



ACTIVITY

FALL 2017 - WINTER 2018

Guide

AQUATICS PROGRAMS
SPORTS & RECREATION
COMMUNITY HAPPENINGS
EDUCATION
ARTS



Submitted Photo



GET INVOLVED! GET ACTIVE!

Submitted Photos



On the Cover

Photos courtesy of The City of Corner Brook and Denise Motty.

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Arts and Culture Centre Pool Schedule

For daily swims please call 637-2546 or
Pool office call 637-2584 Monday – Friday 8:45-4:45.

Cost: \$2.25 Child (17 and under) \$3.00 Senior \$3.25 Adult
Lessons: \$35 Child (17 and under) \$45 Senior \$50 Adult
Pass: \$55 Senior \$60 Family

OPEN SWIM

Open to everyone for recreation swimming. Children under the age of 8 must be accompanied into the water by an adult.

FAMILY SWIM

Children of all ages must be accompanied into the water by an adult.

MASTERS LAP SWIM

Open to everyone who wishes to do length swimming.

EVENING ADULT SWIM

Must be 18 and over. One lane available for length swimming for 45 minutes.

DAY TIME ADULT SWIM

Length swim for swimmers of various abilities.

AQUASIZE CLASS

Drop in fitness class for adults and children in their late teens. Anyone attending this swim **MUST** participate in the class.

All floats (not attached to child) must remain in the shallow end during public swims. Bathing suits must be worn in swimming pool - **NO** t-shirts or cut offs permitted. Children must be able to swim the length of the pool to be allowed access to the deep end without floats. No viewing of any swims at this facility.

Children five and under have to **STAY** in the **PRE-SCHOOL PROGRAM** (Sea Otter, Salamander, Sunfish, Crocodile and Whale) until they are six years of age. Once they are six, they may proceed to the Swim Kids Program. These guidelines are set by the Canadian Red Cross Society.

Corner Brook Rapids Swim Club

INVITES YOU TO COME AND CHECK US OUT!

Do you enjoy swimming? If you said yes, the Rapids Swim Club could be for you. We have swimmers ranging in age from 7 to 20 years old and we offer a "Free Week" to try out your skills in the pool early in September.

Our club provides a Fall/Winter/Spring Season from September to June each year. Swim group schedules vary depending on your learning level but runs Monday – Saturday during this time period with qualified coaches to provide you stronger swimming skills. And it is a great way to meet new friends during practice and at swim meets throughout the year.



Rapids Swim Club Photo

WHAT WE OFFER: PRE-COMPETITIVE PROGRAM

Ripples: Must be seven years old, able to swim a full length of front crawl and back crawl and have completed Level 5 Red Cross Swim Kids. Practice 3 hours per week with a focus is on streamline, balance, body awareness, kick and breathing. Main strokes are front crawl and back crawl. Teamwork and fair play are learned.

RIPTIDES: Practice 3.5 hours per week with a focus is on maximizing racing technique, developing a competitive attitude and aerobic capacity. Butterfly, Breaststroke and Individual Medley become more important.

COMPETITIVE PROGRAM

Emphasis is placed on technique, conditioning and racing skills.

JUNIOR COMPETITIVE GROUP: Practice 6.5 hours per week. Work on achieving Provincial Championship Standards and attend two provincial meets each year.

SENIOR COMPETITIVE GROUP: Practice 10-12 hours a week including early morning swims. Work to achieve East Coast Championship Standards or National Standards and attend three to five provincial meets each year.

If you would like more information, check out our website www.cbrapids.ca or E-mail communications@cbrapids.com; Twitter: @cbrapids.; Facebook: Corner Brook Rapids Swim Club Web: www.cbrapids.ca

Corner Brook Reflections Synchronized Swim Club

ARTS AND CULTURE POOL

Swimming! Gymnastics! Dance! Cheer! Corner Brook Reflections Synchronized Swimming combines them all!

We have a new 12 week water skills program for any swimmer 6 years of age or older, who can swim a pool length, and is ready to learn what it takes to be a mermaid or even a shark! Our recreational synchro programs will happen Sundays from 5-6. Fall session dates are October 14 - December 16, 2017; winter session January 7 - March 17, 2018.

For more information, visit our Facebook page, follow us on Instagram, or contact us at cbreflections@gmail.com

Rugged Edge

Snowmobile & ATV Rentals & Guided Tours

Your adventure starts here! Discover the breath-taking natural beauty of our back country on a snowmobile or ATV rental from Rugged Edge. Take the route of the Newfie Bullet – Newfoundland’s former railway – or ride along our rugged coastline. Get your adrenaline pumping or take a leisurely cruise. Pick berries, ice fish, take photos, observe wildlife, experience a Newfoundland “boil up” – no matter what adventure you choose, the memories you make will last a lifetime. Customized group & private snowmobile & ATV tours available for all riding skill levels. Connect with Rugged Edge on Facebook, Twitter & Instagram to stay up to date on our community events, group rides, riding clinics, safety seminars, pictures from our latest adventures & more.

Rugged Edge – Where Adventure Begins!

Visit: 8 Lundrigan Drive, Corner Brook
 Call: 709-634-6683 or 1-877-781-3343
 Email: info@ruggededge.ca; Web: RuggedEdge.ca



Rugged Edge Photo

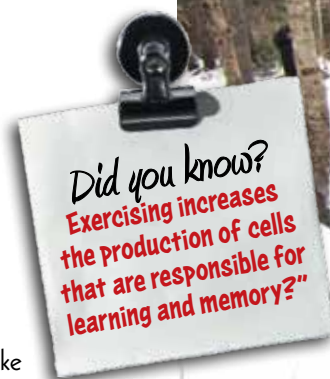
Golf

Blomidon Golf Club

Beautiful Blomidon Golf Club, located in the heart of the city of Corner Brook and overlooking the beautiful Bay of Islands.

- Blomidon is a great place to host your wedding, party or business function.
- Green fee Specials such as 2 players and a cart anytime.
- Lessons available
- Our beautiful Clubhouse overlooks the Bay of Islands
- Memberships available.
- Blomidon features one of the biggest junior programs on the island.
- The rolling terrain and impeccably manicured fairways and greens makes Blomidon a treat for any level of golfer from the beginner to the low handicap.

Call the office for details 709-634-2523



The Humber Natural History Society Photo

Nature Walks

The Humber Natural History Society

The Humber Natural History Society is a non-profit organization centered in Corner Brook, NL. It includes members from communities in the Humber Valley as far east as Pynn’s Brook. Its primary interest is the enjoyment, promotion and protection of nature. Presentations on natural history topics take place throughout the fall and winter. Outdoor walks and other events occur throughout the year. They can include bird watching, identification of other organisms such as plants, bats, and mushrooms, as well as exploration of sites of general natural history interest. Members are encouraged to participate in various Citizen Science activities such as two Christmas Bird Counts – one for kids, Frog Watch, Plant Watch and Feeder Watch.

Bowling

Corner Brook Centre Bowl

League bowling beginning September 11th.

MIXED FUN LEAGUE - AGE 19+

Monday nights. Registration required. \$4.25 per games taxes included.

MEN'S LEAGUE - AGE 15+

Tuesday nights. Registration required. \$4.25 per game.

COMMERCIAL MIXED LEAGUE - AGES 17+

Wednesday nights. Registration required. \$4.25 per game.

PIONEER LADIES LEAGUE - AGES 15+

Thursday nights. Registration required.

YOUTH BOWLING PROGRAM - AGES 5-19

Saturday's from 11:00 a.m. - 6:00 p.m. \$10 per week. Registration September 9th, and program starting September 16th, 2017.

THE GOLDEN AGE - AGES 55+

Friday afternoons from 1:30 p.m. to 4:30 p.m.

FAMILY BOWLING

Family bowling is on Sundays from 12:00 p.m. - 6:00 p.m. Two hours of bowling for \$30.00 taxes included. Each lane requires a minimum of 1 adult and maximum of 6 people.

MOONLIGHT BOWLING

Friday night 10:00 p.m. to 12 a.m. Saturday nights 7:30 p.m. to 9:30 p.m. and 10:00 p.m. to 12:00 a.m. \$15 per person, taxes included. Bar and food services available.

Call 709-634-4934 or visit www.cornerbrookcentrebowl.com

Special Olympics

SOCB (Special Olympics Corner Brook)

Special Olympics is a non-profit organization dedicated to providing year-round sports training and athletic competition in a variety of Olympic-type sports for children and adults with an intellectual disability. Almost every age is eligible for Special Olympics programming.

GROUP MEETS 3 NIGHTS A WEEK:

DATE:	EVENT:	TIME:
Monday:	Bowling at The Corner Brook Centre Bowl	6:15 p.m. - 8:00 p.m.
Wednesday:	Athletics at St. Gerard's Elementary	6:30 p.m. - 7:30 p.m.
Thursday:	Weight Training at the Humber Community YMCA	6:30 p.m. - 7:30 p.m.
Tuesday: (In season)	Cross-country skiing at The Blomidon Cross-Country Ski Park	2:30 p.m. - 4:00 p.m.
Saturday:	Snowshoeing East Side Sports Field	1:30 p.m. - 5:45 p.m.
Sunday:	BOCCE Sunday	6:30 p.m. - 8:00 p.m.
Tues & Thurs: (In season)	Speed Skating Corner Brook Civic Centre	6:30 p.m. - 8:00 p.m.

To register: check out www.sonl.ca for up-to-date contact information for our local club.

Check out our athletes in action. They're online at www.sonl.ca/vikings video. For more information about this particular program you may contact Kim McDonald, Outreach Coordinator with SONL, at 709-293-1444 or by e-mail at:kimm@sonl.ca.

Snowshoeing

Blow Me Down Trails

Blow Me Down is not just for skiers. Snowshoers are always welcome on our trails, provided of course they don't trek on the groomed classic ski track. We are also in the process of getting signage for our several "snowshoe only" trails.

Did you know that our snowshoe only season pass is available for just \$75 + HST! That gives you access to any of our 42km of trails as well as our lodge, and it also means that you can take a moonlit walk on any of our night ski evenings from Tuesday-Friday. Snowshoe day passes are available for just \$15 for adults and \$7.50 for kids plus tax.

Every Friday night Cycle Solutions will be hosting it's group snowshoe starting at about 7:00. This is open to anyone who has a day pass or season pass and a pair of snowshoes.

No snowshoes? No problem. contact Cycle Solutions for snowshoe rentals available 7 days a week. For more info visit: www.cyclesolutions.ca



Cycle Solutions Photo

Cycle Solutions

FREE SNOWSHOE ADVENTURE

Every Friday night at various locations around town, the Cycle Solutions crew will embark upon a FREE Snowshoe adventure. This is an event for all ages to come on out and enjoy the natural beauty that our community has to offer within its boundaries and without! We'll update you on location via our Facebook and Twitter feeds – just search Cycle Solutions on FB, and follow @cyclesolutions!

Cross Country Skiing

Blow Me Down Trails

THE PLACE TO SKI IS BMD!

Blow Me Down Trails is a not for profit organization committed to promoting community participation and a healthy lifestyle. We are focused on hosting programs and events that encourage participation of locals, visitors, athletes, recreational users and people of all ages. Our goal is simply to make the community a better place to live. The Organization shall have its aim and objective the promotion of cross country skiing in Corner Brook and area in all aspects and development and maintenance of Blow Me Down Trails.



The Blow Me Down Trails cross country ski club is located off Lewin Parkway on Lundrigan Drive in Corner Brook. Lewin Parkway is easy to access via the Trans Canada Highway, O'Connell Drive or Wheeler's Road.

We are located just minutes from downtown Corner Brook, and are situated on a high plateau overlooking the Bay of Islands and the Blow Me Down Mountains. The 42 km of groomed trails traverse some of Newfoundland's most scenic landscapes. Contact: Email Info@blowmedown.ca; Telephone (709) 639-2754, leave a message in the summer time we will return your call asap; Website www.blowmedown.ca

HOURS OF OPERATION DURING THE SKI SEASON:

December - April (snow permitting) : 9-5 daily
NIGHT SKIING: Tuesday to Friday 5 pm till 9 pm
EVERY FRIDAY NIGHT ½ PRICE TRAIL PASS AND RENTALS 5 p.m.- 9 p.m.
CAFE OPEN TILL 9 P.M. www.cyclesolutions.ca



Submitted Photo

Downhill Skiing

Discover Skiing

Never skied before? This program will help you discover the sport of skiing! Rental equipment, lift pass and a 1 hour beginner group lesson are all included.

Location: Marble Mountain

SKI LESSONS: No pre-registration required.

MONDAY TO FRIDAY:

Sessions begin at 10:00 a.m. and 1:00 p.m.

SATURDAY AND SUNDAY:

Sessions begin at 9:30 a.m. and 1:00 p.m.

Please register at the ticket counter at least half hour before lesson time.

Discover Snowboarding

Never been on a snowboard before? This one-hour beginner group lesson will help you learn the basics of snowboarding. For a great price, you get first class instruction, a lift pass and rental equipment for the day.

Location: Marble Mountain

SNOWBOARD LESSONS:

MONDAY TO FRIDAY:

Sessions begin at 10:00 a.m. and 1:00 p.m.

SATURDAY AND SUNDAY:

Sessions begin at 9:30 a.m. and 1:00 p.m.

Please register at the ticket counter at least half hour before lesson time. No pre-registration required.

Snow School

Anyone can learn to ski and snowboard and the Marble Mountain Snow School offers instruction for all ages and skill levels. All instructors are accredited by the Canadian Ski Instructors' Association, the Canadian Association of Snowboard Instructors or the Canadian Ski Coaches Federation and are known for their teaching skills and patience.

Marble Kids' Kamp

Ages 3-6. Every week, kids get 1 1/2 hours of fun and excitement with our professional ski instructors.

Ten Week Camp: Fee includes lift pass for lesson, 1 1/2 hour session, 10 consecutive Saturdays or Sundays.

Full Day Service

This service includes babysitting from 8:30 a.m. to 4:30 p.m., a one hour ski lesson, playtime and lunch. Fee includes lift pass for lesson. Please call 637-7606 to pre-book.

KIDS KAMP WALK-IN SERVICES ALSO AVAILABLE! CHECK AT THE TICKET COUNTER FOR AVAILABILITY.

Marble Krunchers

Ages 7+. Qualified instructors and coaches will guide your child through 3 or 6 hours of skiing each week. Get your young skier ready for jumps and bumps, race courses, ski teaching and great recreational skiing!

SATURDAY OR SUNDAY: 3 hours/week

SATURDAY AND SUNDAY: 6 hours/week

10 week program.

Intro to Ski Teaching

Ages 14+. Do you think you want to become an instructor? This course is for aspiring ski professionals who want to improve their skiing skills while preparing for the CSIA Level 1 Certification Course. 6 week program, 2 hour sessions.

Marble Shredders

Ages 7+. Young snowboarders will sharpen their skills while having fun with our professional instructors. 10 consecutive Saturdays or Sundays. 1 1/2 hour sessions.

CONTACT 637-7601 OR THE SNOWLINE (DAILY SKI CONDITIONS) 637-SNOW (7669), FOR MORE DETAILS.

<http://www.skimarble.com>

Canadian Ski Patrol

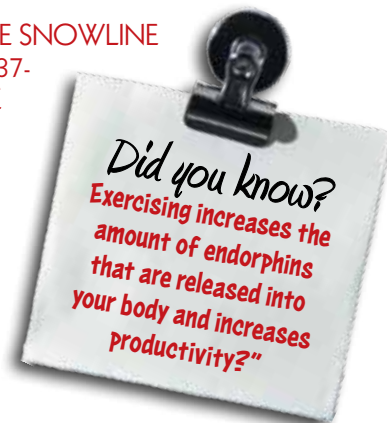
Marble Mountain Patrol:
First Tracks, Last Run... First Aid and Fun!

If you are 18+, an intermediate/strong skier or rider wanting to volunteer with a proud, professional and passionate group...contact us today!

Our provincially accredited Advanced First Aid Course with CPR-C is offered this Fall. This will prepare you for Volunteering and having FIRST TRACKS this Winter.

Date, time & location: Beginning September (TBA/evenings-weekends)

Contact Information: Tara Noseworthy, Zone President
Website: www.joinskipatrol.ca
Call/Txt: (709) 660 4061; skipatrolrocks@gmail.com



Outdoor Adventure

Marble Zip Tours

ZIPLINE, SPIDER CHALLENGE AND SNOWMOBILE TOURS

ZIPLINE

Marble Zip Tours offers an experience like no other in the province. It's a cross between parachuting and flying, and it's the ride of a lifetime. Nine zip lines and twelve platforms provide ample view points to overlook scenic Humber Valley. Marble Zip Tours (MZT) is incomparable to any other adventure tour. It's characteristics satisfy a diverse range of interests. MZT is designed to provide a one of a kind experience with thrill, excitement, and adventure, in an environmentally friendly manner that can be enjoyed by all ages, from eight to eighty!

SPIDER CHALLENGE

What is a High Ropes Course / Adventure park? It is a physical and mental challenge as a predominantly recreational activity. Neither climbing techniques nor special/specific physical fitness experience are necessary. Typical slogans are: Have fun, Test your Courage and Overcome your Own Fears. In an Adventure Park, the participants independently run a variety of trails of increasing difficulty levels. Each trail consists of several poles or trees that are connected by different acrobatic elements.

Here at Marble Mountain, We have 3 levels. Beginner, intermediate, and advanced. The lowest level Being the easiest and the highest level the most difficult.

SNOWMOBILE

Marble Zip Tours (MZT) will be offering snowmobile tours and rentals. Take a day to enjoy the pristine Newfoundland backcountry during the winter season. Get some fantastic photo opportunities and enjoy the all-new Ski-doo snowmobiles at the same time. Our snowmobile rentals are located conveniently at Marble Mountain Ski Resort next to some of the best freshly groomed trails Newfoundland has to offer. You can choose to rent a snowmobile and explore the terrain with some friends/family or you can choose to go along with one of our experienced and friendly guides*. Please book your tour in advance, walk in customers are welcome however we advise reserving your rental ahead of time.

Located off Exit 8, Trans Canada Highway, Marble Mountain, Newfoundland.

Figure Skating

Silver Blades Skating Club

The Silver Blades Skating Club offers programs to skaters of all ages from September to May. Some of our programming includes canskate, star skate and synchro skating teams. Our canskate program runs on Wednesday evenings and Sunday afternoons and is offered to children aged 3 and up.

For more information: Check out our website www.silverbladesnl.ca
Email our Registration Coordinator at registrationsbnl@outlook.com. Join our Facebook group <https://www.facebook.com/groups/825987570757158/>



Broomball

Corner Brook Molson Men's Broomball League

The league starts with one or two open practices for new and returning players at the Corner Brook Civic Centre around mid-October, following an annual general meeting held in September.

A player draft is then held to choose teams and the four-team league usually begins its 15-game regular season play in late October. The regular season usually ends in February and is followed by two rounds of playoffs, which conclude in April.

All league games are played on Monday nights.

An all-star team from the men's league is selected each season to play for the provincial championships held the first week of March each year.

"Depending on interest, there could be a developmental program for minor-aged players, women players and men who do not wish to commit to playing in the senior men's league."

For more information on the men's league, contact Corner Brook Broomball Association president Gary Kean at 640-7986, garykean24@gmail.com or check out Corner Brook Broomball on Facebook or at www.cbbroomball.com. You can also contact the league via Twitter at [@cbbroomball](https://twitter.com/cbbroomball).

Women's Broomball Program

STARTS LATER IN THE SEASON

Practices and games leading up to the provincial championships held in early March. For more information please contact Megan Colbourne at megan_colbourne22@msn.com

Hockey

Corner Brook Minor Hockey Association

Civic Centre, 1 Canada Games Place, PO Box 333, Corner Brook, NL A2H 6E3

Corner Brook Minor Hockey Association is a non-profit, community-based minor hockey association serving the youth of Corner Brook and surrounding communities in partnership with Hockey NL and Hockey Canada. We offer quality programs from ages 4-18 years teaching the fundamentals of hockey with the aim of encouraging a life-long love of the game in a safe and enjoyable environment. Emphasis is placed on skill development for all levels of ability, sportsmanship, leadership and fair play.

In addition to regular practices and skill development sessions designed by our Technical Director, CBMHA organizes a house league program for all divisions as well as opportunities for players to try out for more competitive travel teams that represent the Corner Brook Royals in the Hockey NL provincial tournaments at the end of each season.

Our Association is run by a very dedicated group of volunteers who endeavour to deliver the best possible program to all participants. We encourage any member of the Corner Brook and surrounding area communities who wish to be part of our team to contact us for more information on volunteer opportunities and requirements or for a volunteer application form.

Our 2017-2018 season runs from September 18, 2017, to March 4, 2018, with registration starting in early September. Provincial tournaments will take place April 2-6, 2018. For more information, visit our website at cbmha.ca or our Facebook page, follow us on Twitter @cbmha or give us a call during the regular hockey season at 639-8888.

CBMHA is pleased to offer again this season the First Shift program. With an emphasis on fun, the First Shift allows kids ages 6-10 to easily try hockey at a reduced rate, which includes enrollment for a six-week, on-ice curriculum and head-to-toe BAUER equipment that each child can keep. For more information about the program, visit TheFirstShift.ca

We look forward to welcoming back returning players and those new to hockey!

Soccer

Corner Brook Minor Soccer Association 2017 Outdoor\Indoor Fall Program (U4-U17)

10 Weeks from September 11 to November 16

U4 to U17 (2015 to 2001) - \$80

Registration during first two weeks of Session
Wellington Street Soccer Field



Corner Brook Minor Soccer Association 2018 Indoor Winter Program (U4-U17)

10 Weeks from January 8 to March 18

U4 to U17 (2015 to 2001) - \$80

Registration during first two weeks of Session
Wellington Street Soccer Field/Corner Brook Civic Center

Age Group Key (Birth Year)

2014-2015=U4	2012-2013=U6
2010-2011=U8	2008-2009=U10
2006-2007=U12	2005=U13
2004=U14	2003=U15
2002=U16	2001=U17



Curling

The Corner Brook Curling Club



The Corner Brook Curling Club offers citizens the opportunity to participate in a wonderful winter sporting activity. Our membership consists of both new and experienced curlers. The Corner Brook Curling Club offers both recreational and competitive curling for all age and skill levels through our various programs. We extend an invitation to both individuals and teams to give the great sport of curling a try in 2016/2017. The club will be offering an opportunity for new curlers to receive instruction prior to the beginning of the season.

www.cornerbrookcurlingclub.com

PROGRAMS OFFERED:

SUPER LEAGUE CURLING For the competitive curler.

RECREATIONAL CURLING Fun and exercise for both the new and experienced curler.

SOCIAL CURLING A great evening to drop by for a little bit of curling to go along with a bite to eat.

MIXED CURLING A fun night of social curling for both male and female curlers. Popular with new curlers and couples.

LADIES AFTERNOON CURLING

Mid afternoon curling for ladies only.

JUNIOR CURLING

An after school program for junior curlers age 10 and up.

OPEN CURLING

No need to be a member of a team. We will combine new curlers with experienced curlers for great recreational curling.

CORPORATE EVENT RENTALS

Try a fun evening of curling for your next corporate event. Kitchen and Bar services are available.

WEEKEND BONSPIELS AND FUNSPIELS

Keep an eye out for various weekend events throughout the year. Sure to be a great time for all participants.

Hiking

IATNL - Humber Valley Hikers

Hiking season begins late April and ends the end of October. Hikes range from easy, moderately difficult, and very difficult.

For further information or to have your e-mail address placed on our contact list for weekly notices, please call Judie Gushue at 709-634-4295 or e-mail: judiec@hotmail.com



Billiards

Pool League (Billiards) - Canadian Poolplayers Association (CPA)

Fall session starts in early September. Winter session starts in early January. Both 8-Ball and 9-Ball are played. All skill level of players are welcome. Come enjoy a fun night out by playing some pool in our fall and winter sessions. Must be 19 years of age or older. Located at Union Bar and Billiards (Union Street) and AJ's Bar & Billiards (Broadway).

Contact Ervin Mitchelmore 638-5102 or ervin383@hotmail.com.

Bike Share Program

The Western Environment Centre Bike Share Program

An electric bike (e-bike) is a unique vehicle, incorporating the benefits of both a bicycle and a motor vehicle. Unlike a regular bicycle, an e-bike allows the rider to choose the amount of effort she/he exerts, therefore allowing them to get exercise if desired, but also to move quickly up hills with minimal effort when needed. There are two locations, Cycle Solutions in Corner Brook and Woody Point in Gros Morne.

It runs from May-October. The cost is \$20 per day or \$80 per week. People can rent the bikes by filling out a registration form at either location. They can contact The Western Environment Centre at (709) 640-1734.



The Western Environment Centre Photo

Martial Arts

Bennett's Tae Kwon Do Academy

Corner Brook Civic Centre. New students are always welcome. We take students ages 4 to adult. All new students will receive two free classes.

Classes taught by Master Raymond Bennett, 5th degree and Dora Bennett, 4th degree.



Bennett's Tae Kwon Do Photos

All new students will receive a free uniform upon Registration.

BENNETT'S TAE KWON DO SCHEDULE: MONDAY, WEDNESDAY AND THURSDAY

Little Tigers (Ages 4-8)	Children (Ages 9-15)	Children (Ages 9-15)	Adult (Ages 15 & up)
White Belt & Up	White & Yellow Belt	All High Belts	White Belt & Up
5:30 - 6:00 p.m.	6:10 - 6:55 p.m.	7:00 - 7:45 p.m.	7:50 - 8:35 p.m.

For more information please call Dora Bennett:
638-3411 or 634-0529

Facebook: Bennett's Tae Kwon Do Academy
Raymond Bennett: raymond.bennett@nf.sympatico.ca

Newfound Defensive Arts Jiu-Jitsu

Vine Place Community Centre, Corner Brook
Monday and Wednesday from 5 to 6 p.m.
(709) 634-5929 or find us on Facebook



Our modern style of Jiu-Jitsu combines skills in all ranges of self-protection including kicking, punching, trapping and grappling. In addition to providing students with realistic and effective self protection techniques, we also provide "Use of Force" training which allows students to select the most appropriate option(s) and tactic(s) for any given confrontation.

(Classes are restricted to students 12 years of age and up.)

Markus Karate School

355 O'Connell Drive
Get fit and have fun! Karate classes available for all ages 5 and up. Regular karate classes are held on Monday and Wednesday nights.

Markus Karate School also offers:

- Day classes for adults
- Little Ninja classes for 3 and 4 year olds
- Self defence classes for all ages

For more information contact: Bob Bennett 8th degree black belt at 709-640-0499 cell or info@markusenterprises.ca

Check out our facebook page:
www.facebook.com/markuskarateschools

Fitness and Wellness

Counter Balance Conditioning

& Fitness Inc. NEW FACILITY AT THE VALLEY MALL

1 Mount Bernard Ave, Corner Brook, A2H 6Y5



CORNER BROOK'S ONLY 24HR GYM is now located at our new facility in the Valley Mall at 1 Mount Bernard Avenue on the back of the building! With OVER 5000 sq ft of facility space, CounterBalance has everything to make your training experience your most enjoyable!

Our gym houses multi cage squat racks, a smith machine, upper and lower body and core resistance machines and benches, multi-jungle functional cabling systems along with racks of free weights ,dumbbells/ plates, fixed weighted bars, Kettle Bells, Medicine Balls Slastic resistance bands, stability balls, BOSUs, balance boards, agility ladders and hurdles. As well CounterBalance hosts AstroTurf with push sleds, battle ropes and plyo boxes and much more for all your sport-specific and functional training needs!

Our cardio section holds Precor Treadmills, Octane Ellipticals and a Lateral-X Trainer, a Stairmaster Stepper, spin and recumbent bikes and two rowing machines for much cardio variety.

We have an amazing workout environment with satellite music streaming in the background, cable TVs and FREE WIFI for our members!

THE MEMBERSHIP ADVANTAGE:

Gym Membership Pricing Includes 24 Hour Facility access to all facility amenities. Members obtain a swipe pass card (\$25.00 cash deposit is necessary to obtain your card. On a 3,6,9 or 12 month membership. We have a large variety of payment options available!

PERSONAL TRAINING:

Our Team of professional and experienced Personal Trainers offer One-on-One and Buddy (Two-on-One) Private Session Packages. We also have Group Personal Training Programs, Distance Coaching (online) Programs, Competition Prep, Muscle Gain, Fat Stripping, Fitness Testing, Post-Rehabilitation Conditioning, Nutrition Consultations and more! We have the professional services you need to perform at your highest potential, feel your healthiest and look your best !

CHILD PLAY ROOM:

CounterBalance has a new family flair where kids ages 4+ can play in our PlayRoom while family members get their workout groove on. Please note our PlayRoom has child capacity limitations and is not supervised.

As well we offer a variety of Personal Trainer and Master Trainer PT Certification courses! Train Smart and Get Results with CounterBalance!!

For more information on our pricing, packages and options, please visit www.cbancetraining.com or call 1(709) 634-4275.



Epic Fitness with Terra Hynes Photos

Epic Fitness with Terra Hynes

Location: Civic Centre 1, Canada Games Place

Classes offered Monday – Thursday

Yearly Registration \$20 | Monthly Pass \$45 | Class Drop in \$7

For more information on classes contact terralynnhynes@yahoo.ca or www.epicfitnesswithterra.com

Epic Fitness offers a wide variety of fitness classes for all levels! Classes include Zumba, Zumba Step, Strong, Vinyasa Yoga, Pilates, hooping, kettlebell and much more! Classes are fun, energetic, and EPIC! Surround yourself with positivity, enjoyment, and a healthy lifestyle with a wonderful group of motivated participants!

Crossfit Heavy Timber

HEALTHY LIFESTYLE - Whether it be through the casual sharing of a recipe or a Nutrition Challenge, your personal awareness of the components of a Healthy Lifestyle will grow.

FITNESS MONITORING - Athletes can check their performance history through the CoachBoard during class.

RESOURCES - Athletes get access to a full suite of videos on how to perform lifts and gymnastic movements.

PERSONAL COACHING - Our coaches are certified professionals who will educate, motivate and keep you accountable. Our goal is to get you exercising regularly and obtain results you want. They will help you get the most out of your CrossFit experience.

GROUP CLASSES - A new "Workout of the Day" (WOD) is posted everyday and completed within a class environment. Within this class environment, a community is formed and relationships are built. A CrossFit affiliate is not your standard gym.

LEADERBOARDS - Your membership includes access to performance tracking software to show the Top 3 Alltime PR's for the day's lifts.

CROSSFIT HEAVY TIMBER 373 O'Connell Drive

SCHEDULE: Monday to Friday 5:30 p.m. - 8:30 p.m.

Saturday: 10:00 a.m. to 12:00 p.m.

*HOURS ABOVE are for classes.

Members have access 24 hours a day for their own routines.

COST: FREE TRIALS

Phone: (709) 765-4151 • Email: crossfitheavytimber@gmail.com

Facebook: [@crossfitheavytimber](https://www.facebook.com/crossfitheavytimber) • Website: www.crossfitheavytimber.ca

Health and Performance Centre & FIT Studio 14 Main St.

Health and Performance Centre offers many services catering to Fitness and Wellness, from customized exercise programs prescribed by a Physiotherapist for clients with a complex health history or injury history, to fitness training onsite in our beautiful new and modern facility at 14 Main St, provided by our own CanFit Pro Certified Trainer (or a collaborative effort between these individuals, such as with our HealthFIT Program). Your Family Physician or Medical Specialist is best suited to make referrals to this program for health or medical reasons, though self-referral is also accepted.

What is the FIT Studio? The FIT Studio is a private Fitness Studio offering Yoga, Pilates and Fitness Classes and Private Sessions. This studio was created with our community demographics in mind, offering classes for people of all ages and abilities. There are classes tailored for people combatting injury or rehabilitating an injury or chronic condition, as well as fitness classes for youth (ages 9-14), Pilates for beginners, intermediate and advanced participants, Circuit Training, Plyometrics, Weight-loss focused classes and much more. Our schedule remains fairly consistent week to week, with occasional "Pop Up" Classes or new classes added routinely to help keep it fresh. Some very unique offerings at the FIT Studio include:

- FREE Arthritis Classes Wednesdays 5-6pm
- Youth Classes (ages 9-14): EXCEL (Boys only), BOOST (Girls only), and a Co-ed Core Fitness Class Each week
- Paediatric Development Classes for babies 0-12 months old and their guardians (once/month, typically the first Monday of each month)

Visit hpcfitstudio.com for the live schedule, class details and to purchase passes or memberships.

NEW!!!! These details can also be accessed on our new app, the Mind Body App. Once this free app is loaded, you can either search for a "studio near you" or you can search specifically for HPC FIT Studio. You can "FAVORITE" the studio, so that you can access the daily class offerings with the simple click of a finger!

Please send any inquiries or questions to hpcfitstudio@gmail.com and we would be happy to help you figure out which classes would suit you best! You can also find us on Twitter @HealthFITcb (FIT Studio) and on Facebook.

Brake's Gym

Brake's Gym is Corner Brook's only combative ring sport fitness facility.

Fostering a safe and sanctioned training environment; individuals of all ages and genders are welcomed to get active, participate or possibly compete in various sports, styles and activities! Brake's offers a wide variety of classes with sport specific training apparatuses, equipment, structured classes & personal gym time. With certified Coaches and Personal Trainers at the gym at all times, Brake's Gym consists of quality training in various techniques, theory and knowledge.

YOUTH CLASSES

Classes are fun and sport specific, with heart pumping cardiovascular training and conditioning. Members will learn various kickboxing styles, self defence techniques, team work and respect. Youth kickboxing classes are offered to ages 6-10 (Kick Light) and 11-15 (Junior Kickboxing).

WOMEN ONLY CLASSES

Ladies kickboxing classes are suited for beginner to intermediate level members. Sessions are high paced and provide an incredible cardiovascular workout while also learning various kickboxing and boxing styles in a comfortable environment.

CO-ED CLASSES

Classes are available to anyone looking improve physical fitness, work on and learn certain techniques, or even become a world champ. Sessions teach different kickboxing, boxing and grappling styles using a wide variety of fitness techniques and equipment to help you reach your goals, what ever they may be.



Brake's Gym Photo

BRAKE'S GYM KICKBOXING/BOXING: SUNDAY TO FRIDAY

SUNDAY	Kick Light Ages 9-12 6:00 - 7:00 p.m.	Kick Start Ages 5-8 6:00 - 7:00 p.m.	Ladies Kickboxing 7:00 - 8:00 p.m.	Boxing 8:00 - 9:00 p.m.
MONDAY	Kick Light Ages 5-8 5:30 - 6:30 p.m.	Ladies Kickboxing 6:30 - 7:30 p.m.	Teen Kickboxing Ages 13 & up 7:30 - 8:30 p.m.	Kickboxing 8:30 - 10:00 p.m.
TUESDAY	Kick Light Ages 9-12 5:30 - 6:30 p.m.	Ladies Kickboxing 6:30 - 7:30 p.m.	Teen Kickboxing/Boxing Ages 13 & up 7:30 - 8:30 p.m.	Boxing 8:30 - 10:00 p.m.
WEDNESDAY	Kick Start Ages 5-8 5:30 - 6:30 p.m.	Ladies Kickboxing 6:30 - 7:30 p.m.	Boxing 7:30 - 8:30 p.m.	Kickboxing 8:30 - 10:00 p.m.
THURSDAY	Kick Light Ages 9-12 5:30 - 6:30 p.m.	Ladies Kickboxing 6:30 - 7:30 p.m.	Teen Kickboxing/Boxing Ages 13 & up 7:30 - 8:30 p.m.	Boxing 8:30 - 10:00 p.m.
FRIDAY			Sparring 7:00 - 10:00 p.m.	

Contact: brakemma@gmail.com; 709-638-0212 or 709-660-4811

We offer an all inclusive membership for \$65.00 a month!
Trial classes are \$20.00

Fitness and Wellness - continued

Forever Young Fitness Centre

Fitness centre offers a wide variety of exercise equipment to suit all your fitness needs. LifeFitness cardio equipment including treadmills, elliptical machines, stairclimbers, and upright & recumbent bikes. Also available are LifeFitness & Cybex weight selectorized machines & a wide array of free weights & accompanying benches. We feature a spacious stretching & core workout room, and newly opened Ladies Only area including LifeFitness user friendly equipment & cardio machines in a private setting. A juicebar & large change rooms also available at Forever Young Fitness Centre.

For more information contact Craig Anderson: 709-634-6665.

HOURS OF OPERATION Forever Fitness:

DATE:	TIME:
Monday - Thursday	7:00 a.m. - 10:00 p.m.
Friday	7:00 a.m. - 8:00 p.m.
Saturday - Sunday	9:00 a.m. - 8:00 p.m.

Location: Corner Brook Civic Centre, 1 Canada Games Place

Yoga

Tina Coleman Yoga

Yoga develops body and mind. It increases your flexibility, shapes long and lean muscles and promotes weight loss. It also introduces you to meditation techniques to calm the mind and reduce everyday stress. Call to discuss the best class for you.

Online registration available, passes valid for 12 months! Morning & evening classes available.

CLASSES OFFERED:

Aerial Yoga *NEW to Corner Brook!*

Kids Aerial Yoga *NEW!*

Yoga birthday parties (Aerial & regular), Kids Yoga, Gentle Hatha Yoga, Hot Yoga, Yin & Restorative Yoga, Vinyasa Yoga, Ashtanga Yoga, Bliss Flow Yoga, Mixed Level Active Yoga, Tennis Ball Yoga, Meditation & Relaxation Sessions, Chakra Balancing, Monthly Workshops.



Tina Coleman Yoga Photos



10 instructors to choose from. Drop-ins welcome!

To register, call or text Kistine @638-4105, or Tina 640-7857. Email tinacolemanyoga@gmail.com. Register online: www.tinacolemanyoga.com Facebook: Tina Coleman Yoga; Twitter@TinaColemanYoga; Download our booking app for iPhone & android:

StudioBookings.

Beautiful new location: 2 Mount Bernard Ave (Old City Hall)



Cycle Solutions Photos

West Coast Cycle Association Cycle Solutions

MONDAY AND WEDNESDAYS

6:00 pm Trail Building, meeting at Harvey's Road in Massey Drive

TUESDAY

6:15 pm Group Mountain Bike Rides, meeting at the bottom of the Ginger Route/upper parking lot of Margaret Bowater Park

THURSDAY

6:15 pm Group Road Rides, meeting at Cycle Solutions for road cycling.

FROSH 'N FURIOUS MOUNTAIN BIKE RACES take place September 24th (Prince Edward Park) and October 8th (Massey Drive).

Visit www.cyclesolutions.ca under events for more information.

Running

Corner Brook Running Club

Its aim is to promote running for fun, fitness and competition in the City of Corner Brook and surrounding area.

CBRC MEMBERSHIP

We welcome and encourage runners of all abilities to become members of the CBRC.

Download a Membership Application from our website at www.cornerbrookrun.com to start enjoying the benefits now.

CORNER BROOK RUNNING CLUB SCHEDULE OF EVENTS

DATE	EVENT	LOCATION	START TIME
Sunday, Sept 10	Veitch Physio Fall 15	West Street	10:00 a.m.
Sunday, Sept 17	5-10 km Terry Fox Run	City Hall	10:00 a.m.
Sunday, Oct 1	Brothers and Associates - 10 km Half-Marathon/ Full Marathon	Marble Mountain Car Park	From 8:00 a.m.
Saturday, Nov 11	CBRC - 11 km Run to Remember	City Hall	1:00 p.m.
Sunday, Dec 17	Counter Balance - 5 km Christmas Run	To be Determined	2:00 p.m.
Monday, January 1, 2018	YMCA** Resolution Run	Lower Level, Millbrook Mall	1:00 p.m.

For more information on these events please visit the CBRC website nearer their time, except for: organized by Cycle Solutions; **organized by YMCA.

Gymnastics

Saltos Gymnastics

CIVIC CENTRE ANNEX

We have something for everyone. Our gymnastics classes begin at 18 months with our Parent and Tot classes and continue through to our programs for teens and adults. We also offer a class tailored to children with Autism. Gymnastics is one of three foundation sports that Sport Canada recommends for youth.

Saltos now offers PD day camps that coincide with their School PD days. Please check online at www.saltosnl.com for PD day Camp dates or call the office at 709-639-7080.

Offering online registration at www.saltosnl.com. 709.639.7080. office@saltosgymnastics.com. facebook/saltosgymnastics. Twitter saltoselite

Saltos Gym Champs Program

Saltos Gymnastics is pleased to offer an exciting gymnastics class designed specifically for children with Autism. Developed in partnership with The Autism Society – Western NL, this program provides opportunities to stimulate the mind, foster social skills and strengthen gross and fine motor skills, while providing children with Autism Spectrum Disorder (ASD) an alternative method for learning and developing new skills. **All Ages.**



Saltos Gymnastics Photo

SALTOS GYMNASTICS PROGRAMS:

Parent & Tot 18 months - 3 years	Youth Recreation Cheer 9 - 12 years
Kindergym 3.5 - 5 years	Mini Recreation Cheer 6-8 years
Cangym/Advanced Cangym 5+ years	Adult Rec 18+
Teen Rec/Senior Parkour 12+ years	Gym Champs (Autism Group) All ages
Junior Parkour Ages 7 - 12	Mighty Men (All boys Cangym) 5+ years
Recreation Trampoline Ages 7+	

Saltos Parkour Program

JUNIOR PARKOUR: AGES 7-11

SENIOR PARKOUR: AGES 12+

Call it **Parkour, Urban Running or Free Running** - it's all the same.....
FUN FUN FUN with flips, spins and crazy maneuvers that get you from one place to another without wasting time or energy!!!!

Parkour at Saltos focuses on rational movement in both the natural and urban environments. The focus is to move around obstacles with speed and efficiency. The main purpose is to teach participants how to move through their environment by vaulting, rolling, running, climbing and jumping.

Cheer Infusion All Stars Cheerleading

JUNIOR CHEER: AGES 7-13

SENIOR CHEER: AGES 14-18

Saltos CHEER is designed to be fun, spirited and competitive. It concentrates on performing organized routines, combining dance, jumps, tumbling and stunting components. Since starting our cheer program in 2009 with our senior team, we have since added a Junior team in September 2011. Young athletes looking to develop their skills can join the Recreation Cheer program which is designed to help prepare athletes for the competitive CHEER stream.

MINI RECREATION CHEER – AGES 5-8

YOUTH RECREATION CHEER – AGES 9-12



YMCA Photo

Y The YMCA of Western NL Humber Community

The YMCA has something for everyone! Offering a wide variety of opportunities for you to get strong and feel great. At the YMCA everyone is able to participate in programs regardless of their ability to pay the full fees. That's because the YMCA is open to everyone - all ages, backgrounds, abilities and financial circumstances.

PROGRAMS OFFERED:

POUND ROCKOUT WORKOUT

POUND is a full-body cardio jam session, combining light resistance with constant simulated drumming. The workout fuses cardio, Pilates, isometric movements, plyometrics and Isometric poses into a 45-minute series.

TABATA TRAINING

High Intensity Intervals (20 seconds on, 10 seconds off) eight times through for a whole four minutes for each exercise. It's tough and a bit different from your usual structuring of HIIT workout.

ZUMBA FITNESS

The Zumba Fitness Program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Ditch the workout - join the party!!

ZUMBA GOLD

A modified slower paced Zumba class with a resistance component at the end and is intended for the Active Older Adult, New to Zumba individuals and pre & post natal women. Perfect for all fitness levels and so much FUN!!

GROUP FITNESS CLASSES

Men's Yoga, Tabata, Bootcamp, Stability Ball, CoEd Yoga, Step, Pound and many more! Classes are conducted in our large, air conditioned studio and are led by certified YMCA instructors. Classes are offered at varying times throughout the day to accommodate diverse schedules.

FIT FOR LIFE (FORMERLY GENTLE GYM)

Designed for active older adults and focuses on building muscle strength and endurance and improving your overall fitness!

ORIENTATIONS

Need help getting started or looking to shake up your routine? Why not let us provide you with a free orientation to our Health and Wellness Center and find the workout plan that works for you.

AGE RESTRICTIONS

Children under the age of 8 years of age are **NOT** permitted in the

Cross Training Center.

All youth ages 8-15 must have a signed consent form.

8-11 year old **MUST be CLOSELY SUPERVISED** by an adult at all times (the adult assumes FULL responsibility for the youth).

8-15 year old must have an orientation.

12-15 years are allowed in the health and wellness center alone once we have the signed consent form and they have had their orientation.

16-17 year old must have a walk through with a staff member before entering alone.

PLAYING TO LEARN

Our Playing-to-Learn curriculum enables the YMCA to continuously improve the quality of programs and services provided to children.

Please note: Children in the Playing-to-Learn Program must be no younger than 36 months and no older than 69 months.

Contact the YMCA for registration information.

HOURS OF OPERATION Come and Play:

DATE:	TIME:
Wednesday & Friday	9:00 a.m. - 12:00 p.m.
Tuesday & Thursday	9:00 a.m. - 12:00 p.m.
Location: All Saint's Church - Clarence Street Kinsmen Center - St. Mark's Avenue	

AFTER SCHOOL PROGRAM

The YMCA After School Program is a licensed child care program offered everyday throughout the school calendar year, excluding Statutory Holidays. YMCA strives to ensure children have the positive experiences, support and opportunities they need to thrive. Children in the After School Program must be no younger than 57 months and no older than 155 months.

For more information please contact 709-639-9676, visit www.humbercommunityymca.ca, or check it out at 2 Herald Avenue, Lower Level, Millbrook Mall.

Come drop into our gym featuring cardio fitness and weight training equipment

HOURS OF OPERATION:

DATE:	TIME:
Monday - Thursday	6:00 a.m. - 9:30 p.m.
Friday	6:00 a.m. - 8:30 p.m.
Saturday	8:00 a.m. - 7:30 p.m.
Sunday	Noon - 9:30 p.m.

Fundraisers

Janeway Children's Hospital Foundation



OCTOBER 6TH ANNUAL JAMARAMA

Jamarama is one of the Janeway's most important (and entertaining) fundraising events. The premise is simple...people all across Newfoundland and Labrador raise money and collect pledges to wear their pajamas to work, school or out-and-about on Friday, October 20th, 2017 in support of the Janeway and all our kids. Wearing pajamas is a sign of solidarity and support for sick kids – it lets them know that we understand what they are going through, and that we are fighting right alongside them. Raise Money. Wear PJs. Help Kids.

Location: Throughout Newfoundland & Labrador
 Registration Information: Go to www.JanewayFoundation.nf.ca for details and sign up

6TH ANNUAL JAMARAMA

DATE:	CONTACT:
October 20th, 2017	Phyllis Kinsman: 709-777-4640 phyllis.kinsman@easternhealth.ca

NOVEMBER EXTRA LIFE GAMING MARATHON

In 2016, Extra Life gamers, through Children's Miracle Network Hospitals Extra Life event, raised a whopping \$31,165 in support of our province's only children's hospital!! The money you raise helps us care for children from birth to the age of 18 from all areas throughout Newfoundland and Labrador – we simply cannot do what we do for them without the support of people like you and your Extra Life teammates.

Location: Throughout Newfoundland & Labrador
 Registration Information: Sign up online at www.extra-life.org
 Go to www.extra-life.org for details

CHILDREN'S MIRACLE NETWORK TELETHON:

DATE: November 4th, 2017
CONTACT: Jenine Kerrivan P: 709-777-4227 jenine.kerrivan@easternhealth.ca



Janeway Children's Hospital Foundation Photo

Janeway Children's Hospital Foundation Photo



FEBRUARY LOG-A-LOAD FOR KIDS HOCKEY TOURNAMENT

2018 marks the 14th Annual LOG-A-LOAD FOR KIDS Hockey Tournament in which players generously donate their time to play hockey and fundraising for the Janeway Children's Health and Rehabilitation Centre. The winning team in this tournament is not determined by the number of goals scored, but by the amount of money raised for the Janeway.

LOG-A-LOAD FOR KIDS CANADA, an initiative of the Canadian Woodlands Forum, is a national giving campaign through which loggers and other forest industry people donate the value of a load of logs, or any amount, to local Children's Miracle Network affiliated hospitals through organized fundraising events. All of the contributions raised in Newfoundland and Labrador go directly to the Janeway, our province's only pediatric care facility.

In 2017, the LOG-A-LOAD FOR KIDS Hockey Tournament raised more than \$52,000 to help support our province's sick and injured children and their families. This tournament includes participants from Corner Brook Pulp and Paper, the Department of Natural Resources, and any other friends who want to get out and play a good game for a good cause. Teams compete for the LOG-A-LOAD FOR KIDS Challenge Cup, donated by Northwest Forest Resources Limited.

Location: TBD
 Cost: Call Kelly Combdon below for details.
 Corner Brook Pulp & Paper Ltd. P: 709-637-3104 F: 709-637-3469
kelly.combdon@kruger.com

LOG-A-LOAD FOR KIDS HOCKEY TOURNAMENT

DATE:	CONTACT:
February 2 & 3, 2018	Jenine Kerrivan P: 709-777-4227 jenine.kerrivan@easternhealth.ca

NEWFOUNDLAND AND LABRADOR TEACHERS ASSOCIATION JANEWAY DAY IN THE SCHOOLS

Janeway Day in the Schools across Newfoundland and Labrador started out as an initiative to collect recess money from teachers and students to help the Janeway Children's Health and Rehabilitation Centre. In many schools this idea has since been expanded, making the event even more fun and entertaining for everyone involved, as it sparks amazing creativity and generosity.

Location: Schools throughout Newfoundland and Labrador
Date: Valentine's Day, February 14 (or the Friday beforehand)

Go to www.nlta.nl.ca/janeway-day/ for details

Contact Information: Phyllis Kinsman, Janeway Children's Hospital Foundation Manager, Communications and Events
P: 709-777-4640 | phyllis.kinsman@easternhealth.ca

DAYCARE DANCE-A-THON

Each year the Janeway Children's Hospital Foundation works with community members of all ages to ensure sick and injured children throughout Newfoundland and Labrador receive the best possible care. Daycare Dance-A-Thon provides an excellent platform for our youngest fundraisers to have fun while helping others. Ultimately, this event is a quick and easy way to teach children about giving back to the community, plus it's a great excuse to go dancing in the middle of the day.

Location: Daycare centres throughout Newfoundland and Labrador

NLTA JANEWAY DAY IN THE SCHOOLS

DATE:	CONTACT:
Valentine's Day, February 14 (or the Friday beforehand)	Phyllis Kinsman P: 709-777-4640 phyllis.kinsman@easternhealth.ca



Janeway Children's Miracle Network Telethon. Sacred Heart Elementary Photo

MARCH JANEWAY CHILDREN'S MIRACLE NETWORK TELETHON LAUNCH

"Stay tuned to www.JanewayFoundation.nf.ca for the latest news and updates on the 2018 Telethon Launches"

Location: St. John's and Corner Brook areas

JANEWAY CHILDREN'S MIRACLE NETWORK TELETHON

DATE:	CONTACT:
March 2018 (Date TBD)	Phyllis Kinsman P: 709-777-4640 phyllis.kinsman@easternhealth.ca

Western Regional Hospital Foundation

The WRH Foundation inspires the community to join us in raising funds to improve healthcare for everyone in the Western Region of NL.

ANNUAL WRH FOUNDATION RADIOTHON

Join us for the Foundation's biggest fundraiser where the community comes together to help raise funds for priority medical equipment.

NEW Location: Corner Brook Plaza, Sears Entrance
Broadcast live on 570 VOCM and online at vocm.com/cfcb

NLTA JANEWAY DAY IN THE SCHOOLS

DATE:	CONTACT:
Friday, September 29th, 2017 from 7:00 AM to 7:00 PM	To get involved or for more information call 637-5353 or email foundation@westernhealth.nl.ca

Start planning your fundraising event to help improve healthcare in our region.

26TH ANNUAL WRH FOUNDATION GALA

Begin the festive season with a group of friends or co-workers and enjoy "The British Invasion", with a cocktail reception, gourmet meal, silent auction and dancing to live musical entertainment by Three of a Kind. The fantastic décor and theme will transport you to a different time and place when UK bands like The Beatles, The Rolling Stones, The Kinks and The Who were at the forefront of The British Invasion!

Location: Civic Centre Studio
Theme: The British Invasion

NLTA JANEWAY DAY IN THE SCHOOLS

DATE:	CONTACT:
Saturday, November 18th, 2017 at 6:30 PM	To book tickets or a table of 8 call the Foundation Office at 637-5353 or email foundation@westernhealth.nl.ca

Parkinson Society NL

PARKINSONS SOCIETY NL, WESTERN CHAPTER/SUPPORT – SHAKE, RATTLE & STROLL FOR PARKINSON'S

September 24th at Margaret Bowater Park 1:00 p.m - 4:00 p.m. – Come out for a stroll around the oval walkway, have fun and help raise funds for NL programs and services for people living with Parkinson's. You can also sponsor walkers, download sponsorship forms and donate funds by visiting our website: www.nlparkinson.ca with easy directions on how to donate.

Relay for Life

The Canadian Cancer Society Relay for Life is more than just a fundraiser. It is an opportunity to get together with family and friends and celebrate cancer survivors, remember loved ones lost to cancer, and fight back in the hope of finding a cure for this terrible disease.

Relay is fun, fulfilling, and your participation gives strength to our mission to eradicate cancer. Walk with us in this inspirational event as we come together and fight to make cancer history.



CORNER BROOK

Saturday, October 21 at

Corner Brook Civic Center Annex
12:00 noon – 12:00 midnight

Red Shoe Crew Walk

September 23rd at Margaret Bowater Park
8:00 a.m. – 2:00 p.m.

Come out and enjoy a day supporting the Red Show Crew and raise money for Ronald McDonald House, a home away from home for sick children and their families attending the Janeway. There will be snacks, prizes and games for the whole family!

Active for Autism Walk

October 1st is Autism Awareness Month and the local autism society is holding its 6th annual walk on Sunday October 16th.

For more information please contact western@autism.nf.net or call 637-7450.

Concerts, Festivals & Events

30sixproductions

Saturday, September 23

THE 19TH ANNUAL FALL CRAFT AND GIFT EXPO

The Civic Centre, 10am - 3pm Admission 2 kids free.

Saturday, October 21

THE OCTOBERFEST CRAFT FAIR

The Civic Centre,
10 am -3pm Admssion 2 kids free

Saturday, December 2

WEST COAST LARGEST CRAFT EXPO

Featuring over 170 crafters The Civic Centre
10am - 4pm Admission 2 kids free , Scavenger hunt for kids, free loot bags and get your picture taken with Santa.

Sunday, October 22

THE FALL WEDDING AND GRAD EXPO

The Glynmill Inn 1pm - 4pm Admission \$3

Corner Brook's Annual Ecumenical Advent Service

NOVEMBER 19: A CHOIR REHEARSAL FOR THE ANNUAL ECUMENICAL ADVENT SERVICE (December 3, 7 pm) will be held at the Cathedral of St. John the Evangelist (Anglican, 25 Main St) on November 19, 3:00 – 4:30 pm under the direction of Dr. Doreen Helen Klassen. An additional rehearsal will be held prior to the service, on December 3, at 5:45 pm. Dress for December 3 will be black and white. Singers of all denominations are welcome. For further information, contact the Anglican cathedral office at 634-2373.

DECEMBER 3: CORNER BROOK'S ANNUAL ECUMENICAL ADVENT SERVICE will be held at the Cathedral of St. John the Evangelist (Anglican, 25 Main St) on Sunday evening, December 3 at 7 pm. All are welcome for an evening of advent readings, hymns, and choir anthems with guest musicians from the Salvation Army band. There is no admission charge, but an offering will be taken for the local food bank. Anyone interested in joining the choir for this occasion is asked to attend a rehearsal Sunday, November 19 at 3:00 – 4:30 pm, and also on December 3 at 5:45 pm, prior to the service. Dress for choir members will be black and white.

Wonderful Fine Market Co-operative 2017 WONDERFUL FINE MARKET

Welcome to your vibrant community market! You'll enjoy live music and free freshly ground coffee as you check out our specialty food vendors, baked goods and preserves, distinctive artisanal products, regional art, and local produce.

Corner Brook Royal Canadian Legion. Accessible side entrance. Free Entry.

Saturdays, Sept 9 - Dec 16 10 am - 2 pm, except as noted

September 9 - Grand Opening
September 16 - Harvest
September 23 - Multicultural
September 30 - NUIT 150 6-10 PM
October 7 - Thanksgiving
October 14 - NL Culture & Art
October 21 - Go Green!
October 28 - Hallowe'en
November 4 - Bundle Up!
November 11 - No Market
November 18 - Send Away Day
November 25 - Diversity Day
December 1 - Fine Time FRI 6-10 pm
December 9 - Stocking Stuffers
December 16 - Holiday Market
February 24 - Winter Carnival Market at the Corner Brook Arts & Culture Centre



Do you make it, bake it or grow it? Join us! We're growing, and happy to welcome new vendors! Vendor table - \$25, or \$15 with a \$50 lifetime Wonderful Fine Market Co-operative membership.

Join us on facebook! wonderfulfinemarket@gmail.com
wonderfulfinemarket.com

Concerts, Festivals & Events - continued

Atlanti-Con 6

SCIENCE FICTION AND POP CULTURE FESTIVAL

Atlanti-Con is a local fan-run inclusive science fiction / fantasy / comic book / video game / anime convention that celebrates all things pop-culture and geeky! Launching our fifth annual event on September 15th – 17th, 2017 we welcome people from all walks of life to come together and enjoy the various fandoms from classic science fiction to the newest video games! For guest information, tickets, general questions and more email jeff@atlanti-con.com, visit our website www.atlanti-con.com or follow us on Twitter (@atlanti_con) for up to date information. Earlybird discounted weekend tickets may be purchased online at our website or at Downtown Entertainment.

Full price tickets will be available at the door. Schedule TBA.

Corner Brook Civic Centre Studio

September 15, 5 p.m. – September 17, 6 p.m.

The Teddy Bear Clinic

The Teddy Bear Clinic is an annual event that provides health promotion initiatives applied to a make-believe hospital setting. This allows children to explore their teddy bears having different procedures and check-ups performed...in hopes of eliminating fears of visiting the hospital. Western Regional School of Nursing provides educated nursing students to perform teddy-bear assessments, provide X-Rays, perform surgery, promote healthy eating, dental care and mental health.

It is a free event to the public but we gladly accept donations during the event for the Western Memorial Hospital Foundation. Check out our Facebook page, Teddy Bear Clinic 2016. For further information please contact Serina Greene at sgreene@grenfell.mun.ca or teddybearclinic@grenfell.mun.ca

Date: October TBA, 2017

Time: 2pm to 4pm

Place: Arts & Science Atrium, Grenfell Campus, MUN

Community Groups/Centres

Community Mental Health Initiative Inc.

Community Mental Health Initiative is a not-for-profit, charitable community organization that promotes mental health through public awareness, education and the delivery of targeted services.

Ongoing events include:

WORLD SUICIDE PREVENTION DAY WALK 2017

September 12, 2017 at 7:00 pm.

Sponsor sheets are available and all proceeds support local suicide prevention initiatives.

MENTAL HEALTH LUNCH BUNCH

A monthly series of guest speakers on various mental health and wellness topics. Join us on the third Friday of each month from noon – 1:00pm.

Location to be announced. Bring your own lunch.

September – TBA

October – FoneMed

November – Addictions in the Family

December – Financial Stress

SURVIVORS OF SUICIDE LOSS SUPPORT GROUP

A safe place to share feelings, experiences and connect with other people who have lost someone to suicide. Takes place on the first and third Tuesday of each month at 6:00pm at Summit Place, 112 Premier Drive. There is no cost to attend.

HOUSING SUPPORT SERVICES – provide support to individuals living with complex mental health needs that are experiencing homelessness or at risk of homelessness. Also provide support to landlords. For more information, please call 388-4000.

PANCAKE BREAKFAST FOR HOMELESSNESS

February 13, 2018 from 7 – 10:30am

St. John the Evangelist Church

Please like us on Facebook to learn of other events throughout the year.

Western Regional Wellness Coalition

The Western Regional Wellness Coalition (WRWC) is dedicated to the promotion of healthy living and wellness to all people in the western region of NL. The purpose of the grant program is to support community involvement and action to promote wellness.

The Western Regional Wellness Coalition, under the direction of the 2006 Provincial Wellness Plan, is committed to focusing on 8 priority areas:

- Healthy Eating • Physical Activity
- Tobacco Control
- Injury Prevention • Mental Health Promotion
- Child and Youth Development
- Environmental Health • Health Protection



Through education, information sharing, networking and delivering programs, the WRWC hopes to make these 8 areas of wellness a priority in your community!

WHAT CAN WE OFFER?

COMMUNITY & SCHOOL GRANTS PROGRAM

If you are planning an activity, an event or a project that focuses on one or more of the priority areas, you may be eligible to apply for a community or school grant.

To receive funding, the activity, event or project MUST be consistent with the objectives of the WRWC in promoting wellness and focusing on the 8 priority areas.

Community groups within the geographical boundaries of the WRWC can apply. The maximum amount of funding that may be requested for a community event is \$1000.

Schools (K-12) that are located between Port aux Basques and Bartlett's Harbour - any teacher, student, principal or parent interested in promoting wellness may apply. The maximum amount of funding that may be requested for a school event is \$1000. Schools are eligible for only one grant per year.

Please see our website for grant deadlines. Applications and guidelines are available online at: www.westernwellnesscoalition.com

WRWC COMMUNITY GRANTS PROGRAM.

FALL AND WINTER DEADLINE FOR APPLICATIONS ARE SEPTEMBER 30 AND JANUARY 30.

The School Grant Program (for all K- 12 Schools) will be accepting applications for November 1 and February 1 deadlines.

<http://westernwellnesscoalition.com/>

Girl Guides of Canada – Guides du Canada (GGC)

is the leading organization for girls and women in Canada, with 83,000 members across the country. Guiding provides a safe environment that invites girls and young women to challenge themselves, find their voice, meet new friends, have fun and make a difference in the world. Guiding offers the widest range of activities of any extracurricular activity for girls and young women, with opportunities to explore the arts, sciences, outdoor challenges, global awareness and so much more through enriching experiences that will stay with them for a lifetime. Empowering, challenging and engaging – that's what today's Girl Guides is all about.

BLOMIDON DISTRICT GIRL GUIDES encompasses all of the Bay of Islands area. We have units in Corner Brook, Meadows, as well on the North Shore with new units opening soon in Mount Moriah. To register your daughter please visit <https://register.girlguides.ca/WEB/OnlineReg/>
To become an adult member please visit <https://www.girlguides.ca/WEB/AdultReg>

SPARKS (GIRLS IN KINDERGARTEN AND GRADE 1)

- 1st Curling Sparks meet at Sacred Heart Elementary, 469 Curling Street, on Wednesdays at 6:00 PM.
- 5th Corner Brook Sparks meet at St. Michael and All Angels Anglican Church, 5 Park Drive, on Thursdays at 6 PM.
- 8th Corner Brook Sparks meet at the Kinsmen Centre, St. Marks Avenue, on Thursdays at 6:30.
- 1st Lark Harbour Sparks meet at St. James' All Grade School, Lark Harbour, on Mondays at 6:30 PM.
- 1st North Shore Sparks meet at Templeton Collegiate, Meadows, on Sundays at 5:30 PM

BROWNIES (GIRLS IN GRADES 2 & 3)

- 1st Curling Brownies meet at Sacred Heart Elementary, 469 Curling Street, on Mondays at 6:30 PM.
- 10th Corner Brook Brownies meet at St. Michael and All Angels Anglican Church, 5 Park Drive, on Thursdays at 6 PM.
- 21st Corner Brook Brownies meet at C.C. Loughlin School, 1 Citadel Drive, on Tuesdays at 6:30 PM.

Girl Guides of Canada Photo



- 1st Lark Harbour Brownies meet at St. James' All Grade School, Lark Harbour, on Mondays at 6:30 PM.
- 1st North Shore Brownies meet at Templeton Collegiate, Meadows, on Sundays at 5:30 PM

GIRL GUIDES (GIRLS IN GRADES 4, 5 & 6)

- 1st Corner Brook Girl Guides meet at J.J. Curling School, Woodbine Avenue, on Tuesdays at 6:30 PM.
- 16th Corner Brook Girl Guides meet at St. Michael and All Angels Anglican Church, 5 Park Drive, on Mondays at 6:30PM.
- 1st Lark Harbour Girl Guides meet at St. James' All Grade School, Lark Harbour, on Mondays at 6:30 PM.
- 1st North Shore Girl Guides meet at Templeton Collegiate, Meadows, on Sundays at 5:30 PM

PATHFINDERS (GIRLS IN GRADE 7, 8, & 9)

- 1st Corner Brook Pathfinders meet at Humber United Church, 88 Clarence Street, on Thursdays at 6:30PM.

RANGERS (GIRLS IN LEVEL 1, 2, & 3)

- 1st Corner Brook Rangers meet at College of the North Atlantic, 141 O'Connell Drive, on Wednesdays at 7PM.

For more information you can visit the website of GGC Newfoundland and Labrador Council at <http://www.girlguides.ca/WEB/nl/> or you can email the Blomidon District Commissioner at blomidondistrict@gmail.com.

Give your daughter the tools and resources she needs to achieve greatness!

Rotary Club of Corner Brook

Rotary Club of Corner Brook is a member of the international service organization Rotary whose purpose is to bring together business and professional leaders in order to provide humanitarian services and encourage high ethical standards. Rotary's aim is to advance goodwill and peace throughout the world with the motto 'Service Above Self'. The Rotary Club of Corner Brook holds a weekly lunch meeting at the Greenwood Inn and Suites, West Street on Thursday at 12.30pm. Visiting Rotarians are warmly invited to attend the regular weekly meeting. The Corner Brook Club is involved with both community activities and international service projects. President of the Club this year is Andre Power.

For more information about The Rotary Club of Corner Brook please contact Andre at 634-1615.

Community Groups/Centres - continued

FAMILY OUTREACH RESOURCE CENTRE

The Family Outreach Resource Centre is a non-profit organization that provides support and programs for parents with children ages 0-6. We offer drop-in playgroups, parent and child programs, and Healthy Baby Club.



SERVICES OFFERED:

CHILDREN'S PROGRAMS:

- Drop-in playgroups at our centre located on O'Connell Drive and our outreach site at Humber United Church on Clarence Street
- Kindergarten readiness program for four year olds
- We also, offer a variety of age specific programs that focus on various developmental and social areas
- Transportation is provided

PARENT'S PROGRAMS:

- There are a variety of parent programs that are offered on a rotating basis
- These programs offer group interaction and help parents gain knowledgeable information and learn new skills
- Child care and transportation is provided

HEALTHY BABY CLUB:

Is a prenatal program promoting nutrition and positive lifestyle choices, to help families have the healthiest baby possible.

WE OFFER:

- Guidance and information on a variety of health topics for you and your baby during and after pregnancy
- FREE prenatal nutrition and childbirth information
- FREE food supplements of milk, eggs and oranges
- Breastfeeding support
- Child care and transportation is provided

SOUTH SHORE FAMILY OUTREACH RESOURCE CENTRE (SATELITE SITE)

We offer a variety of programs for families with children ages 0-6. These programs include drop-in playgroups, parent and child programs, Healthy Baby Club and a Breastfeeding Support Group. These programs are held in the town halls of Lark Harbour and Benoit's Cove, which services the communities of Humber Arm South.

CONTACT US:

Family Outreach Resource Centre
PO Box 712, 355 O'Connell Drive, Corner Brook, NL A2H 6G7
Phone: 709-634-2316 Fax: 709-634-2319

www.familyoutreachresourcecentre.com
www.facebook.com/forccornerbrook

Royal Canadian Legion

Royal Canadian Legion Br # 13 Corner Brook

The Royal Canadian Legion is the largest Veterans Organization in the world and one of its aims and objectives is to serve veterans and their families.

The Legion membership is open to everyone over the age of 19. We have three dart leagues, a mixed league, a ladies league and a mens league. Our building is available to rent for weddings, banquets, retirement parties, birthdays and business functions. The upstairs ballroom can seat 214 persons and the downstairs can seat 108 persons. Catering and bar services can be provided. During the week the legion opens at 12 noon on Tues., Wed., Thurs., Fri., Sat. We also have a private boardroom that seats 15 comfortably. Feel free to drop by with friends for a game of darts.

ROYAL CANADIAN LEGION LIST OF EVENTS

General Meetings	There are four General Meetings a year. Held on the 3rd Wednesday of the month at 7:30 p.m.
Meeting Dates	Published in the Western Star and on the bulletin board at the Legion.
Mixed Darts	Sunday's 7:00 p.m. - 10:30 p.m.
Ladies Darts	Tuesday's 6:00 p.m. - 11:00 p.m.
Men's Darts	Thursday's 7:00 p.m. - 10:30 p.m.
Card Games	Monday's 7:00 p.m. - 10:30 p.m.
Bingo	Thursday's 8:00 p.m. - 11:00 p.m.

HOURS OF OPERATION: Wednesday: 12:00 - 6:00 p.m.;
Thursday: 12:00 - 8:00 p.m.; Friday: 12:00 - 8:00 p.m.;
Saturday: 12:00 - 6:00 p.m.

CLOSED: Sunday & Monday from 12:00 - 6:00 p.m.

Contact Branch 13, Royal Canadian Legion, 7 West Street behind BMO. For more information please contact the manager at 709-634-2040 or 709-634-5655

Membership is \$40 per year. Both men and women are encouraged to join, must be 19 years and older.

Lions Club

The Lions Club provide Service Projects which benefit our city, residents as well as the world community.

Sponsorships

1. The 511 Humber Air Cadets Program and Activities.
2. The RNC DARE Program for Grade 6 Students in City Schools
3. BOISAR Program
4. Victims of Violence Program
5. Lions Clubs International Foundation
6. Public Speaking
7. Children's Wish Foundation
8. Western Memorial Regional Hospital Foundation
9. Janeway Hospital
10. Lion Max Simms Memorial Camp

11. Lions Foundation of Canada

Donations

The Club makes donations to various individuals and groups depending upon need and amount of funding available. Requests in writing must be made well in advance of event.

Fundraising

1. VOCCM Lions Radio Bingo
2. 50/50 Christmas and other draws
3. Special Carnival Bingo
4. Fish Cake Luncheon
5. Fall Garage Sale
6. Other types of funding from time-to-time

New Club Members Needed

If interested in becoming a member of the Corner Brook Lions Club please contact Membership Chairperson Lion Stephanie Spencer (709) 763-1010 or any other lions Club member

Corner Brook Elks Lodge #505

Corner Brook Elks Lodge #505 is a member of Elks of Canada, the largest all-Canadian fraternal organization. Our motto is "Promoting and Serving Community Needs", which we proudly perform through volunteer efforts in the community as well as through our national charity, the Elks and Royal Purple Fund for Children, which provides personal assistance to individual children (to the age of 19) with special needs and develops and supports ongoing clinical programs across Canada in the area of speech, hearing and communication disorders.

Our Lodge membership is open to men and women 19 years and older. We meet on the 3rd Monday of every month. Membership costs \$50 a year.

We have a weekly bingo every Wednesday starting at 8:00pm and host two darts leagues. Our air conditioned upstairs club can comfortably accommodate 100 people and can be booked for weddings, anniversaries, birthdays, meetings or any other occasion. Bar service and catering can be provided as well. We also have smaller rooms downstairs that can be booked for other community organizations or functions.

We're located at 9 Carmen Avenue and we can be reached for bookings or more information at: 709-634-4043, CornerBrookElks@hotmail.com, Facebook: www.facebook.com/CornerBrookElks or Twitter @CornerBrookElks

2590 Gallipoli Royal Canadian Army Cadet Corps CANADIAN CADET ORGANIZATION

The Royal Canadian Army Cadets appeal to teenagers craving exciting outdoor activities where their personal limits as individuals and team-members will be tested. The hardcore outdoor-oriented will love the challenge!

Army cadets develop abilities in the use of map and compass, GPS technology, orienteering, first-aid, camping and survival skills, canoeing, abseiling, trekking, mountain biking, etc. As they get more experienced,

some will be selected for parachuting, white-water rafting and glacier climbing. They will also learn to become outdoor leaders.

Army Cadets get involved in ceremonial military events and citizenship activities that allow them to connect to their Canadian heritage. They develop a great sense of pride and discipline through their involvement in a hierarchical system that allows them to hone their leadership skills as they grow older and they learn to care for younger cadets. In addition to their specialty training, Army Cadets may become involved in other exciting activities like competitive Olympic-style marksmanship and biathlon, sports competitions, music training and competitions, cultural outings, volunteer community support, etc. Canada represents the best playground for teenagers interested in the outdoors. We are the organization of choice for teens and adults interested in getting out of the classroom to explore the planet the way it should be.

Location: 13 O'Connell Drive, Gallipoli Armoury	
THE ROYAL CANADIAN ARMY CADET'S:	
DATE:	TIME:
Starting September 10th, 2017 Sunday Evenings	6:00 - 9:00 p.m.
COST: Free REGISTRATION INFO: Free for youth 12-18 years of age Contact Info: Capt. Matthew Osmond, 709-632-5127, Matthew.Osmond@cadets.gc.ca	

The Corner Brook 511 Humber Royal Canadian Air Cadets

Participate in a variety of fun and challenging activities. There is something for every youth no matter what their personal interest may be. We venture to the outdoors to learn survival skills for youth who enjoy the outdoors. Physical education and recreation is a part of our program and there are a variety of activities we engage in like biathlon, hikes etc. We have a great music program for any youth who enjoys playing an instrument. We have hands on activities such as building model aircrafts and we introduce cadets to various tools and technologies linked to aviation. We offer the evolution of technology and the advancements of the aerospace era. In some cases a top senior cadet may be selected to represent Canada at the world stage by participating in an international exchange.

Location: 13 O'Connell Drive, Gallipoli Armoury	
511 ROYAL CANADIAN AIR CADET'S:	
DATE:	TIME:
Parade Night: Wednesday	6:15 - 9:00 p.m.
REGISTRATION AND UNIFORM: Free Ages: 12 - 19 years of age.	

Contact: **Captain Robert Hubley** (Commanding Officer): 709-640-4868 or main office 709-639-7157; **Terry Sooley** (training officer), **Mark Brothers** (supply officer): 709-660-1570

Royal Canadian Army Cadets Photo



Community Groups/Centres - continued

Corner Brook Sea Cadets

This program fosters the development of leadership skills, good citizenship and physical fitness. Sea Cadets specialize in sailing, seamanship, shipboard life, naval communications, power boat handling, boat repair, marksmanship, music, marine engineering and so much more. Selected cadets have the opportunity to attend international exchanges, to sail aboard a Tall Ship or participate in ship deployments aboard Canadian Navy and Coast Guard ships. We partake in sports, dances, parades, movies, bowling, swimming and so much more!

REGISTRATION Monday, September 11, 2017	
DATE:	TIME:
Monday evenings commencing September 11th	6:30 p.m. - 8:30 p.m.
Registration: Any Monday night throughout the year. Uniform: FREE.	
Ages: 12 - 18 years.	
Location: Gallipoli Armoury, 13 O'Connell Drive	

Website: www.curlingseacadets.com. Facebook Group: 184 Curling Sea Cadets. Twitter: 184CurlingSeaCd Instagram: CurlingSeaCadets. Contact Jennifer Hartley, Lieutenant (Navy); jennifer.hartley@cadets.gc.ca. Ph. 709-632-5272 (cell phone) or 709-634-7309 (Monday evenings). Lt (N) Shannon Banks, 184 Curling Sea Cadets. shannon.banks@cadets.gc.ca, 709-638-2090

Cruise Ships Corner Brook Port Corporation - Cruise Schedule 2017

SILVER SEA Silver Whisper
Monday, September 4.
Time: 0800-1700 • Passengers: 382 • Crew: 302

CRUISE & MARITIME VOYAGES Marco Polo
Friday, September 22.
Time: 0800-1500 • Passengers: 906 • Crew: 354

SAGA CRUISES Saga Sapphire
Wednesday, September 27.

Cruise Ships - continued Corner Brook Port Corporation - Cruise Schedule 2017

Time: 0800-1700 • Passengers: 600 • Crew: 380

SILVER SEA Silver Whisper
Wednesday, September 27.
Time: 0800-1700 • Passengers: 382 • Crew: 302

PHOENIX REISEN Artania
Sunday, October 1.
Time: 1400-2300 • Passengers: 1200 • Crew: 520

ROYAL CARIBBEAN Visions of the Seas
Sunday, October 8.
Time: 0800-1700 • Passengers: 1998 • Crew: 783

ROYAL CARIBBEAN Visions of the Seas
Friday, October 13.
Time: 0800-1700 • Passengers: 1998 • Crew: 783

NORWEGIAN CRUISE LINE Norwegian Gem
Saturday, October 28.
Time: 0800-1700 • Passengers: 2394 • Crew: 1101

Community Youth Network Corner Brook & Bay of Islands, YMCA Site Inc.



The CYN Youth Center in Corner Brook is a place for youth between the ages of 12-18. There are fun events happening throughout the year, which include movie nights, dance parties, pool tournaments, trivia night, yoga, art therapy and several outdoor activities such as snow shoeing. This is also a great place to come and hang with friends afterschool or on the weekend. Each month there are educational nights and presentations. Keep checking our website for our monthly calendar of events at www.communityyouthnetwork.wordpress.com

Community Youth Network, Corner Brook 2 Herald Avenue, lower level of the Millbrook Mall	
DROP IN HOURS:	
DATE:	TIME:
Tuesday - Thursday	4:00 p.m. - 8:30 p.m.
Friday - Saturday	4:00 p.m. - 9:30 p.m.
Contact: communityyouth.ymca@hotmail.com CYN is funded by the Department of Communication and Public Engagement	

NORTH SHORE AND SOUTH SHORE:

CYN offers outreach on the North Shore and South Shore of the Bay of Islands. We offer programming in several communities. For more information, please contact your CYN fieldworker, visit our Facebook page CYN Corner Brook or visit our website at www.communityyouthnetwork.wordpress.com to check out what events are happening in your area.

You can also contact the CYN Fieldworkers of the Bay of Islands: **North Shore Contact Information:** Ashley Christopher: communityyouth_northshore@hotmail.com. **South Shore Contact Information:** Kerry Barry: cynlarkharbour@hotmail.com

The Corner Brook Status of Women Council

TAKE BACK THE NIGHT RALLY AND MARCH

September 15th, 2017: 7:30 p.m.

This event brings awareness to the need to end sexual violence within our communities. It will start at the court house on Mount Bernard Ave with a public rally. The march for women and children will proceed down Mount Bernard Ave towards Main Street and end at Remembrance square (by city hall).

For more information call 639-8522 (Corner Brook Women’s Centre)

The Corner Brook Status of Women Council offers various educational and peer support programs related to subjects such as self-esteem, assertiveness, anger, healthy relationships, etc. Programming will restart in the Fall. Please call 639-8522 or email cbwomenscentre@gmail.com for upcoming dates.

Salvation Army Temple

Pioneer Club is a Bible based children’s youth program for children aged 4 (as of Dec. 31, 2017) to Grade 6. Children sing songs, play games and work on fun activity badges in a setting similar to VBS. All children receive a Pioneer Club T-shirt, a sash for their badges, and badges as they complete them. Location: Salvation Army Temple, O’Connell Dr.

Registration: Monday, September 18, 2017 at 6:15 p.m.

Contact info: Church office @ 634-5398

Salvation Army Temple	
PIONEER CLUB Youth Program	
DATE: Monday Nights	TIME: 6:15 - 7:20 p.m.
COST: FREE	

CIVIC CENTRE SCHEDULE OF EVENTS 2017-2018:

Aug 28 – Sept 1	Juan Strickland Hockey Camp (Kinsmen Arena & Studio)
Sept 15 – 17	Atlanti-con (Main Studio, Lobby, Suites & Meeting Rooms 1, 2 & 3)
September 8 – 10	Skate for Excellence - Rob French (Main Arena)
September 23	Fall Craft Fair (Meeting Rooms 1, 2 & 3)
October 6	Inclusive Recreation and Parasport Session (Main Arena & Studio)
October 21	Halloween Craft Fair (Meeting Rooms 1, 2 & 3)
October 21	Relay 4 Life (Studio Main, Lobby)
November 1 – 4	Municipalities Newfoundland and Labrador Conference (Civic Centre - All venues)
November 18	Hospital Gala Fundraiser (Studio Main, Lobby)
November 24 – 26	Holiday Wishlist Expo (Studio Main, Lobby)
Dec 2	Christmas Craft Fair (Studio Main, Lobby)
Jan 17 – 20	Scotiabank Hockey Day in Canada (Entire Civic Centre)
Feb 3	Silver Blades Competition (Main Arena & Meeting Rooms)
Feb 17	Winter Carnival Craft Fair (Studio Main, Lobby)
Mar 2 – 4	Captain Cook’s Hockey Tournament (Main & Kinsmen Arenas, Meeting Rooms)
Mar 24 – 25	Saltos Gymnastics Provincials (Studio Main)
Mar 24	Easter Craft Fair (Meeting Rooms 1, 2, 3)
April - Dates TBD	Corner Brook Minor Hockey Provincial Tournament (Main and Kinsmen Arenas)
Apr 13 – 15	RV Show (Main Arena)

This list is subject to change



Submitted Photo



SPCA NL West SPCA

Our shelter is opened to the public Tuesday – Sunday 10am-1pm. .
Animals for adoption and upcoming fundraisers can be viewed on our Facebook page, NL WEST SPCA, or our website nlwestspca.com

CRAFTSCAPE - November 18
at Civic Centre



Corner Brook Transit

www.cornerbrook.com

CORNER BROOK TRANSIT SCHEDULE: ROUTE 1 - MONDAY TO FRIDAY

Times	Route 1										
★ Main Transfer Terminal	7:00 AM	8:00 AM	9:00 AM	10:00 AM	11:00 AM	12:00 PM	1:00 PM	2:00 PM	3:00 PM	4:00 PM	5:00 PM
A) Birchy Cove Drive	7:08 AM	8:08 AM	9:08 AM	10:08 AM	11:08 AM	12:08 PM	1:08 PM	2:08 PM	3:08 PM	4:08 PM	5:08 PM
B) Petries Street/O'Connell	7:13 AM	8:13 AM	9:13 AM	10:13 AM	11:13 AM	12:13 PM	1:13 PM	2:13 PM	3:13 PM	4:13 PM	5:13 PM
C) Georgetown Road	7:16 AM	8:16 AM	9:16 AM	10:16 AM	11:16 AM	12:16 PM	1:16 PM	2:16 PM	3:16 PM	4:16 PM	5:16 PM
D) Curling St/Birchy Cove Dr.	7:19 AM	8:19 AM	9:19 AM	10:19 AM	11:19 AM	12:19 PM	1:19 PM	2:19 PM	3:19 PM	4:19 PM	5:19 PM
★ Main Transfer Terminal	7:30 AM	8:30 AM	9:30 AM	10:30 AM	11:30 AM	12:30 PM	1:30 PM	2:30 PM	3:30 PM	4:30 PM	5:30 PM
E) Grenfell Campus	7:35 AM	8:35 AM	9:35 AM	10:35 AM	11:35 AM	12:35 PM	1:35 PM	2:35 PM	3:35 PM	4:35 PM	5:35 PM
F) Interfaith Cottages	7:40 AM	8:40 AM	9:40 AM	10:40 AM	11:40 AM	12:40 PM	1:40 PM	2:40 PM	3:40 PM	4:40 PM	5:40 PM
G) WMR Hospital	7:45 AM	8:45 AM	9:45 AM	10:45 AM	11:45 AM	12:45 PM	1:45 PM	2:45 PM	3:45 PM	4:45 PM	5:45 PM
H) Corner Brook Plaza	7:47 AM	8:47 AM	9:47 AM	10:47 AM	11:47 AM	12:47 PM	1:47 PM	2:47 PM	3:47 PM	4:47 PM	5:47 PM
I) Murphy Square	7:55 AM	8:55 AM	9:55 AM	10:55 AM	11:55 AM	12:55 PM	1:55 PM	2:55 PM	3:55 PM	4:55 PM	5:55 PM

CORNER BROOK TRANSIT SCHEDULE: ROUTE 2 - MONDAY TO FRIDAY

Times	Route 2										
★ Main Transfer Terminal	7:00 AM	8:00 AM	9:00 AM	10:00 AM	11:00 AM	12:00 PM	1:00 PM	2:00 PM	3:00 PM	4:00 PM	5:00 PM
A) WMR Hospital	7:03 AM	8:03 AM	9:03 AM	10:03 AM	11:03 AM	12:03 PM	1:03 PM	2:03 PM	3:03 PM	4:03 PM	5:03 PM
B) Corner Brook Plaza	7:08 AM	8:08 AM	9:08 AM	10:08 AM	11:08 AM	12:08 PM	1:08 PM	2:08 PM	3:08 PM	4:08 PM	5:08 PM
C) Murphy Square	7:12 AM	8:12 AM	9:12 AM	10:12 AM	11:12 AM	12:12 PM	1:12 PM	2:12 PM	3:12 PM	4:12 PM	5:12 PM
D) Hiscock Manor	7:15 AM	8:15 AM	9:15 AM	10:15 AM	11:15 AM	12:15 PM	1:15 PM	2:15 PM	3:15 PM	4:15 PM	5:15 PM
E) Brake's Cove	7:20 AM	8:20 AM	9:20 AM	10:20 AM	11:20 AM	12:20 PM	1:20 PM	2:20 PM	3:20 PM	4:20 PM	5:20 PM
★ Main Transfer Terminal	7:30 AM	8:30 AM	9:30 AM	10:30 AM	11:30 AM	12:30 PM	1:30 PM	2:30 PM	3:30 PM	4:30 PM	5:30 PM
F) Vi's Confectionary	7:37 AM	8:37 AM	9:37 AM	10:37 AM	11:37 AM	12:37 PM	1:37 PM	2:37 PM	3:37 PM	4:37 PM	5:37 PM
G) Interfaith Cottages	7:42 AM	8:42 AM	9:42 AM	10:42 AM	11:42 AM	12:42 PM	1:42 PM	2:42 PM	3:42 PM	4:42 PM	5:42 PM
H) Pratt Street	7:45 AM	8:45 AM	9:45 AM	10:45 AM	11:45 AM	12:45 PM	1:45 PM	2:45 PM	3:45 PM	4:45 PM	5:45 PM
I) Grenfell Campus	7:50 AM	8:50 AM	9:50 AM	10:50 AM	11:50 AM	12:50 PM	1:50 PM	2:50 PM	3:50 PM	4:50 PM	5:50 PM

Access route information, transit stops, schedule and fare information to make trip planning quick and easy.



Corner Brook Winter Carnival Photos

Museum

The Corner Brook Museum & Archives

Journey through time in one of Corner Brook's oldest buildings. Built in 1925 to house the Courtroom, Post Office, Customs and Telegraph Office, this heritage building is now home to collections of natural, cultural and social history of Corner Brook and Western Newfoundland.

The Corner Brook Museum and Archives will be conducting programming in the Fall and Winter including continuing our ongoing lecture series. Please watch local media and our twitter page for updates.

MUSEUM GUIDED TOURS AVAILABLE:

DATE:	TIME:
December - April	The Museum is closed, but prearranged group tours as well as archival services are available during this period. Please contact us to find out more or to book a time
May - June and Sept. - Nov.	Monday - Friday: 10:00 a.m. - 12:30 p.m.; 1:30 p.m. - 4:30 p.m.
July - August	Monday - Sunday: 9:00 a.m. - 5:00 p.m.
Admission: Adults - \$6.00; Youth - \$4.00	

Location: 2 West Street, Corner Brook.
Please contact us: E-mail: Info@cornerbrookmuseum.ca.
Phone: 709-634-2518. Twitter: @cbrookmuseum

Winter Carnival

Corner Brook Winter Carnival

Get ready to celebrate the Corner Brook Winter Carnival's 47th Anniversary!

February 16th - February 25th, 2018

Come out and enjoy the 47th Corner Brook Winter Carnival from Friday, February 16th – Sunday, February 25th, 2018.

Don't miss "Leif the Lucky" as he emerges from his wintery hut once again to officially open Winter Carnival 2017!!!

Don't miss out on the greatest 10 days of fun filled events! From our Opening Ceremonies at City Hall and Margaret Bowater Park, sponsored by the City of Corner Brook, and the many community sponsored events to the Leifling contest for our younger kids and the Ambassador contest for our youth.

This winter celebration has something for everyone!

<http://cornerbrookwintercarnival.ca/>
or email cbwc@nf.aibn.com

Trails

Corner Brook Stream Trail

The trail winds through the city, following the meandering Corner Brook Stream. The trail is groomed and has rest areas throughout the three diverse sections of the trail.

The downtown trail features the Glynmill Inn Pond where a family of swans is the star attraction. You can access this part of the trail via:

- Glynmill Inn - 1B Cobb Lane
- Margaret Bowater Park - O'Connell Drive
- City Hall - 2 Mount Bernard Avenue
- Sir Richards Squires Building - O'Connell Drive at Mount Bernard Avenue
- Park Street - next to Sorrento's
- Corner Brook Port

The upstream section takes walkers through an exciting natural gorge area offering spectacular views. The sunset from this area is amazing! Access this part of the trail via:

- Crockers Road - near Exit 5, Trans Canada Highway. Three Bear Mountain offers walkers a panoramic view of the City of Corner Brook. A short walk will bring you to information panels on the various scenes that you are able to view from this spot. Access point is:
 - From the parking lot of O'Connell Centre located at 1 Hospital Hill
- Online maps and trail descriptions are available at

www.cbstream.com



Post Secondary Education

Western Newfoundland and Labrador School District operates five elementary schools, two junior high schools, and one high school in Corner Brook. The schools are located throughout the city and school busses are available to children who live too far to walk to the school. In addition, the Catholic School Foundation of Corner Brook operates a private school.

Grenfell Campus Memorial University

A campus of Memorial University of Newfoundland, is the largest post-secondary institution in the city.

Grenfell has 1,400 students and offers 16 undergraduate degree programs in sciences, arts, fine arts, business, and nursing. Address: University Drive. Phone: 709-637-6200.

College of the North Atlantic

Has more than 800 students and offers diplomas in engineering technology, business, information technology, health, applied arts, industrial education, and a unique concentration of tourism-natural resources programs. Address: O'Connell Drive. Phone: 709-637-8530.

Academy Canada

Is the largest independent career college in Eastern Canada. The Corner Brook campus has 400 students in their trades and technology programs, which include carpentry, electrical, plumbing, welding, cooking, esthetics, business, and office administration. Address: University Drive. Phone: 709-637-2100.

Grade Schools

PRIMARY-ELEMENTARY SCHOOLS

C.C. Loughlin Elementary

Located near the centre of the city and offers French Immersion, an opportunity for your child to be educated in French; however, there is an English program at the school as well. Address: Citadel Drive. Phone: 709-639-8988.

J.J. Curling Elementary

Located in the Curling area which is in the western part of the city. Address: Woodbine Ave. Phone: 709-785-2814.

Sacred Heart Elementary

Located in the Curling area. Address: Curling Street. Phone: 709-785-5119.

Immaculate Heart of Mary

Catholic private school offering grades junior kindergarten to grade 9. Address: 112 Humber Road. Phone: 709-634-1700.

Junior High School

Corner Brook Intermediate

Located on 11 Mount Bernard Ave, Corner Brook NL. Phone: 709-639-9541

High School

Corner Brook Regional High School

Located in the central area of the city. Address: 12 University Drive Corner Brook, NL. Phone: 709-634-5258

School Zones and Bus Transportation

The school your child will attend depends on where you live in the city. The school board assigns areas of the city for each school to coordinate the bus routes to each school.

The exception is the students in French Immersion programs at C.C. Loughlin Elementary and Presentation Junior High. Students may attend these schools, regardless of where they live.

Library

Corner Brook Public Library

4 West Street, Corner Brook, NL A2H 0C1; (709) 634-0013

HOURS OF OPERATION: Sept. 2017 - June 2018

DATE:	TIME:
Sunday/Monday	CLOSED
Tuesday to Thursday	10:00 a.m. - 8:30 p.m.
Friday	9:00 a.m. - 5:00 p.m.
Saturday	10:00 a.m. - 5:00 p.m.

Regular programming: *All regular programs run from September through May and are subject to change*

INFORMATION SESSIONS:

Representatives from Corner Brook businesses, organizations, charities, etc., provide the public with detailed information and answer any questions or concerns regarding the entity they represent. The sessions occur monthly and the specific time for each session varies but will be announced in advance. No registration is required.

TOT TIME:

Half an hour of stories and activities for children 18 months – 3 years. Held bi-weekly, the 1st and 3rd Tuesday of the month from 10:30 – 11:00, registration is required.

PRESCHOOL STORYTIME:

Half an hour of stories and activities for children aged 3 – 5 years. During these months, Storytime runs from 10:30 to 11:00 am every Saturday Morning. Registration Required.

Corner Brook Public Library Photos



BABY STORYTIME:

Half an hour of stories and activities for families with babies. Held bi-weekly, the 2nd and 4th Tuesday of the month from 10:30-11:00.

SENSORY STORYTIME:

Half an hour of stories and activities for families with children on the Autism Spectrum, as well as other who wish to attend. This is followed by a half an hour of sensory playtime. This is held twice a month on Saturdays. Consult the library for times.

KIDS' CORNER:

An hour of literacy-based activities and crafts for children aged 6 – 10 years. Held on the last Thursday of each month from 6:30 – 7:30, registration is required.

BOOKWORMS BOOK CLUB:

A book club for children aged 9 – 12 years. Held on the 1st Thursday of the month, from 6:30 – 7:30, registration is required. Note: last session until September will be in June.

CRAFTERS FOR A CURE:

"NEW" Program starting up in September. Anyone interested in participating in knitting, sewing or other crafting initiatives to donate back to community groups. Meetings will be held two mornings throughout the week and one evening. Consult the library for day and times.

TABLETOPPERS:

"NEW" Program. Held on 2nd Thursday of the month @ 6:30 pm and one Saturday or the month. Consult the library for dates and times.

TEEN BOOK CLUB (SNICKERDOODLES):

A book club for ages 13-17 years. Held on the 3rd Thursday of the month, from 6:30 – 7:30, registration is required. Note: last session until September will be in June.

ADULT BOOK CLUB:

A book club for adults, held on the 4th Tuesday of the month from 6:30 –

7:30, registration is required.

ADULT SOCIAL CLUB:

This group of adults meet to play cards, board games and so much more, held once a month on the 2nd Tuesday of the month from 6:30 – 7:30.

CREATIVE WRITING GROUP:

This is open to interested persons who have a passion for writing and editing, held on the 1st Tuesday of every month from 6:30 – 8:00, registration is required.

NATIONAL FILM BOARD –

At various times throughout the summer a film from the National Film Board is presented. This is open to the public for viewing. Please drop by, sit back and enjoy a "free" movie night.

EVERY CHILD READY TO READ:

This Department of Education supported initiative is being held at Libraries throughout the whole Province. Program involves activities for Parents/ Caregivers and their Children ages 0 - 5 to learn how talking, singing, reading, writing and playing with your child helps them to become lifelong learners! Reading is essential to school success. Start now to help your child get ready to read! The Five Sessions include: "Fun for Children and Parents/ Caregivers", "Fun with Letters", "Fun with Words", "Playtime Fun" and "Fun with Math and Science". Registration Required. Held at various times throughout the year. Consult the library for times.

All programs take place on the children's (2nd) floor of the library and are free of charge. Specific dates and times will be posted on our website as well as our Twitter feed and Facebook page. To register for programming visit us in person at 4 West Street or call 634-0013. Please note that online registration is not available.

Drop by the library to pick up your monthly calendar. All events are FREE !

Find us online: www.nlpl.ca; Facebook: Corner Brook Public Library; Twitter: @CBNLLibrary



Arts

Rotary Arts Centre

Not for profit theatre, art galleries and studio's

A variety of theatre, music, art exhibits, artists talks, workshops and more take place at the RAC. For events, dates, and times please visit our website www.rotaryartscentre.ca, email info@rotaryartscentre.ca or call 630-0012

5 Park st. Unit 101. Lower level City Hall

Safe Harbour Expressive Therapies Studio

EARLY MORNING PAINTING FOR RELAXATION

Wake up and get those creative juices flowing with professional art therapist and artist, Sandra Hewitt-Parsons! Let Sandra show you how art making can actually reduce stress while increasing your sense of well-being. Paint your way into a better day in these small informal groups!

MORNINGS AVAILABLE: MONDAY - THURSDAY

Times: 8:30 to 10:00 AM or 10:30 to 12:00 PM

Bring your own supplies for \$20 / session or \$60 / 4 sessions.
All supplies are included for \$25 / session or \$80 / 4 sessions

To sign up, contact Sandra at 632 9464 or email safeharbourstudio@gmail.com

Scottish Country Dancing

THE SCOTTISH HERITAGE SOCIETY

Every Thursday the Scottish dancers meet at 7:45 p.m. in the lower level of the St. John the Evangelist Cathedral, Main Street.

People of all ages gather in a friendly and welcoming atmosphere to learn Scottish country dances. Come and join us for an evening of fun, exercise and camaraderie.

The fee is \$25 for the year, \$15 for the half year. Start up date is Thursday, September 7th. For more information, please call 634-3067

Bay of Islands Musical Arts Program for Fall 2017 & Winter 2018

NOVEMBER 26: THE BAY OF MUSICAL ARTS ADULT (BIMA) CHORUS WILL PRESENT ITS ANNUAL CHRISTMAS CONCERT: -- "Sounds of Christmas Fill the Air" -- at the Cathedral of St. John the Evangelist (Anglican, 25 Main St) on Sunday evening, November 26 at 8 pm. Special choral guests will be "Cantabile," a high school girls' chorus. Both choirs will sing under the direction of Dr. Jennifer Matthews, while the BIMA Chorus will be accompanied by Dr. Doreen Helen Klassen. Tickets are \$20 and are available at Gary Bennett Music or at the door.

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DECEMBER 20: THE BAY OF MUSICAL ARTS ADULT CHORUS

will present the Christmas portion of Handel's Messiah at the Cathedral of St. John the Evangelist (Anglican, 25 Main St) on Sunday evening, December 20 at 8 pm. Guests soloists TBA. Tickets are \$20 and are available at Gary Bennett Music or at the door.

The Corner Brook Jazz Ensemble

The Corner Brook Jazz Ensemble has made its musical mark over the last couple of years. They have been busy performing at CBI Spring Concert, for the Janeway Children's Miracle and Broken Earth Fundraiser. They had a joint concert with Acabella at Swirsky's and recently opened the Summer Park Concert Series.

The band consists of traditional Big Band instruments like saxes, trumpets, trombones, percussion, piano, and bass. The band's repertoire is a mix of big band music, pop, and some rock tunes. The band rehearses weekly, usually at CBI and visitors are welcome. Experienced musicians are welcome to sit in, or apply to become regular members. The band is available for Charitable Fund Raisers, Civic Events and it may consider commercial functions. For further information, please contact Aga Smies phone (709) 640-1282; email: aesmies@yahoo.ca or check our Facebook page.

Theatre

Theatre of Newfoundland and Labrador



SEPT. 11-NOV. 20, 2017

SARA...H MCDONALD YOUTH THEATRE (FALL SEMESTER)

Classes begin September 11th for the fall semester of the Sara...H McDonald Youth Theatre Program and will continue for 10 sessions. We have a busy year planned with lots of new stuff to learn, and plenty of opportunities to hit the stage and show off what you've learned! We're also very excited to be adding a Stagecraft class to our curriculum this year, for students who have an aptitude for the many technical theatre positions that support our acting program. Registration for the fall opens on August 15th! Call (709) 639-7238 for details, or email Adam at youth@theatrenewfoundland.com

Grs 1 & 2 (Trouts)
Wednesday 4-5pm

Grs 7 - 9 (Sleeveens)
Monday 4-5:30pm

Gr 3 & 4 (Duckies)
Thursday 4-5:00pm

Grs 10, 11, 12 (Hard Cases)
Thursday 6-7:30pm

Gr 4 & 5 (Roustabouts)
Friday 4-5:30pm

StageCraft (Grs 9-12)
Saturday 1-3:00pm

Grs 6, 7, 8 (Streels)
Wednesday 6-7:30pm



Theatre Newfoundland Labrador

SEPT. 29, 2017

DOUGHBOY JAM

Doughboy Jam is a unique puppet presentation by the students of the Sara...H McDonald Youth Theatre Program. Through the use of human-size "Doughboy" puppets, the students will present 3 five-minute original shorts, each ruminating on a different theme. The shorts will be performed in unconventional spaces during the Nuit Blanche event being held September 29th in beautiful downtown Corner Brook. The performances can be funny, scary, touching but one thing is for sure, they will be completely surprising!

OCT. 27 & 28, 2017**ESCAPE!**

On October 27th and 28th, TNL will present "ESCAPE!" at a yet to be revealed secret location!

Escape rooms are live action team based games, where you and three of your closest friends must work together to find solutions to puzzles to help you get out in time! Students from the Technical Theatre Production class combine with members of our acting program to create a diabolical puzzle room sure to challenge your senses and your courage. "ESCAPE" is a 4-player experience, and must be booked in advance by calling TNL at (709) 639-7238. Reservations open on Oct. 2ND

NOV. 30-DEC. 2, 2017**ED & ED'S NUTCRACKER (NEWFOUNDLAND) CHRISTMAS CONCERT**

An old time Newfoundland Christmas Concert hosted by the venerable Ed & Ed! Skits, songs, carols and special guests for a hilarious evening of pre-Christmas frolic. Come and unwrap some Christmas surprises with us! All this takes place at the Corner Brook Arts and Culture Centre, Nov. 30 & Dec. 1 at 8 pm and Dec. 2 at 2 pm.

It's Christmas Eve and there's a huge Christmas Concert on the go and Ed and Edna are the hosts. Everyone's having a wonderful grand time except Ed who's sad because this is Young Ed's first Christmas away from home — he's working in Fort Mac. The evening takes a turn when Young Edna opens her present — a life sized Young Ed Nutcracker soldier who magically comes to life. An evening of song, skits and satire that will start your Christmas season with a good old Newfoundland "time." We're throwing everything under the tree from a "Year-in-Review" to predictions for the new year. There'll be Christmas songs and carols under the expert direction of Allison Crowe, appearances by special guests, and skits that send up local and provincial personalities and news.

There'll be a special appearance by the Sara...H McDonald Youth Theatre and, of course, all hosted by those Newfoundland treasures, Ed and Ed and Edna.

The Ed's will present their version of E.T. Hoffmann's The Nutcracker and the Mouse King as presented in Tchaikovsky's ballet, which will be choreographed by Corner Brook's own Candice Pike. Ed as the Sugar Plum Fairy, Edna as the Mouse Queen dancing the romantic ballet, The Roast Beef Waltz.

Our Youth Theatre will perform the Jiggs Dinner Reel with Young Edwin leading the Peas Pudding Prance.

And, if that wasn't enough, there might be a special guest or two!

Book your tickets at www.artsandculturecentre.com or call 709-637-2580

JANUARY 8 – MARCH, 2018**SARA...H MCDONALD YOUTH THEATRE (WINTER SEMESTER)**

Classes begin for the Winter semester at TNL on January 8th and will continue for 10 sessions. Students will gain a deeper understanding

of preparing for production in this second term as we prepare for 3 separate performances in 3 different venues around Corner Brook. Again, our StageCraft students will build, design and manage the technical aspects of our productions. Registration for the Winter Term Begins November 13th! Call (709) 639-7238 for details or email Adam at youth@theatrenewfoundland.com

Grs 1 & 2 (Trouts)
Wednesday 4–5pm

Gr 3 & 4 (Duckies)
Thursday 4–5:00pm

Gr 4 & 5 (Roustabouts)
Friday 4–5:30pm

Grs 6, 7, 8 (Streels)
Wednesday 6–7:30pm

Grs 7 – 9 (Sleeveens)
Monday 4–5:30pm

Grs 10, 11, 12 (Hard Cases)
Thursday 6–7:30pm

StageCraft (Grs 9-12)
Saturday 1-3:00pm

FEB. 2018 (actual date TBD)**GET ME ANOTHER ONE (A MUNSCH UP WITH LOUIS GEES) BASED ON THE BOOK BY ROBERT MUNSCH, ADAPTED BY ADAM BRAKE**

Kristi has finally persuaded her dad to take her fishing. But when a big wave washes her over the side, her dad is horrified. He manages to catch her, but he can't pull her in to the boat because she's holding an ENORMOUS fish! On (date) in February, The Students of the Sara...H McDonald Youth Theatre program present a Dinner Theatre FOR kids BY kids at the Palace theatre with Pizza from the best pizza place in CeeBee, Louis Gees! Tickets are available by reservation only by calling (709) 639-7238

MARCH, 2018 (actual date TBD)**A WONDERFUL DOGFISH RACKET BY SARA...H MCDONALD (BASED ON THE BOOK BY TOM DAWE)**

In March 2018, the Sara...H McDonald Youth Theatre will perform as part of the Corner Brook March Hare celebrations. Students will perform a staged reading of Sara...H McDonald's last work, as a tribute to her work as a writer in addition to her many other contributions to our program. In the 1930s Newfoundland's Commission of Government issued a bounty on dogfish. Fishermen were paid a small sum for all dogfish caught. Mountains of stinking fish began to pile up in many places around the coast, creating a health hazard. But the dogfish kept coming to the trawls. There was no relief until the cycle ran its course and the creatures left on their own.

APRIL 26-29, 2018**ROMEO AND JULIET BY WILLIAM SHAKESPEARE**

In April 2018 the Sara...H McDonald Youth Theatre will present Shakespeare's classic tale, set in contemporary rural Newfoundland. The Montagues and Capulets are in constant strife in their small village. The love of two young starcrossed lovers will change the trajectory of the families and the town forever. Students will learn about the similarity of the NL dialect to Shakespeare's dialect of the time. Using our voice, we will reimagine the classic tale in our home and our time.



Gros Morne Summer Music Photo

Theatre continued...

Gros Morne Summer Music

THE GRAHAM ACADEMY MUSICAL THEATRE PROGRAM

September 18, 2017 – June 3, 2018

The Graham Academy Musical Theatre Programs are designed to ignite imagination and boost confidence while providing aspiring young performers with opportunities to learn from passionate performing arts professionals in a performance-based multi-disciplinary environment. Programs run from September to June, providing weekly training sessions and performance opportunities throughout the year. They are designed to challenge experienced participants, while cultivating the confidence and abilities of new performers. All youth are welcome! Performances include joining The Once onstage, a November Cabaret, the GSM SM Gala, the Rotary Music Festival, and a Spring Show for each group!

Senior Groups (Grades 3-12) will be led by Ian Locke and Ryanne Spencer year-round, with Yvette Coleman and Kelly-Ann Evans leading semester end productions. We are also proud to announce year-round classes for the youngest lovers of musical theatre (Pre-K to Grade 2)! Led by Ian Locke, with guest faculty, weekly sessions and limited performances inspire our tiniest members to explore their love of music, theatre, and movement.

Check out www.gmsm.ca/graham-academy/, and The Graham Academy on Facebook for all of our programming and registration information, or contact us at grahamacademyinfo@gmail.com.

ATLANTIC GIRLS CHOIR

September 8, 2017 – April 28, 2018

The Graham Academy is very excited to be the host for the west coast branch of the Atlantic Girls Choir! Conducted by Jennifer Beynon-Martinec and Linda Carr, this is the perfect place for any girl aged 4-18 with a passion for singing. Weekly rehearsals will occur on Thursday (ages 4-6) and Friday (ages 7-18) afternoons, and there will be performances and retreats throughout the year!

Check out www.gmsm.ca/graham-academy/, and The Graham

Academy on Facebook for all of our programming and registration information, or contact us at grahamacademyinfo@gmail.com.

GROS MORNE SUMMER MUSIC FALL SEASON

After another summer of theatre and music, GSM SM is back with a collection of fall shows!

The Dave Peddle Band with special guests Anita Best and Tom Brennan
Saturday, September 16, 2017 – Rotary Arts Centre

THE ONCE FEATURING THE STUDENTS OF THE GRAHAM ACADEMY MUSICAL THEATRE PROGRAM AND THE ATLANTIC GIRL CHOIR

Saturday, September 23, 2017 – Corner Brook Arts and Culture Centre

For more information on our fall season, and for tickets, please check out www.gmsm.ca, or email info@gmsm.ca.

GRAHAM ACADEMY NOVEMBER CABARET

Saturday, November 4, 2017 7:00 pm

Join the Graham Academy students for their first production of the year. With musical direction by Gary Graham and faculty, this is sure to be a delightful night of Musical Theatre!

For more information and for tickets, please check out www.gmsm.ca, or email info@gmsm.ca.

GROS MORNE SUMMER MUSIC CHRISTMAS GALA AND SILENT AUCTION

Friday, December 22, 2017 – Corner Brook Arts and Culture Centre

GSM SM kicks off the Christmas holidays with the annual GSM SM Gala and Silent Auction. With performances featuring members of the GSM SM Family and students of the Graham Academy, the Gala is sure to have you leaving with the Christmas Spirit!

For more information and for tickets, please check out www.gmsm.ca, or email info@gmsm.ca.

Parks

Margaret Bowater Park

Margaret Bowater Park offers a supervised natural swimming area with change area and canteen services during July and August. There are two playgrounds, and a performance stage and open spaces. The space, facilities and central location makes it "the" host venue for special events including the Sounds of Summer Concert Series, Canada Day Celebration, Corner Brook Day Celebration, and the Corner Brook Winter Carnival. Located on O'Connell Drive (between University Drive & West Valley Road)

Majestic Lawn

Situated near the West Street business district, Majestic Lawn boasts a large open space area, a gazebo with access to electricity and a tree lined perimeter. Whether eating lunch on a summer day or listening to entertainment, this facility offers a variety of recreational and cultural events.

To book this space for an event please call 637-1232.

Bartlett's Point Park

A day park situated on the shoreline of the Bay of Islands in the Curling area of the city. It features a playground, walking trails, picnic areas, washrooms and access to the beach adjacent to the local marina. There are interpretive features that provide history of the Bartlett family; early settlers who played a prominent role in the community's development. It is a fabulous place to relax and enjoy spectacular sunsets over the mountains and salt water. Free parking is available via the Bay of Islands Yacht Club.



Playgrounds

The City of Corner Brook has a number of unsupervised playgrounds designed for children from 2 to 12 years of age. The playgrounds are regularly maintained and adhere to Canadian Standards for Children's Play Spaces.

- MARGARET BOWATER MUNICIPAL PARK
O'Connell Drive
- J.J. CURLING ELEMENTARY MUNICIPAL PLAYGROUND
Woodbine Avenue
- ST. MARK'S AVENUE MUNICIPAL PLAYGROUND
St. Mark's Avenue
- EAST VALLEY ROAD MUNICIPAL PLAYGROUND
East Valley Road
- CARBERRY ROAD MUNICIPAL PLAYGROUND
Carberry Road

In addition to these parks there are some ancillary parks in the other areas of Corner Brook.

Dog Park

Rotary Club of Humber Dog Park

Located on Wellington Street, this off leash dog park is open 7 days a week to exercise and socialize your dog.

Pet owners are asked to please keep the facility clean and follow all rules and regulations posted.



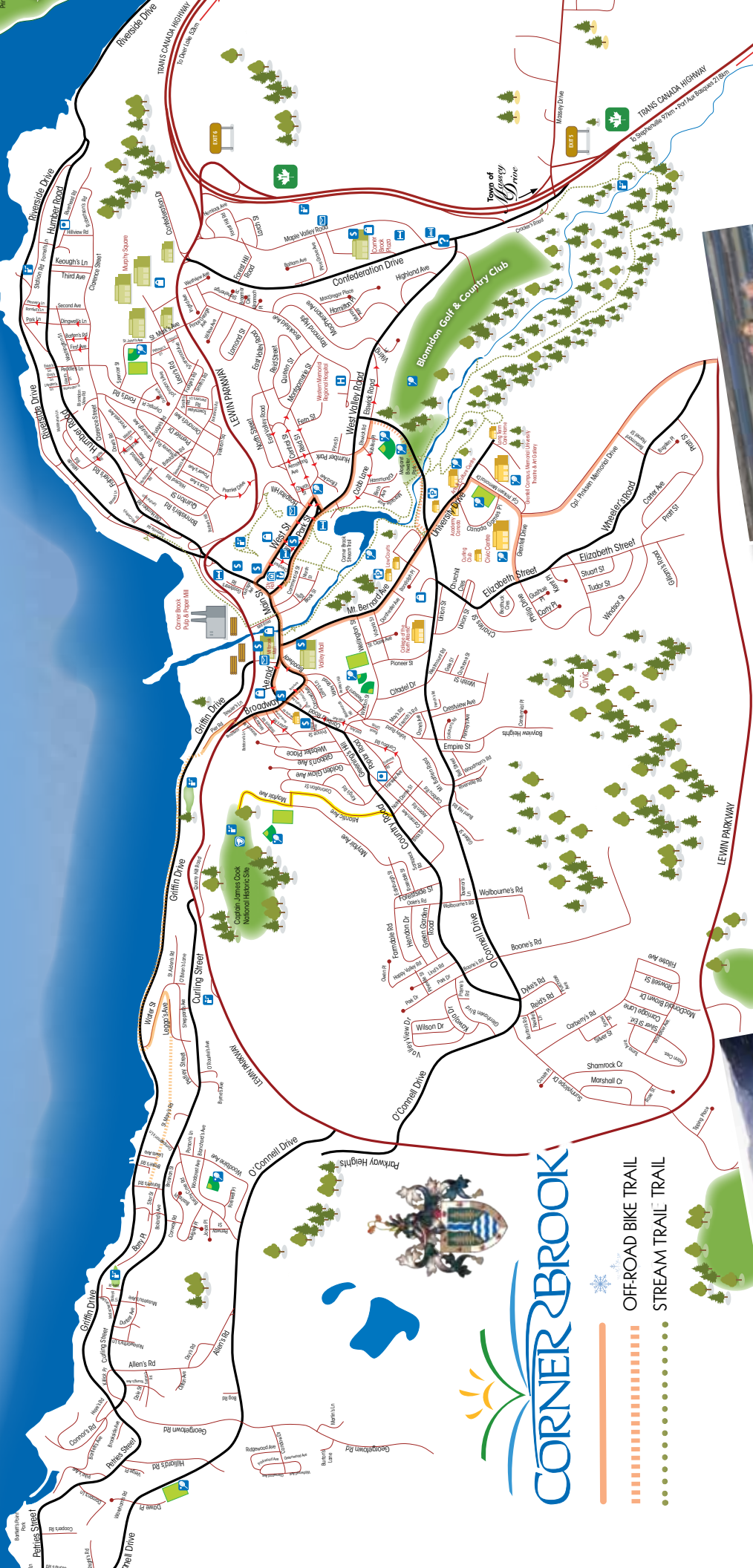
The City of Corner Brook is currently developing programming for all ages in the Civic Centre Studio which will begin in the Fall/Winter.

THIS WILL INCLUDE FITNESS CLASSES, EDUCATIONAL CLASSES, DROP IN SPORTS SESSIONS, AND MUCH MORE!
THE SPACE WILL ALSO BE AVAILABLE TO RENT FOR SPORTS PRACTICES, BIRTHDAY PARTIES, ETC.

If you are interested in putting off a program or would like to provide feedback please contact Robin at rwright@cornerbrook.com. Keep checking our website & social media for more information and updates!

CITY OF CORNER BROOK BICYCLE TRAIL

The Corner Brook Bicycle Trail system offers a fun, healthy, and environmentally friendly alternative to driving your vehicle in the city. Remember to always wear a properly fitted helmet and obey the rules of the road!



-  OFFROAD BIKE TRAIL
-  STREAM TRAIL TRAIL



Gros Meme Summer Music Photo

Corner Brook Winter Carnival Photo

Bake's Gym Photo

Salios Gymnastics Photo

Rugged Edge Photo

Gros Meme Summer Music Photo