun and challenging activities. There is something for everyone – no matter what their personal interests may be. The aviation enthusiast will enjoy familiarization flights in gliders and powered aircraft. Those who enjoy the outside will appreciate learning survival skills for flight crew. The athlete will appreciate physical education and recreation, including a variety of organized sporting activities like inter-unit competitions and Olympic-style marksmanship.

INFORMATION/ CONTACT

Dates: Wednesdays
Time: 6:00 - 8:30 pm
Cost: FREE
Ages: 12 - 18 years
Location: South Queens Middle School
Contact: Capt. Katherine Gayton
Email: rcacs545@outlook.com

GIRL GUIDES OF CANADA

Girl Guides of Canada is an organization where girls grow and bond friendships for a life time. Some of the things we do and learn are: helping others, self esteem, camping, fun in the outdoors, earn badges, visit museums, police stations and seniors homes. Learn to how to deal with the issues facing girls today, learn to respect yourself and others, learn about giving back to the community and helping the environment and the list goes on and on and YES we do crafts.

INFORMATION/ CONTACT

Join any time of the year at register.girlguides.ca
Sparks 5 - 6 yrs, Brownies 7 - 8 yrs, Guides 9 - 11 yrs, Pathfinders 12 - 14 yrs, Rangers 15 - 17 yrs.
Girl Guides meet at the Lions Club, 128 Gorham Street, Liverpool.
Please contact: membership@girlguides.ns.ca
or call 1-800-565-8111

COMMUNITY Programs

QUEENS COUNTY ADULT DAY PROGRAM

If you are a senior who is looking for opportunities to meet new people and be involved in some enjoyable recreation and leisure activities then the Adult Day Program may be just what you're looking for. There are a wide variety of activities that are sure to spark your interest, such as washer toss, musical entertainment, cards, lexicons, gardening, exercises, art, games and much more! The Program is here to support seniors in our community who are missing the company of others and who may have physical and memory difficulties associated with aging. The program is also here to support caregivers needing respite and looking for meaningful activities for loved ones.

INFORMATION / CONTACT

Cost: \$12/day includes delicious noon time meal.

Dates: Tuesdays, Wednesdays & Fridays
at Queens Manor

Contact: 902-354-3451 ext. 7

Dates: Mondays & Fridays
at North Queens Nursing Home

Contact: 902-682-2553 ext. 2 opt. 1

QUEENS COUNTY COMMUNITY CHOIR

A community choir performing secular music including traditional, folk, Broadway, country and popular. Auditions are not a prerequisite and no experience is necessary. Fun for anyone who enjoys singing in a four-part (SATB) community choir.

INFORMATION / CONTACT

Registration Date: January 10th, 2017

Dates: Tuesday Evenings, 6:30 - 8:30 pm, Jan - May

Cost: \$100 for the session

Location: Zion United Church, 409 Main Street
Chris Greatrex, 902-356-2313

T.H. RADDALL LIBRARY: MAKERSPACE CLASS

Technology is quickly growing and changing. Each week we will feature a different aspect of maker equipment, from lite programming to 3D printing. Come by and learn to create something new and exciting! Open to everyone!

INFORMATION / CONTACT

Contact the T. H. Raddall Library for dates and times at 902-354-5270.

T.H. RADDALL LIBRARY: WORKSHOP - It's Not About the Gear - Not!

We have all hear that successful photographys depend more on vision and artistry than on photographic gear and technique. But it is also true that having a good camera and knowing how to use it is a necessary starting point. In this workshop, Kas demystifies the overwhelming array of digital cameras available today, explaining their features and differences to help you determine which camera lens(es) and accessories may be best suited to your needs. This workshop is designed for newcomers to photography, or people looking to invest in new photographic equipment for improved performance. Bring your camera (if any) and questions!

INFORMATION / CONTACT

February 23rd, 6 - 8 pm

T.H. Raddall Library, 145 Old Bridge Street, Liverpool

More T.H. Raddall Library Programming on the next page!



Programs @ THE T.H. RADDALL LIBRARY

145 Old Bridge Street, Liverpool
www.southshorepubliclibraries.ca 902-354-5270

FOR THE
kiddos...

contact the Library for dates and times!

Minecraft

Join us after school for Minecraft , come build with like-minded, Minecraft-obsessed kids; use our iPads or bring your own. This is a chance to collaborate, learn, and share tips with others!

After School Lego Club

Use your imagination and build with Lego! Enjoy theme-based building, and make new friends as you create! Ages 5-8

Story Time

Join Miss Holly for Story Time fun, rhymes, and crafts! Story times are designed with care, to support preschoolers in their love for stories and development of early literacy skills. Each Story Time ends with a fun, enriching art project that brings the stories to life and helps children develop their fine motor skills. Stories and crafts are appropriate for ages 3 and up, but younger tots are always welcome!

Thursdays at 10:30 am

Games Club

Drop in and play a variety of card, board, and more games. Feel free to bring in your favourites to share with others!

Ages 8-14.

AND FOR THE
adults...

contact the Library for dates and times!

Knitting & Hand-Craft Circle

Love knitting, quilting, and tatting, or are interested in learning? Come in, relax, and share your favourite patterns and find some new ones!

Tuesdays, 1 - 3 pm

Personal Tech Trainer Thursdays

Are you looking for some assistance with your smartphone, laptop, tablet, or other technological device? If so, our Personal Tech Trainer is here to help! Registration required, please contact the library.

Thursdays, 5 - 8 pm

Adult Colouring

What is adult colouring? It is a simple way to express yourself and de-stress. Try it with us! We will provide the colouring pages and supplies, or bring your own if you like.

Fridays, 1 - 3 pm

Technology Workshops

We will be offering a variety of technology workshops throughout the winter on a wide range of topics.

embrace winter

snowmobiling

shovelling

winter surfing

snow angels

polar bear
DIP

DOWNHILL
SKIING

fat
biking

hiking



RUN

SLEDDING

Skating

SNOWMAN BUILDING

hot tub

igloo making

GEOCACHE

walking

(available for loan at the Recreation Dept!)

beach combing

kick sledging

ice fishing

snowball fight

snow boarding

Cross-Country Skiing

winter picnic

ATVing

PHOTO SHOOT

snowshoeing

(available for loan at the Recreation Dept & QPEC!)

There are lots of places to *Get* **OUTSIDE** in Queens County, here are just a few of the public parks, trails, and beaches for us all to enjoy!

WEST QUEENS

Pocket Wilderness, Port L'Hebert
Kejimkujik Seaside
TH Raddall Provincial Park
Summerville Provincial Beach
Hunts Point Beach

EAST QUEENS

Eagle Head Beach
Port Medway Lighthouse Park
Beach Meadows Beach

NORTH QUEENS/ GREENFIELD

10 Mile Lake Provincial Park
Old Scout Camp Park
Cameron's Brook Provincial Park
Miriam Hunt Park
Harmony Ball Park & Trail
Kejimkujik National Park &
National Historic Site

LIVERPOOL & AREA

Meadow Pond Trail
Thorbourne Softball Field

Fort Point Lighthouse Park

Privateer Park
Centennial Park
Trestle Trail
Anniversary Trail
Pine Grove Park
QPEC Outdoor Trail
Cobb's Park
Tupper Park
Hank Snow Playground