NORWOOD COMMUNITY CENTRE – A
St. Boniface • 204.837.4327
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We are committed to the highest level of professional integrity in all aspects of our practice. We are dedicated to providing the best possible care for our patients. Our team of audiologists and hearing specialists are all highly trained and experienced in the field of hearing health. We offer a wide range of hearing aids and assistive listening devices to meet the needs of our patients. We also offer a comprehensive range of diagnostic testing to assess and treat hearing loss.

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On September 10, Re-Elect / Réélisez
Dougald Lamont
as MLA for St. Boniface
pour Député de Saint-Boniface

204.296.9253
dougald@manitobaliberals.ca

Approved by the Official Agent for Dougald Lamont.

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

• Unique Music Program
  Strings & Early Start Band
• K-8 High Academic Standards
• Early Start French in Kindergarten
• Full-Day Kindergarten (3 or 5 Day Program)

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Norwood Community Centre
FALL 2019 NEWSLETTER

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Thank you to our volunteer coaches - without you, our soccer season would not have been possible. From the amount of laughter that could be heard at games, it’s safe to say soccer season was a huge success!

The NCC Smurf and Mini soccer teams once again had a great season. This year we had four Smurf teams and three Mini teams, and were in a league with teams from Champlain and Notre Dame Community Centres. From the amount of laughter that could be heard at games, it’s safe to say soccer season was a huge success!

Thank you to the parents, friends, and relatives who just as much enjoy seeing the children to sport.

“Thank you to the parents, friends, and relatives who just as much enjoy seeing the children to sport.”

If you are interested in environmental sustainability? Do you have ideas on how to “green” our community? Do you want to meet people in the neighbourhood who feel the same way? Please join the discussion on the Sustainable Norwood Facebook page: https://www.facebook.com/groups/sustainablenorwood/

We also meet in person regularly. If you would like more information, please contact Amanda Wolfe at aerwolf@hotmail.com.

AGM NOTICE
THURSDAY, OCTOBER 17, 7:00 PM
Vote and volunteer for the NCC Executive and Board! Current vacant positions include: Secretary, Members-at-Large, Smurf & Mini soccer convener, and a Youth event convener.

WINTER CARNIVAL
The winter carnival will be happening again on Saturday, February 8, 2020. Stay tuned for details on the NCC website and NCC social media.

SUSTAINABLE NORWOOD
Are you interested in environmental sustainability? Do you have ideas on how to “green” our community? Do you want to meet people in the neighbourhood who feel the same way? Please join the discussion on the Sustainable Norwood Facebook page: https://www.facebook.com/groups/sustainablenorwood/

We also meet in person regularly. If you would like more information, please contact Amanda Wolfe at aerwolf@hotmail.com.
NORWOOD COMMUNITY CENTRE PLAYGROUP
(FOR CHILDREN 0 – 5 YEARS, ACCOMPANIED BY A PARENT OR CHILDCARE PROVIDER)

WEDNESDAY MORNING, 9:15 – 11:15 AM
SEPTEMBER 25, 2019 – JUNE 10, 2020

The NCC Playgroup is designed to be a place where children, parents and caregivers can come together, share a snack and a laugh and make some new friends in the community. There are many toys, activities, and crafts that children can enjoy. The morning includes free play, snack time, and circle time. Parents and caregivers take turns providing snacks for the children and adults. We celebrate the year with a carnival wind-up complete with petting farm, visits from a firetruck and police car, bouncer, painting and bubbles.

NORWOOD NURSERY

What’s new at Norwood Nursery School?
We had an exciting year at Norwood Nursery School! We have two new programs starting in July: A School Age Summer Program (like summer camp- but full-time) and a full-year Preschool program for 3-5 year olds. We will continue to offer Part-time Nursery and Before & After School programs during the school year.
We’ve got lots of fun activities planned for the summer including field trips, Forest School Tuesdays, special guests, a couple of hot lunches, trips to the wading pool and lots of hanging out in the great outdoors! You might see us roaming around the neighborhood with our wagon and a smile.
We still have a few spaces available for the Tuesday/Thursday part-time Nursery school class that runs from 8:45-11:30, September to June. The fees for this program are $10.40/day. If you aren’t familiar with our program we’ve been operating programs in this community since 1979! We are a non-profit, charitable, licensed childcare program for ages 3-12.

“You might see us roaming around the neighborhood with our wagon and a smile.”

Save the date for our AGM on Tuesday, October 8th, 2019 in the Large Hall. We’ll be recruiting new board members and we’d love to have you join the team! A modest dinner andchildminding will be provided.
If you’d like more information about our programs you can visit our website www.norwoodnursery.com, give Corine or Jacquie a call at 204-237-1572, or send an email to norwoodnursery@gmail.com and we’ll be happy to assist you.

INDOOR KIDS’ TENNIS
(FOR CHILDREN AGES 6-8)

TUESDAY EVENINGS STARTING MID-OCTOBER
NORDALE SCHOOL

Indoor Kids tennis lessons will be beginning in mid-October and again after the new year on Tuesday evenings at Nordale school. Kids will learn the FUNdamentals of tennis, learn to rally, games and co-ordination skills, but mostly having lots of fun. Tennis racquets and balls provided. Kids must be between age 6 – 8 years of age. Maximum number of participants is 6 kids. Details will be updated on the NCC website early in the fall.

PLEASE SUPPORT THOSE WHO SUPPORT US!

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ADULT CARDIO TENNIS

WEDNESDAYS, NELSON MCINTYRE COLLEGIATE GYM

Are you interested in learning some tennis skills and playing some indoor tennis, while enjoying a fun, fast-paced, aerobic workout?

The Norwood Community Club is introducing an affordable winter Cardio Tennis Program, suitable for all levels of players. Cardio Tennis is a high energy fitness class that incorporates a variety of tennis skills, as well as movement and footwork drills into a full body, calorie burning aerobic workout.

Players will move and groove, chasing and hitting balls, while listening to some groovy tunes. The lesson will be running on Wednesdays at Nelson McIntyre Collegiate gym and comprise of a maximum of 8 players. All skill levels welcome.

Details will be updated on the club website early in the Fall.

YOGA + PILATES = YOGALATES !!!

WEDNESDAYS AT 7:00 PM

Yogalates is an athletic blend of Pilates and Yoga. A session includes exercises and poses to build core muscles and improve strength, stamina, stability and flexibility. Obtain the benefits of the two disciplines with this perfect workout that can help you get the body you’ve always wanted!

Experience not required. Exercises can be modified for beginners or for those more experienced in either or both disciplines! All that you need is comfortable clothes, a good sense of humour and willingness to have fun while you exercise! Class is at Norwood CC on Wednesday at 7 pm with Heather Fall, Winter and Spring sessions (10 classes per session)

Price $60 per session + $5 Norwood Program Fee

Sign up online: https://www.norwoodcc.ca/programs/club-registration or contact Teri for more information at fabwon@gmail.com. Hope to see you on the courts!

FEES: $35 per person ($15 registration fee and $20 NCC booster fee)

ZUMBA TONING+FITNESS COMBO CLASSES

THURSDAYS, 7:00 – 8:00 PM, NCC LARGE HALL
SEPTEMBER 19 – NOVEMBER 28, 2019

Join us for an hour of fun and fitness. No experience required!

REGISTER ONLINE or at the first class you attend. DROP-INS are welcome for a $10.00 fee. Note: No class on October 31. Minimum 5 participants required otherwise session will be cancelled.

Visit http://www.norwoodcc.ca/programs/zumba for more information and to register.

ADULT MIXED BADMINTON

MONDAYS, 7:00 – 9:30 PM
NORDALE SCHOOL GYM
OCTOBER 2019 – MAY 2020

Come out on Monday evenings and join us for badminton! Our 2019/2020 season begins in early October and runs through until the end of May. Membership fees are payable at the Nordale School gym on any Monday evening during the season. No program is offered during school holidays.

Badminton rackets and birdies are supplied by the Club. The only requirement is a suitable pair of running shoes.

Badminton rackets and birdies are supplied by the Club.

FEES:

$35 per person ($15 registration fee and $20 NCC booster fee)

For more information please call Wendy at 204-237-3576 or Carrie at 204-233-2578. Visit http://www.norwoodcc.ca to register online.

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