Living with diabetes?

Talk to us today – we have a Certified Diabetes Educator on-site.

Our Certified Diabetes Educator (CDE) can help you:

- Better understand your medications
- Improve your lifestyle
- Take a whole-health approach to managing diabetes

Visit your local Shoppers Drug Mart Pharmacy to learn more about how we can help you live well with diabetes.

CDE support is available at:

SHOPPERS DRUG MART #547
43 Marion St
204-233-8458

HOURS
Mon - Sun: 8:00 AM - 10:00 PM

Your health. Made easier.

SHoppers Drug Mart

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Rates from $129

Norwood Hotel

tel. 204.233.4475
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norwood-hotel.com

Please call Heather to arrange a tour. www.buls.ca • admissions@buls.ca

204-984-9600 EXT 4

Dan Vandal
MP / député
Saint-Boniface - Saint-Vital

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Winnipeg MB R2H 1J2
204.983.3183
Dan.Vandal@parl.gc.ca
www.danvandal.ca

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Norwood Community Centre
SPRING 2018 NEWSLETTER

R.A. HUGHES INSURANCE
R.A. Hughes Agencies Ltd.
MOTHER’S DAY PANCAKE BREAKFAST
SUNDAY, MAY 6, 2018
9 – 11 AM
Please come join us for some delicious pancakes and to celebrate the wonderful Mothers in our community. Silver Plate Collection.
For further information please contact Jamie McGurran at jamie.mcgurran@gmail.com.

YOUTH DROP-IN NIGHT
FRIDAY, MAY 11, 2018
7 – 9PM
What’s happening:
• Ping Pong, Foosball & Pool Tables
• Street Hockey (bring your stick), Floor Hockey or Bring your Football
• Bring your guitar (music maker) for Busker’s Corner
• Music
• The Classics: Tag and Hide & Go Seek
• Mantracker
• Bring your favourite board/card game
• Canteen! (Bring your reusable cup)
• Music
• Bring your guitar (music maker) for Busker’s Corner
• Ping Pong, Foosball & Pool Tables

The event will be chaperoned by adults, but there will be no monitoring of attendance – youth are free to come and go.

Contact: Leslie norwoodccyouthconvenor@gmail.com

Call Lisa Reid...We’re All Ears!
204.837.4327
Winnipeg • 412 Marion St
We offer FREE citywide shuttle service.

Norwood Community Centre – 1
• Outdoor play and much more!
• Water/sand play
• Storytelling
• Science experiments
• Dramatic play
• Creative arts
• Cooking
• Singing

such as:

activities that reflect our community
child-inspired, seasonally directed,
to free, unstructured play we also offer
children learn through play. In addition
Norwood Nursery we believe
Southdale for 40 years and counting!
Flats, St. Boniface, Windsor Park and
Norwood Nursery School has been
SCHOOL
NORWOOD NURSERY
$285/child
limited!

KIDS’ JIU-JITSU
Sundays, 6:30 - 8 pm
February 4 - June 24, 2018
The kids (ages 6-12 years old) have
fun learning self defence,they gain
confidence, and get a great workout, in
a safe controlled environment. Space is
limited!
$285/child

NORWOOD NURSERY SCHOOL
Norwood Nursery School has been
serving the families of Norwood Flats, St. Boniface, Windsor Park and
Southdale for 40 years and counting!
“At Norwood Nursery we believe
children learn through play.”
At Norwood Nursery we believe
children learn through play. In addition
to free, unstructured play we also offer
child-inspired, seasonally directed,
activities that reflect our community
such as:
• Singing
• Cooking
• Creative arts
• Dramatic play
• Science experiments
• Storytelling
• Water/sand play
• Outdoor play and much more!

We have a variety of programs available
for all ages including Part-time Nursery
School for 2-5 year olds, Kinder-care, and
two Before & After School Care
programs for School Age Children.
You can contact us at 204-237-1572 or
email: norwoodnursery@gmail.com or
stop by our location in the Norwood
Community Centre to check out our
caring, inclusive programs and meet our
new Director!

SMURF SOCCER
3 AND 4-YEAR OLDS
(BORN 2015/2014)
Smurf teams play Monday evenings
@ 6:30 from May to June, weather
permitting.

“By now, you’ve figured out
that the main focus
with our youngest
soccer players is FUN!”

Smurf soccer is a great opportunity to
introduce your 3-4 year old to team
sport. Players will be led through a 15
minute practice (ie. fun and games!),
followed by a 15 minute fun-filled
game against another team, followed
by the ever-popular snack time! By
now, you’ve figured out that the
main focus with our youngest soccer
players is FUN! Our teams play against
each other and nearby community
centres including Archwood,
Champlain and Notre Dame.
Late fee of $30.00 will be applied to
registrations after March 20, 2018
Due to high demand, NO registrations
accepted after April 1st.

MINI SOCCER
5 AND 6-YEAR OLDS
(BORN 2013/2012)
Mini teams play on Tuesday and
Thursday evenings @ 6:30 from May
to June, weather permitting

Still 100% fun, just with more basic
game fundamentals designed for 5 and
6 year olds. Our Mini teams typically
practice for 15 minutes, then play a 30
minute game.

The concepts of team sport and the game
of soccer continue to be introduced
at a very basic level, with the primary
emphasis on fun and participation.

PLAYGROUP IS ALIVE AND WELL AND OPEN TO NEW MEMBERS
WEDNESDAYS, 9:15 – 11:15 AM
As we head into winter there is a danger that many Winnipeggers are tempted to go the way of the
bear: Put on weight, stay inside and hibernate until spring.

One excellent way for Norwood parents and caregivers to cope in healthier ways is come out on
Wednesday mornings to the NCC Playgroup. From 9:15-11:15 am children, parents and caregivers can
come together, share a snack and a laugh, and make some new friends in the community.

Playgroup is for children from birth to five years old accompanied by a parent or childcare provider.
There are many toys, activities, and crafts that children can enjoy. The morning includes free play,

You can still come out and pay a half year membership ($35.00 for Feb 7 to June 6) or go for the drop-
in rate of $5.00 per family. (Some say the coffee and adult snack alone is worth the 5 bucks.) Your first
four drop-in fees can be counted as part of the membership fee.

If you have any questions, please contact Debbie at timdeb56@gmail.com or 204-510-3200. We hope
to see you there!
NORWOOD ATHLETIC GROUP TRAINING
MONDAYS AND THURSDAYS, 6:20 – 7:20 PM
APRIL 2 – MAY 31, 2018
“Come out and join us once or twice a week to get fit and have fun!”

Ladies, this is a fun and challenging full body athletic workout that includes cardio, strength, interval and core training, taught by an energetic and enthusiastic certified fitness instructor. All equipment is provided— all that you need is good footwear. Come out and join us once or twice a week to get fit and have fun!

FEES:
- $78.75 twice a week **GST included
- $68.25 once a week **GST included
- Drop in $8.00 per class

For more information please call Wendy @ 204-237-3576 or Carrie @ 204-233-2578

NORWOOD FITNESS PROGRAM
MONDAYS, WEDNESDAYS AND THURSDAYS – 8:30 – 9:30 PM
JANUARY 8 – MARCH 29, 2018

We have something for everyone. Come out and make a positive change in your life.
- 1 day/week membership – $125
- 2 days/week membership – $150
- 3 days/week membership – $165
- Family Membership – $175 (split 4 classes per week)

To register or get more info email Darren: info.norwood.fitness@gmail.com or visit us at www.infonorwoodfitness.wix.com/norwoodfitness

ZUMBA
TUESDAYS AND THURSDAYS, 7 – 8 PM
WINTER SESSION ENDS MARCH 22, 2018
NO EXPERIENCE REQUIRED! Join us for an hour of fun and fitness in the large hall.
Not registered? No worries…drop-ins are welcome for an $8.00 fee.

Spring Session runs April 3 - June 21, 2018.
Register ONLINE or at the first class you attend.
Go to http://www.norwoodcc.ca/programs/zumba for more information and to register.

“The difference between try and triumph is just a little umph!”

PLEASE SUPPORT THOSE WHO SUPPORT US!
A big THANK YOU to our advertisers for helping us get this information out to every household in Norwood Flats. Please support them by buying their products, using their services or simply thank them when you see them. Their participation in an advertising capacity has enabled us to produce and distribute this newsletter at no cost to the Norwood Community Centre.

YOUR AD HERE?
Do you own a business in the area? Do you know someone who may benefit from advertising here? This publication is mailed directly to every household in the catchment of the Norwood Community Centre…over 2500 homes.

If you are interested in placing an ad for the Winter issue, call Lori at (204) 218-7267 or email her at lori@jaemedia.ca