

Activity

SPRING-SUMMER 2016

GUIDE

AQUATICS PROGRAMS SPORTS & RECREATION
COMMUNITY HAPPENINGS DAY CAMPS ARTS

Photos courtesy of Dru Kennedy Photography



WWW.CORNERBROOK.COM

COMMUNITY, DEVELOPMENT AND PLANNING

CITY HALL

THANK YOU
FOR GIVING
MY MOM
MORE FEAR

PLEASE SUPPORT
THE JANUARY MARCHON
FOR MAX OUR KID

Message from the Mayor



As Mayor, and on behalf of my City Council colleagues, it is my pleasure to extend warm greetings to residents, and welcome visitors on the 60th Anniversary of the City of Corner Brook. This year we have exciting, innovative programming that will shape our city into one that is vibrant, innovative, inclusive and sustainable.

Corner Brook is known for its wide variety of leisure activities and outdoor events offering citizens an exceptional quality of life. We are a community blessed with natural beauty and remarkable green space that has been set-aside for us to enjoy for many future generations. We have a multitude of recreational opportunities, from walking and cycling trails, tennis courts, soccer and baseball fields, to indoor and outdoor swimming, and an abundance of community facilities and amenities.

Spring is a time of growth, of promising new beginnings, and of finding and fostering new interests. This is a beautiful time of year to get to know our amazing city. From the breathtaking views at Captain James Cook National Historical Site and Three Bear Mountain, to the tranquil Corner Brook Stream Trail, there is no shortage of spaces where you can relax and get in touch with nature. Be sure to visit the rooftop garden at our LEED Silver Certified City Hall for yet another great view of our city.

In Corner Brook we also enjoy the benefit of being home to the many cultural and community groups that enrich our city. Here you will find a unique blend of shops, boutiques, bakeries, coffee bars and restaurants, a beautiful public library and the Corner Brook Museum and Archives. Throughout the city you will also find many art galleries, theatre groups and community agencies that bring vibrancy and culture to our citizens and visitors year-round.

I hope you take every opportunity to explore our exceptional community and discover why Corner Brook is the best place to live, work and raise a family.

Charles Pender
Mayor of the City of Corner Brook



Councillor Linda Chaisson (left) Mayor Charles Pender (centre) and Councillor Mary Ann Murphy (right).
Standing: Councillor Josh Carey, Councillor Keith Cormier, Deputy Mayor Bernd Staeben and Councillor Tony Buckle.

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Call the City's Customer Service Line for service 24 hours a day, 7 days a week: 709-637-1666



Mayor Charles Pender Photo



GET INVOLVED! GET ACTIVE!



Submitted Photos

On the Cover

Photos courtesy of Dru Kennedy Photography, Blomidon Golf Club, Saltos Gymnastics Club, Gros Morne Theatre Festival, Girl Guides of Canada, Walk for MS, Janeway Children's Hospital Foundation and Stage West Theatre

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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.

The Corner Brook Rapids provides a Summer Season morning program (Monday-Friday) for youth including dryland training from July until mid- August.

Our club also provides a Fall/Winter Season from September – 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.



WHAT WE OFFER:

PRE-COMPETITIVE PROGRAM

Ripples: 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: 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.

White Group: Practice 5hrs a week including one morning swim. Work on achieving Provincial Championship Standards and attend two provincial meets each year.

Blue Group: Practice 10 hours a week including three mornings swims. Work to achieve East Coast Championship Standards and attend three provincial meets each year.

Red Group: Practice 12hrs a week including three mornings swims. Focus on achieving National Standards. Attend at least five meets each year, depending on qualifying times.

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

Corner Brook Reflections Synchronized Swim Club

ARTS AND CULTURE POOL

See It Try It and swim into Synchro will be available during the summer months ages 5-18. Participants must be able to swim a length of the pool. Call 709-634-4716. Check out our activities on our Facebook page Corner Brook Reflections.

Corner Brook Running Club Photo



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, May 8	Physical Rehab Spring Opener	Tippings Pond, Massey Drive	11:00 a.m.
Saturday, June 11	Arthur James Sun Run 8 km	Griffin Drive	10:00 a.m.
Saturday, June 25	National Shoe Trail Run	Griffin Drive/ Lewin Parkway	10:00 a.m.
Friday, July 1	Cycle Solutions Extreme 15*	Margaret Bowater Park	11:00 a.m.
Thursday, July 14	BMO Financial Downtown Dash	West Street	6:00 p.m.

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

Blomidon Golf Club Photo



West Coast Cycle Association

Cycle Solutions

There are many weekly group rides, activities, bike and hike tours scheduled throughout the summer. Visit www.cyclesolutions.ca under events for more information.

EVENT SCHEDULE: CYCLE SOLUTIONS

DATE:	Event:
May 15	Mudslide 1 - Prince Edward Park
May 22	Bonne Bay Loop
May 29	Mudslide 2 - Massey Drive
June 4 - 5	Impact Road Race
June 19	Father's Day Duathlon
July 1	Extreme 15 Run Race (Canada Day)
July 10	Cancer Society Starter Triathlon
July 30 - 31	The Marble RV Triathlon Weekend
Aug. 20 - 21	Tour Du Port Au Port
Aug. 22 - 23	Tour Du Port Au Port

Call 634-7100 or visit www.cyclesolutions.ca for more information

Slick Chicks - Ladies Only!

Starting up at the beginning of the season, this cycling group is aimed at bringing together gals of all ages looking for a fun excuse to get out on the road (and trail) with friends! Joining the group will give you access to a training program put together by peer coaches, keeping in mind instructions from local physiotherapists, nutritionists, and more! You'll also have a session on basic bike maintenance with our very own mechanic. All this comes together to make sure your get the most out of your riding this year, and building valuable skills while maintaining a healthy lifestyle!

Ladies must register ahead of time. Joining the group also gets you a Jersey, as well as Cycle Solutions shop specials throughout the season!

Contact: infoslickchicks@gmail.com

SPORTS AND RECREATION ACTIVITIES www.CornerBrook.com

Weekly and Biweekly Events

XC Rides for Everyone: Tuesdays

Meeting at 6:15pm every Tuesday at the bottom of the Ginger Route! This weekly trail ride takes place up around the trail systems of the Massey Drive area, and usually last anywhere between an hour and a half to two hours. Riders of all skill levels are encouraged to swing by for a bit of fun shredding!

Time Trial Series

Roughly every two weeks we will hold a recreational time trial on Tuesday evenings. This is a great chance to measure your cycling fitness and speed progression throughout the summer!

Start time at 6:30 in Steady Brook on Marble Drive.

Thursday Group Road Ride For Everyone

Looking for a great way to meet new people, have fun and get pumped for the rest of the week? Show up & ride with the group that suits you. We have A, B, and C groups based on your ability

The groups meet at 6:15pm on Thursdays at Cycle Solutions on 35 West Street. Direction will be determined by mood & wind each week!

Trail Building: Monday and Wednesday

Join volunteers from the West Coast Cycling Association as they continue to develop a trail in Massey Drive intended for cyclists and hikers alike! This new trail serves as an extension of the nearby Ginger Route and offers a fantastic view of Corner Brook and the inner Bay of Islands. Bring along a friend, water, gloves, and a willingness to help!

Call 709-634-7100 or visit www.cyclesolutions.ca for more information on all these great events.



ARE YOU LOOKING FOR A SUMMER JOB?

Are you looking for a summer job that teaches responsibility, leadership and provides opportunities to meet new friends in an outdoor environment?

Being a Lifeguard with the City of Corner Brook is a great summer job for high-schoolers and University students who encompass the qualified skills.

Billiards

Billiards Pool League - Canadian Poolplayers Association (CPA)

Summer session starts in mid-June. Fall session starts in early September. Choose your night to play: Tuesday, Wednesday or Thursday. 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. Must be 19 years of age or older.

Contact Ervin Mitchelmore 709-638-5102 or erwin383@hotmail.com

Rowing

The Humber Valley Rowing Club

Offers a great opportunity for men and women, ages 18+, to get outdoors, get fit and have fun. Even if you've never rowed before you can still take part in this awesome sport! Teams consist of 6 rowers and a coxswain, provided by the club or you can bring your own. No team? No problem! We'll gladly find you a spot. Teams are encouraged to get out at least 3 times a week.

The club is located on Riverside Drive at the mouth of the Humber River. The season runs from May-September (weather permitting). Cost is \$150.00 adults and \$120.00 for students. For more information please visit our website at www.humbervalleyrowing.com or email us at humbervalleyrowing@gmail.com. You can also check us out on Facebook and Twitter.

Humber Valley Rowing Club Photo



Enjoy a flexible work schedule, receive competitive compensation, and gain experience while working at the Margaret Bowater Park Outdoor Pool.

Job postings for these positions will be out in early spring so keep your eyes open, the way a lifeguard would!

For more information contact:
jparsons@cornerbrook.com or call 637-1232.

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](http://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.

Guided Tours

ATV Rentals & Guided Tours

Your adventure starts here on an ATV rental from Rugged Edge. Experience a ride along our rugged coastline or cut through the interior on our former railway line, visit the Gaff Topsails – an abandoned railway settlement, pick berries, stop for a boil up, get up close & personal with moose, caribou, geese, beavers & a range of other Newfoundland wildlife. The adventure is yours to discover. Contact us for information on ATV rentals & guided tours. Like us on Facebook to stay up to date on our community events, group rides, riding clinics, safety seminars & more. Rugged Edge – Where Adventure Begins!

8 Lundrigan Drive, Corner Brook. 709-634-6683 or toll free 1-877-781-3343. Email: info@ruggededge.ca.

RuggedEdge.ca

Tennis

Corner Brook Tennis Club

Wellington Street Sports Complex. Behind Former Regina High School.

The first couple of times are free and if you like it you can purchase a membership to enjoy a summer filled with fun and exercise.

We offer lessons five days a week for kids aged from 6-18 in the Junior Program. We also offer adult lessons for members (and potential members!) Tuesdays and Thursdays 7 to 8 pm.

There is also plenty of court time for you to come in and just play for fun.

There will be many events throughout the summer, including doubles nights, tournaments, and much more. It's a great way to spend time with family and friends, all the while being active!

Check out our Facebook page or email roger.down@gmail.com

Hiking

IATNL - Humber Valley Hiking Group

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.



Silver Blades Skating Club Photo

Figure Skating

Silver Blades Skating Club

The Silver Blades Skating Club offers programs to skaters of all ages from September to May.

Registration for new skaters can be arranged by calling 632-7588 or emailing mailto:silverbladessc@outlook.com.

Beach Volleyball

Corner Brook Beach Volleyball Association

Summer Minor Program

VEITCH Physiotherapy & Wellness Centre / SKIWORLD

SUMMER MINOR PROGRAM

Monday June 27 - Tuesday August 23

PROGRAM:	TIME & COST:
Beach Atomic Volleyball ("FUN"amentals) Athletes Born 2004-2007	Mondays & Wednesdays: 10:30 am -12:00 pm. \$60.00 per athlete
14 - U Female Athletes Born 2002-2003	Tuesday and Thursday: Slot 1(13 U Athletes 2003) 9:00 am - 10:30 am Slot 2 (14 U Athletes 2002) 10:30 am - 12:00 pm \$75.00 per athlete (Includes League)
Practices Female Female Athletes Born 2000-2001	16 U Future Stars Female Mon. and Wed: 9:00 – 10:30 \$75.00 per athlete
Practices Male Male Athletes Born 2000-2003	14 U and 16 U Male Mon. and Wed: 1:00 –2:30 \$75.00 per athlete (Includes League)
Future Stars Male League 14 U and 16 U Male	Thursdays: 6:00 -9:00 pm (Includes League)
Future Stars Female League 14 U and 16 U	Mondays: 5:00 -9:00 pm (Includes League)



Men's Soccer League

Our League is one of the oldest league's operating in Corner Brook and has five teams operating from within the City (+Stephenville). The league operates primarily on Monday and Wednesday nights but has games on some Friday and Sunday nights.

Location: Wellington Street Soccer Complex.

Regular season will start mid May. Exhibition time will occur when weather permits (early May).

INVITATIONAL SOCCER TOURNAMENT AT WELLINGTON

May 24th weekend. All teams from Corner Brook, (+Stephenville), we normally have teams travel in from Gander, Burin Peninsula, and St. John's, NL.

Contact: jjvr6@hotmail.com

Corner Brook

Minor Soccer Association

2016 OUTDOOR SPRING SESSION

Wellington Soccer Field

8 Weeks from April 24 to June 17.

Ages: U4 to U18 Registration Fees:

U4 to U8: Early bird \$90, after early bird \$100

U10 to U16: Early bird \$100, after early bird \$110

U18: \$200 Spring/Summer Session

JumpStart Funding Available

2016 OUTDOOR SUMMER SESSION

Wellington, Curling, Atlantic, and Curling Soccer Fields

9 Weeks from June 27 to August 26.

Ages: U4 to U18 Registration Fees:

U4 to U8: Early bird \$90, after early bird \$100

U10 to U16: Early bird \$100, after early bird \$110

U18: \$200 Spring/Summer Session

JumpStart Funding Available

Contact Information: Email: info@cbmsa.ca JumpStart •

jumpstart@cbmsa.ca. Internet: www.cbmsa.ca

• Twitter: @CBMSANews • Facebook: <https://www.facebook.com/ConerBrookMinorSoccer/>

facebook.com/ConerBrookMinorSoccer/

Soccer

Women's Summer Soccer League

This is a great opportunity to get outdoors, meet new people, stay fit and have fun. Skill levels range from beginner to experienced. On average, teams play two games per week. Ages 14 & up (players must be 14 as of January 1, 2016). Players under 18 as of January 1, 2016 must register with CBMSA and play with their age group. New players welcome!

Location: Wellington Complex, Monarchs Complex (West Side); St. Mark's Avenue (East Side).

SUMMER SCHEDULE: Ages 14 & up.

Sunday, Monday, Wednesday evenings.

DATE:	GAME TIME:
May - Late August	7:00 p.m. AND 9:00 p.m.

Cost: \$125 per player.

Registration Information and Contact Information:
Janine Gillis 632-6169 OR e-mail: janinegillis@yahoo.ca

SUMMER 2016 SOCCER TOURNAMENTS:

DATE:	DIVISION:
July 28 to 31	U18 Girls Mega
August 4 to 7	U14 Boys Mega
Septemeber 1 to 4	U16 Provincial League Boys & Girls

Gymnastics, Cheerleading & Cross Training

Saltos Gymnastics

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 Gymnastics Programs: Civic Centre Annex
 709.639.7080 • office@saltosgymnastics.com
 facebook/saltosgymnastics • twitter saltoselite
Registration for all programs: www.saltosnl.com

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 - 10 & 11 - 14	

Easter Camp Registration

Why not have your kids active and having fun during their week off from school? Saltos is also offering an Easter camp during the week of March 28th – April 1st for children ages 5-12. Camp runs from 8:30 a.m. – 5:00 p.m. Monday-Friday.



Saltos Gymnastics Club Photo



Saltos Gymnastics Club Photo

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.**

Cheer Infusion All Stars Cheerleading

JR. CHEER: AGES 7-13 • SR. 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

Saltos Parkour Program

JR PARKOUR: AGES 7-11 • SR PARKOUR: AGES 12+

Call it **Parkour, Urban Running or Free Running** - it's all the same.....FUN FUN FUN with flips, spins and crazy manovers 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.

SPORTS AND RECREATION ACTIVITIES www.CornerBrook.com

Baseball

Minor Baseball

Connect with us: www.cbbaseball.ca
 minor@cbbaseball.ca • www.facebook.com/cbbaseball
 Twitter @CbbaCB • Tel: 709-639-8677 (toss) – Summer Months.

MINOR BASEBALL REGISTRATION:	
Players can be registered during scheduled program hours. Parents are encouraged to register players on the following dates.	
SPRING PROGRAM \$100 - Register @ Annex Lobby	
DATE:	TIME:
Wednesday, April 6	5:30 p.m. - 8:30 p.m.
Sunday, April 10	12:00 p.m. - 4:00 p.m.
SUMMER PROGRAM \$125 - Register @ Jubilee Field	
DATE:	TIME:
Wednesday, May 25	5:00 p.m. - 7:00 p.m.
Saturday, May 28	11:00 a.m. - 1:00 p.m.
Wednesday, June 1	5:00 p.m. - 7:00 p.m.
Saturday, June 4	10:00 a.m. - 1:00 p.m.
BLAST BALL & T-BALL \$100 - Register @ Jubilee Field	
DATE:	TIME:
Saturday, June 25	11:00 a.m. - 1:00 p.m.
Wednesday, June 29	5:00 p.m. - 7:00 p.m.
Saturday, July 2	11:00 a.m. - 1:00 p.m.
Registration forms are available for print, online @ www.cbbaseball.ca	

FEMALE BASEBALL

June 4 – August 19 - Registration \$125
 After a great response from local female athletes, Corner Brook Baseball will continue to grow our female program with the introduction of an U16 division. We're expecting increased participation in all divisions and looking forward to hosting Newfoundland's first U16 Female Provincial tournament. Girls born 2007 or younger may register for Female baseball or an age appropriate CO-ED division.

BLAST BALL (BORN 2011- 2012)

July 4 – August 19 - Registration \$100
 With a focus on physical literacy and fun, Corner Brook Minor Baseball is introducing Blast Ball for our 4 & 5 year olds. Blast Ball is a fast and fun introduction to baseball that teaches the basic FUNDamentals of the game. The action is continuous and the rules are simple. Parents Participation is welcome.

T-BALL (BORN 2009-2010)

July 4 – August 19 - Registration \$100
 Corner Brook Minor Baseball will once again be utilizing Rally Cap. Developed by Baseball Canada, Rally Cap is a comprehensive initiation program that helps teach baseball skills, rules and strategy to our players. Players have the opportunity to earn colored Baseball Canada Rally Caps which corresponded with various levels of achievement.

ALL-STAR

Tryouts for "A", "AA" & "AAA" male and female teams will be held in May & early June. Players not registered for the Spring Program are invited to attend designated All-Star practices, but must be registered for the summer program to be selected to a team. Visit www.cbbaseball.ca to view the All-Newfoundland Provincial Tournament Schedule and practice times.

MARY TAVENOR MEMORIAL TOURNAMENT

The Mary Tavenor Memorial will be held July 8-10. This annual tournament will see as many as 30 teams from all areas of the province travel to Corner Brook to participate in male & female divisions.

SENIOR BASEBALL

The local league kicks off May 29th, with 4 teams playing a 24 game regular season schedule. New and junior aged players are invited to attend scheduled team or open practices throughout May. Rosters will be set following the annual player Draft. Visit www.cbbaseball.ca for stats and schedules.

SPRING TRAINING

April 9 – May 25 - Registration \$100
 Our **Spring Instructional Baseball Camp** will focus on the development of baseball fundamentals. Our goals are to improve player's fundamental skills in an enjoyable atmosphere and prepare players for the summer season. The spring program will start in the Annex Gym April 10th with a **FREE SESSION** open to all.

2016 BASEBALL SPRING SCHEDULE:			
DATE	TIME	MALE AGE	FEMALE AGE
Sunday	12:00 p.m. - 1:15 p.m.	8 - 11	
Free Day	1:30 p.m. - 2:45 p.m.		8 - 16
April 10th	3:00 p.m. - 4:15 p.m.	12 - 15	
Saturdays	10:00 a.m. - 11:15 a.m.	8 - 11	
April 16 - May 21	11:15 a.m. - 12:30 p.m.		8 - 16
	12:30 p.m. - 1:45 p.m.	12 - 15	
Wednesdays	5:15 p.m. - 6:30 p.m.	8 - 11	
April 13 - May 25	6:30 p.m. - 7:45 p.m.		8 - 16
	7:45 p.m. - 9:00 p.m.	12 - 15	



Corner Brook Minor Baseball Photo

Softball

Molson Corner Brook Men's Slo-Pitch

A fun night out with friends having a game of softball. Season starts the end of May / early June. It runs five nights a week from Sunday through Thursday. All skill level of players are welcome and must be 19 years of age or older. Various tournaments throughout the season.

Contact Stephen Walsh swwalsh1981@hotmail.com

Corner Brook Molson Ladies Softball League

A four team ladies fast pitch softball league. All levels of playing skills welcomed. Players 19 and older, if players are under 19, they require parent/guardian permission.

Location: Ambrose O'Reilly Softball Field, Eastside Date(s): May 23 – Sept. 30, 2016 Time(s): 6:30 p.m. Game start time. Monday – Thursday, each team plays 2 games/week Cost: \$60.00/player.

Registration information will commence in May and June, registration deadline is 3rd week in June.

Contact Information: Kathy Lukeman 709-640-8413; klukeman@warp.nfld.net.

Fitness and Wellness

Kickboxing/ boxing

Brake's gym is Corner Brook's amateur combat sport and fitness facility. Offering a safe and healthy 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 of 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 10-15 (Junior Kickboxing).

SUMMER PROGRAM

June 4 – August 19 - Registration \$125
We're expanding our Summer Baseball Program for Rookie to Midget aged players. Our new 12 week program will continue to focus on skill development, along with the introduction of House League play. The number, duration and competitiveness of house league games will vary by division. Visit www.cbbaseball.ca to view the 2016 summer schedule.

DIVISION BORN IN

Blast Ball.....	2011-2012
T-Ball	2009-2010
Rookie.....	2007-2008
Mosquito.....	2005-2006
PeeWee.....	2003-2004
Bantam.....	2001-2002
Midget.....	1998-2000
Female U12.....	2004-2006
Female U14.....	2002-2003
Female U16.....	2000-2001

CALENDAR OF EVENTS

May – September Spring/Summer Tournaments:

- May 28** Joe Mullins Memorial Tournament
- May 29** Sr. Baseball - Opening Day
- June 4 – Aug.19** ... Summer Program (Rookie – Midget)
- June 4** BFF Day (Bring a Female Friend)
- June 30– July 3**... Sr. Club Tournament
- July 4 – Aug.19**... Summer Program (Blast Ball & T-Ball)
- July 8 – 10** Mary Tavenor Memorial Tournament
- July 15-17**..... Provincial Senior B Tournament

- July 18 – 24**..... Corner Brook Minor Baseball Week
- July 23**..... **60 Innings after 60 Years - City Anniversary Event**
- July 29-31**..... Provincial Senior "A" Finals (Games 1-3)
*Winner of Senior B
- August 6**..... Rookie Ball Invitational Tournament
- August TBD** Marble RV – Hit Run & Throw
- August TBD** Challenger Baseball Day
- August 19-21** Provincial Pee Wee "AA"
- Sept. 2 - 4** Provincial 16U Girls

SPORTS AND RECREATION ACTIVITIES www.CornerBrook.com

Fitness and Wellness - *continued*

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, whatever they may be.

KICKBOXING/BOXING PROGRAM SCHEDULE:					
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Kick Light (ages 6-10) 5:30-6:30 pm	Junior Kickboxing (age 10-15) 5:30-6:30 pm	Kick Light (ages 6-10) 5:30-6:30 pm	Junior Kickboxing (age 10-15) 5:30-6:30 pm	
Kick Light (ages 6-10) 6:00-7:00 pm	Ladies Kickboxing 6:30-7:30 pm	Ladies Kickboxing 6:30-7:30 pm	Ladies Kickboxing 6:30-7:30 pm	Ladies Kickboxing 6:30-7:30 pm	Junior Kickboxing (age 10-15) 6:00-7:00 pm
Ladies Kickboxing 7:00-8:30 pm	Teen/Adult Kickboxing 7:30-8:30 pm	Boxing & Focus Mitt Session 7:30-8:30 pm	Teen/Adult Kickboxing 7:30-8:30 pm	Boxing & Focus Mitt Session 7:30-8:30 pm	Sparring & Gym Work 7:00-10:00 pm
Teen/Adult Boxing 8:30-10:00 pm	M.M.A 8:30-10:00 pm	Boxing & Gym Work 8:30-10:00 pm	M.M.A 8:30-10:00 pm	Boxing & Gym Work 8:30-10:00 pm	
25 Broadway www.facebook.com/brakesgym • 709-638-0212					

CounterBalance Fitness

CORNER BROOK'S ONLY 24 HOUR CO-ED GYM

With plenty of facility space, CounterBalance has everything to make your training experience the 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 completing three rooms for our resistance section.

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, fibre op TV 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. Multiple payment options available!

PERSONAL TRAINING:

Our team of professional & experienced Personal Trainers offer One-on-One & Buddy (Two-on-One) Private Session Packages, Group Personal Training Programs, Distance Coaching (online) Programs, Competition Prep, Muscle Gain, Fat Stripping, Fitness Testing, Nutritional Consultations & more! We have what you need to perform at your highest potential, feel your healthiest and look your best! As well we offer a variety of Personal Trainer & Master Trainer PT Certification courses! Train Smart, Get Results!

Check us out online: www.cbalancestraining.com

406A O'Connell Drive, Corner Brook. 709-634-4275.

Facebook: CounterBalance Conditioning & Fitness Inc.

Forever Young Fitness Centre

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

Located at the Corner Brook Civic Centre, 1 Canada Games Place.

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

Epic Fitness

Welcomes you to come and try classes 4 days a week!

These classes are for all levels in fitness and they include Zumba, Zumba Step, Flow Yoga, Kettle bell, interval Body Fit, Kickboxing, and Hoops n' Hineys. Epic Fitness also offers a spring/summer running program from beginner to intermediate. Fitness classes take place at the Salvation Army Temple on O'Connell Drive in the gymnasium. Registration is \$20 yearly, monthly pass \$40 or drop in fee \$5. You can find more information through epicfitnesswithterra.com

Western Health Physical Activity Programs and Resources

Western Health has physical activity programs and resources available for use during community events and summer camps. These resources and programs are suitable for all ages and populations.

Action! Bins: These bins provide practical ideas, equipment and activities for teachers, program planners and coordinators to promote inclusive and diverse physical activity.

Obstacle Course: Physical activity can be incorporated into community events within the Western Region by using an obstacle course set-up with equipment provided by Western Health. Using readily available objects such as pylons, skipping ropes, bean bags and other props, you can create fun and interactive opportunities for children to be active in your area.

Kids Live Well Marathon: A 42-day event aimed at targeting youth aged four to twelve years. Participants and their parents/guardians sign a pledge sheet indicating that they will participate in daily healthy eating and physical activity. Throughout the 42-day event, educational sessions offer information on topics including healthy eating, physical activity, and injury prevention. A program description is available from Western Health.

Ticker Tom: A fun and interactive program designed to get healthy living messages to children and youth ages 6 – 12 enrolled in summer recreation programs. The goal of the program is to create awareness in children and youth of the key healthy living messages: eat healthy, be active, and stay smoke-free. The program is put into action with the help of Ticker Tom... a mascot cat with some cool healthy living messages to share.

Walking Program: Walking is beneficial, economical, easy, does not require equipment and is an option for just about everyone regardless of their age or where they live. Walking programs can be developed for anyone regardless of age. Stroller walks, mom/dad and toddler, teen walks, seniors walking programs, etc. can all be created depending on the demographics of the community. Western Health has information and resources for communities or groups who would like to start a walking program in their area.

For more information on these programs, please contact Western Health's Health Promotion Department at 637-5000, extension 5677.

Health and Performance Centre

Health and Performance Centre offers many service catering to Fitness and Wellness, from customized exercise programs prescribed by a Physiotherapist for the client with a complex health or injury history, to fitness training onsite in our beautiful new and modern facility or home based, provided by our own CanFit Pro Certified Trainer.

HPC FIT STUDIO

New to HPC is our Fit Studio. Expected to open approximately March 19th, dependent upon renovation timelines. FIT Studio will house a variety of fitness classes tailored to the entire community, from the "new-to-fitness" clients, to the seasoned high end athletes. Our instructors are the most highly trained in their area, and bring experience and expertise to ensure your best benefits and experience. Neala Griffin will be offering Therapeutic Yoga, which is a unique certification to the area, which gives her the ability to modify and plan her classes for injured clients and clients with complex health histories safely. Fitness is our best ally in treating, managing and preventing many health conditions and body aches and pains, and our team has been compiled with health and injury prevention in mind.

Watch our website for the most current schedule. Links to our live schedule, instructor and class descriptions, class registration and login will be able online: www.healthandperformance.ca. Please send any questions or inquiries to hpcfitstudio@gmail.com and we will be happy to help you figure out which classes best suit you and your fitness level. Watch for our soft opening and grand opening by following us on twitter @HealthFITcb or @HPC_clinic or follow our Health and Performance Facebook page.

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

• Hatha Yoga and Relaxation • Hot Yoga • Pound.
Offering yoga, mornings and evenings. Lots of classes to choose from six days a week. Plus new "kids "yoga"

To register, call or Text Tina at 709-640-7857 or Kastine at 638-4105 or email: tinacolemanyoga@gmail.com
Facebook: Tina Coleman Yoga

SPORTS AND RECREATION ACTIVITIES www.CornerBrook.com

Martial Arts

Bennett's Tae Kwon Do Academy

Corner Brook Civic Centre. New students are always welcome & ALL new students will receive a FREE uniform. 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, 3rd degree.

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

Little Tigers (Ages 4-8) White Belt & Up 5:30 - 6:00 p.m.	Children (Ages 9-15) White & Yellow Belt 6:10 - 6:55 p.m.	Children (Ages 9-15) All High Belts 7:00 - 7:45 p.m.	Adult (Ages 15 & up) White Belt & Up 7:50 - 8:35 p.m.
For more information please call Dora Bennett: 709-638-3411 or 709-634-0529 or email Master Raymond Bennett: info@bennettstk.com • Website: www.bennettstk.com Facebook: Bennett's Taekwondo Academy and Twitter: @bennettstkdnl.			

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

Jiu-Jitsu

A Canadian Martial Art and system of self-protection known as Can-Ryu Jiu-Jitsu. We are proud members of the Canadian Jiu-Jitsu Union.

Our modern style of Jiu-Jitsu combines skills in all ranges of self-protection including kicking, punching, trapping and grappling.

Classes are held every Monday and Thursday from 5:15 to 6:15 at the Humber Community YMCA, Millbrook Mall, Corner Brook, NL. (Classes are restricted to students 12 years of age and up.)

THAI BO FITNESS CLASSES

An 8 week Full Body Cardio Workout incorporating skills from Jiu-Jitsu, Muay Thai, Kickboxing, Karate and Tae Kwon Do. Next session starts in March. Call 709-660-1361 for more information.

The City of Corner Brook and Recreation NL are challenging residents to a 30 Day Physical Activity Challenge!

Check each day off that you complete and get BONUS ENTRIES for taking pictures when completing the activity! The more activities you complete, the more times your name will be entered into the draw for some great prizes!

APRIL 2016 - Daily Physical Activity Challenge!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
To enter email your calendar to rwight@cornerbrook.com OR drop off your completed calendar at City Hall. Deadline is May 9th 2016.					1 April fool's a friend and go for a 20 minute evening walk.	2 Enjoy an outdoor activity with family or friends.
3 Walk up to Captain Cook Look Out.	4 Eat foods from all food groups and do 50 jumping jacks.	5 Start a new book and go for a jog.	6 Walk 10,000 steps during the day.	7 Enjoy a healthy breakfast and complete 30 minutes of yoga.	8 Stretch three separate times during your work or school day.	9 Try a new fitness activity.
10 Go for a 30 minute walk with friends.	11 Reduce your screen time and enjoy an activity of your choice.	12 Do something nice for someone and do 15 push ups.	13 Prepare a healthy lunch and stretch every 30 minutes throughout the day.	14 Enjoy a walk in your neighbourhood.	15 Complete 15 push ups, 50 crunches and try free weights.	16 Hike Three Bear Mountain.
17 Participate in a group fitness activity.	18 Prepare a healthy supper and have a game of catch on Majestic Lawn.	19 Take the stairs instead of the elevator.	20 Make a fruit smoothie and participate in an activity of your choice.	21 Drink 8 glasses of water and walk 10,000 steps throughout the day.	22 Break a sweat doing a physical activity.	23 Reduce your screen time today and get active!
24 Jog around the loop in Margaret Bowater Park.	25 Smile at 5 people you don't know and reach your 10,000 steps for the day.	26 Bike or walk along Griffin Drive.	27 Enjoy healthy snacks and try 20 minutes of Zumba.	28 Make time to do a fitness activity you love.	29 Enjoy a healthy meal at a local restaurant and do some aerobics!	30 Walk the Glynmill Inn Pond trail.



Humber Community YMCA

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

Bootcamp, Stability Ball, Yoga, Circuit, Core, Step and Pump and many more! Classes are conducted in our new, modern, air conditioned studio and are led by certified YMCA instructors. Classes are offered at varying times throughout the day to accommodate diverse schedules.

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.... We provide free orientations to our Health and Wellness Center. 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 8-17 must have a signed consent form. 8-11 year olds **MUST** be **CLOSELY SUPERVISED** by an adult at all times (the adult assumes **FULL** responsibility for the youth). 8-15 year olds 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 olds 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.

The City of Corner Brook - Celebrating 60 Years

Concerts & Festivals

Canada Day, July 1, 2016

Canada Day 2016 in Corner Brook will be a celebration to remember! This event, hosted by the City of Corner Brook and the Government of Canada, is another fun-filled family event that plays a big part of an exciting summer in Corner Brook! Canada Day is a big day for everyone in not only our city, but our country too, and contains many exciting and important activities! Be sure to keep an eye out for details of Canada Day leading up to the event.

Fundraisers

Walk for MS

The MS Walk is a celebration of the power we have to change the lives of Canadians with MS. Every year more than 40,000 Canadians in more than 160 communities across our country gather to fundraise and walk together to show support and fight to end MS.

All MS Walk events have routes of varying lengths, including wheelchair-accessible routes. Bring the whole family together to share in the start/finish line activities, the team awards ceremonies and amazing speeches from people living with MS.

Check out our website: www.mssociety.ca or our Facebook page "2016 MS Walk Corner Brook."

Location: Margaret Bowater Park	
WALK FOR MS	
DATE:	TIME:
Sunday, May 29, 2016	Check In Time: 1:00 p.m. Start Time: 2:00 p.m.

For more information, contact Head Office: Whitney Machin. whitney.machin@mssociety.ca, 902-468-8230 x1008. Toll Free: 1-800-268-7582. Local Contact: Serina Greene, Event Coordinator, sgreene@grenfell.mun.ca

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.

★ *Rounded times.*

Canadian Cancer Society

CCS STRIDES TRIATHLON

Sunday, July 10, 2016 – Massey Drive, Tippings Pond Team and individual Triathlon, Duathlon and kids events.

A fundraising initiative partnering with the Town of Massey Drive and Cycle Solutions! It is an introductory event which includes a child component with different functions and distances involving swimming, cycling and running. This family friendly event promotes healthy living for the whole community, whether competing on a beginner, intermediate or advanced level.

KIDS TRIATHLON

Tiny Tadpoles

Kids age 5 – 7 (25m swim, 500m bike, 50m run)

Brave Beavers

Kids age 8 – 10 (100m swim, 1.5km bike, 600m run)

Mighty Moose

Kids age 11 – 15 (150m swim, 2.5km bike, 800m run)

ADULT TRIATHLON

Super Short Distance (250m swim, 8km bike, 2km run)

Short Distance (500m swim, 16km bike, 6km run)

Duathlon (16m bike, 2km run)

For more information, please contact: Canadian Cancer Society 1-888-545-9533 • 709-634-6542 • Email: westernregion@nl.cancer.ca. • Cycle Solutions: 709-634-7100 • Email: events@cyclesolutions.ca • Register on-line: www.cyclesolutions.ca/events • Fundraise or Donate: www.convio.cancer.ca/goto/stridestri

****RELAY FOR LIFE EVENTS FOR DEER LAKE AND CORNER BROOK WILL BE HELD IN SEPTEMBER, 2016**

Rotary Club of Corner Brook

ANNUAL DINNER, DANCE AND AUCTION

The Rotary Club of Corner Brook will host its annual dinner, dance and auction. This is our major fundraiser for the year to support our many local and international projects.

Location: Marble Mountain	
ANNUAL DINNER, DANCE & AUCTION:	
DATE:	INFORMATION:
Saturday, May 7, 2016	Tickets available by calling or texting: 709-632-0670
Check our Facebook page www.facebook.com/Rotary-Club-of-Corner-Brook-208051915887650/?fref=ts	

Janeway Children's Hospital Photo



Fundraisers - continued



Janeway Children's Hospital Foundation

Janeway Children's Hospital Foundation, Children's Miracle Network, Walmart & Costco, as well as local corporate partners KENT, Rossy & Colemans Grocery Stores.

Throughout the month of May, national Children's Miracle Network's partners and local retailers help raise awareness about the importance of children's hospitals, like Newfoundland and Labrador's Janeway Children's Health and Rehabilitation Centre. During the month of May, these partners will participate in Children's Miracle Network's most recognizable fundraising campaign – the sale of its balloon icons in support of the Janeway.

Walmart, Costco, KENT, Rossy & Colemans Grocery Stores

MAY IS FOR MIRACLES

DATE:	CONTACT:
May 1 -31, 2016	Jenine Kerrivan: P 709-777-4927 F. 709-777-4489 jenine.kerrivan@easternhealth.ca

21ST ANNUAL GIRL GUIDES WORK MIRACLES DAY

Girl Guides Work Miracles Day is a great opportunity to allow Sparks, Brownies, Guides, Pathfinders and Rangers to have fun while lending a helping hand in aid of sick and injured children throughout our province – children just like them. It's about kids helping kids by selling lemonade or Kool-Aid.

Location: Participating Girl Guides

GIRL GUIDES WORK MIRACLES DAY:

DATE:	REGISTRATION INFORMATION:
Saturday, May 7, 2016	Donna Tuck, Girl Guides of Canada (Provincial Office) P: 709-722-4439

Contact Information: Phyllis Kinsman Janeway Foundation, Manager Communications and Events P: 709-777-4640/ F: 709-777-4489 phyllis.kinsman@easternhealth.ca

COMMUNITY HAPPENINGS

www.CornerBrook.com



Fundraisers - continued

TD BANK GROUP JUNE FUNDRAISING CAMPAIGN FOR THE JANEWAY

Drop by your local branch to find out more about how you can support your local children's hospital, the Janeway.

Location: TD BANK GROUP	
GIRL GUIDES WORK MIRACLES DAY:	
DATE:	CONTACT:
June 1 - 30, 2016	Jenine Kerrivan: P 709-777-4927 F. 709-777-4489 jenine.kerrivan@easternhealth.ca

32ND ANNUAL JANEWAY CHILDREN'S MIRACLE NETWORK TELETHON

Children are our province's most precious resource. Your donations enable the Janeway to reach new heights in child healthcare and more importantly, better medical outcomes for the children who pass through the Janeway's doors. Our children deserve the very best and you, our donors and volunteers, help make that happen. Please remember to tune in to NTV and donate on June 4 and 5, 2016.

Location: Broadcasting Live From: Corner Brook, Grand Falls-Windsor, Burin, Clarenville, and St. John's	
CHILDREN'S MIRACLE NETWORK TELETHON:	
DATE:	CONTACT:
June 4th and 5th, 2016	Phyllis Kinsman: P 709-777-4640 F. 709-777-4489 phyllis.kinsman@easternhealth.ca

Gutsy Walk for Crohns and Colitis

Walk with us on Sunday June 5, 2016 for the 21st Annual Crohn's and Colitis Gutsy Walk. Show loved ones living with Crohn's disease and ulcerative colitis they are not alone. TOGETHER - we can stop the pain, stop the multiple surgeries, and stop the missed moments. REGISTER TODAY at WWW.GUTSYWALK.CA

Location: Margaret Bowater Park	
GUTSY WALK FOR CROHN'S & COLITIS	
DATE:	TIME:
Sunday, June 5, 2016	Registration: 1:30 p.m. Walk Start Time: 2:00
*Refreshments to follow at Margaret Bowater Park.	

For more information or to obtain a pledge sheet please visit www.gutsywalk.ca or contact Stephanie March 709-634-5039.

Walk for ALS

The WALK for ALS (Lou Gehrig's disease) is a fun, family friendly event that occurs across the country in more than 85 WALK LOCATIONS. Every dollar you raise goes to provide equipment, support services, education for the ALS Community, and fund research to find a cure.

REGISTRATION All ages:

DATE:	LOCATION:
Sunday, June 12, 2016	Bennett Hall, West Street
Registration – 1:00 pm • Walk start – 2:00 pm	

For more information contact: Cheryl Power 709-634-9499
allsocietyofnfld@nf.aibn.com
Donate online www.walkforals.ca



Support Groups

Canadian Cancer Society Support Group

April 17th, May 15, June 19th, July 17, & August 21st at the Echo Club on West Street.
For more information contact Agnes at 709-634-4088.

Prostate Support Group

April 26, May 24, and June 28th (nothing in July & August). Quality Inn (old Mamateek) at 8 pm.
For more information contact 709-639-1627.

Community Groups/Centres

National Aboriginal Day

On June 21, 2016, Canadians will be celebrating National Aboriginal Day as an important tribute to the heritage and diversity of First Nation, Inuit and Metis communities across Canada. National Aboriginal Day provides an opportunity to recognize both the historic contributions of Aboriginal peoples to the development of Canada and the strength of present day Aboriginal communities. For More information or to become involved please visit Qalipu.ca or contact Qalipu Mi'kmaq First Nation at 709-634-0996.

Corner Brook Community Clothesline!

What do you love about your community? Share your enthusiasm and take part in the Corner Brook Community Clothesline! We want to hear from you, so draw, write or doodle your thoughts and add it to the line! Watch for us during Corner Brook Week (July 17 – 23) and other events throughout the year! This free activity is brought to you by Safe Harbour Expressive Therapies, CMHI and the Schizophrenia Society of Newfoundland and Labrador.

For more information, please call 632 9464 / 640 5163 or visit safeharbourstudio.com

Corner Brook Electric BikeShare

THE WESTERN ENVIRONMENT CENTRE

The Corner Brook Electric BikeShare makes 9 electric bikes available to the public for daily or weekly rentals. There are two rental locations, at Cycle Solutions and at Grenfell Campus. The project starts in early May and runs until the end of October. These powerful high quality electric bikes can zoom up any hill in Corner Brook without you breaking a sweat. Costs: \$20/day or \$80/week. The bikes are fully equipped with mudguards and fenders, lights and reflectors as well as fold out baskets for your grocery runs!

You can get more information at www.wecnl.ca, by email: info@wecnl.ca or call 709-639 0937.



The Western Environment Centre Photo

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 summer activities and camps
2. The RNC Dare program for Grade 6 students
3. The Victims of Violence program for kindergarten classes
4. The RNC Junior Police Program summer camp program
5. Two blind youth to attend Summer Camp Program
6. The summer soccer program
7. Children's Wish Foundation
8. Western Memorial Regional Hospital Foundation
9. Janeway Hospital
10. Lion Max Simms Memorial Hospital
11. Lions Foundation of Canada

Donations

The club makes donations to worthy groups. Requests must be made well in advance.

Fundraising

1. Tuesday night Bingo at 8:00 p.m.
2. VOCI Lions Radio Bingo
3. Summer Garage Sales at the Lions Club
4. 50/50 draws
5. Fish Cake luncheon

If you are interested in joining the Corner Brook Lions Club please contact with Lion Robert Day at 709-634-7208.

Bay of Islands NL West SPCA

Opened to the public daily 10am to 1pm at 10 Connors Rd Curling Tel 785 2747.

SUMMER EVENTS:

2ND ANNUAL SPCA FISH FRY

July 21st: 4-7 p.m., Majestic Lawn.

2ND ANNUAL SPCA FUN FEST

August 20th: 1-6 p.m. New shelter Garden North Shore Highway.

Join our volunteers for Dog Walks or come for a Kittie play date at the shelter. Check out our Facebook Page for more details. NLWESTSPCA

Rotary Club of Humber

Weekly meetings are held at the Greenwood Inn and Suites Tuesdays 6-7pm. Visiting Rotarian and New Members Welcome. For more information call 709-634 4716.

Stop by our booth on Corner Brook Day for a little fun and conversation.

SEPTEMBER 24TH, NOON - 4 PM.

Get your team together and join the members of Humber Rotary and the Gallipoli Army Cadets for a fun afternoon of Orienteering in the heart of Down Town Corner Brook. Home Base will be Majestic Lawn.

Community & School Grants

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.

All individuals, community groups, organizations and schools, in the western region, who are interested in promoting wellness, are eligible to apply for project funding through the WRWC. 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 Grant Deadline:

April 30, Sept. 30 & Jan. 30

• School Grant Deadline: Nov. 1 & Feb. 1

Visit www.westernwellnesscoalition.com for grant applications and more information!



Community Groups/Centres - continued

WestRock Community Centre

The mandate of the WestRock Community Centre is to promote the health and social well-being of families and the community in which they live, and to help develop a better social environment through recreational, education and social programs.

SOCIAL & RECREATIONAL SERVICES:

T.E.A.M (Teen Educational, Active, Mentoring) this program provides teens between the ages of 12-18 with challenging activities to build self-confidence, self-esteem and leadership skills.

SUMMER KID FIT

This six week summer program is for children ages 7-12. The program provides recreational, educational and social interaction to help the development of a healthy living lifestyle for participants.

YOUTH CENTRE:

The WestRock Community Centre offers a drop in Youth Centre for at risk youth, ages 12-17. The WestRock Community Youth Centre offers a variety of recreational entertainment such as Xbox 360, Wii, computer nights and board games.

EDUCATIONAL SERVICES:

- Adult Basic Education Level I
- Laugh & Learn Literacy
- Teen Haven

EMPLOYMENT SERVICES:

- Skills Link • Canada Summer Jobs • Green Teams
- Student Work Experience • SWASP • Resumes, interview skills, job search, training, etc.

OTHER SERVICES:

- Poverty Reduction Facilitator
- Special Events – such as Book bag test, Canada Day, RNC Camp, Haunted Hike
- Outdoor Basketball Court

Contact Us: P.O. Box 544, 30 Crestview Ave, Corner Brook, NL, A2H 6E6. (709) 634-4077, (709) 634-5377 Fax www.westrockcc.com

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
- 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 (SATELLITE 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 634-2040 or 634-5655	
Membership is \$40 per year. Both men and women are encouraged to join, must be 19 years and older.	

Community Youth Network

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 and 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.cyncb.ca

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. - 9:00 p.m.
Friday - Saturday	4:00 p.m. - 11:00 p.m.
Contact: CYN Operation Support Coordinator at 639-1710 CYN is funded by the Office of 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.cyncb.ca 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

Achievement in Community Excellence” Awards

The “ACE” Awards are designed to recognize individuals, groups, and organizations in Corner Brook for their valued contributions to creating and strengthening Corner Brook through their efforts in cultural, environmental and social excellence. These awards are presented annually and although there is usually only one winner selected for each award, it is an honor to be nominated. The success of the ACE Awards depends on citizen participation by nominating those community members who are making a difference!

This year to highlight the City's 60th Anniversary, there will be recognition given to individuals, businesses and organizations who have made Corner Brook what it is over the past 60 years.

Don't wait...nominate! Nomination forms and criteria can be found on The Western Star website. For more information call 709-637-1232.

Canadian Red Cross

PFD LOAN PROGRAM

The Canadian Red Cross wants you to be safe when you are on or near the water. We have PFD's that can be borrowed for a two week period. Sizes range from infant to adult.



Canadian Red Cross located at 30 Main Street, Corner Brook. Contact 709-634-4626.

Community Groups/Centres - continued

2590 Gallipoli Royal Canadian Army Cadet Corps **CANADIAN CADET MOVEMENT**

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.

Location: 13 O'Connell Drive, Gallipoli Armoury	
THE ROYAL CANADIAN ARMY CADET'S:	
DATE: Sunday Evenings	TIME: 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	

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 5th	
DATE: Monday evenings commencing September 5th	TIME: 6:00 p.m. - 9:00 p.m.
Registration & 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). **Shannon Banks**, Commanding Officer, 184 Curling Sea Cadets. shannon.banks@cadets.gc.ca, 709-638-2090;

The Corner Brook 511 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 select 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: Parade Night: Wednesday	TIME: 6:30 - 9:00 p.m.
REGISTRATION AND UNIFORM: Free Ages: 12 - 19 years of age.	

Contact: **John McDonald** (Commanding Officer), **Terry Sooley** (training officer), **Mark Brothers** (supply officer): 709-660-1570

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

Blomidon District Girl Guides

Blomidon District of Girl Guides of Canada covers all Corner Brook as well as the entire Bay of Islands area. To register your daughter please visit <https://register.girlguides.ca/OnlineReg>

SPARKS (GIRLS IN KINDERGARTEN & GRADE 1)

- 1st Curling Sparks meets at Sacred Heart School (Curling Street) Wednesdays at 6:00 PM
- 5th Corner Brook Sparks meets at St. Michael's Anglican Church (Park Drive) Thursdays at 6:00 PM
- 6th Corner Brook Sparks meets at the Salvation Army Temple (O'Connell Drive) Tuesdays at 6:30 PM *This unit is in need of leaders – please call Donna at 638 0950 if you would like to volunteer.
- 8th Corner Brook Sparks meets at the Kinsmen Centre (St. Marks Avenue) Thursdays at 6:30 PM
- 1st Lark Harbour Sparks meets St. James All Grade School on Mondays at 6:30 PM
- 1st North Shore Sparks meets at Templeton Academy on Sundays at 5:30 PM

BROWNIES (GIRLS IN GRADES 2 & 3)

- 1st Curling Brownies meets at St. Mary's Anglican Church (Curling Street) on Wednesdays at 6:15 PM
- 10th Corner Brook Brownies meets at Oakland United Church (Oakes Road) on Mondays at 6:30 PM
- 21st Corner Brook Brownies meets at the Salvation Army Temple (O'Connell Drive) Tuesdays at 6:30 PM
- 1st Lark Harbour Brownies meets St. James All Grade School on Mondays at 6:00 PM
- 1st North Shore Brownies meets at Templeton Academy on Sundays at 5:30 PM

GUIDES (GIRLS IN GRADE 4, 5, & 6)

- 3rd Curling Girl Guides meet Sacred Heart School (Curling Street) on Tuesdays at 7:00 PM
- 1st Corner Brook Girl Guides meet at the Salvation Army Temple (O'Connell Drive) Tuesdays at 6:20 PM
- 16th Corner Brook Girl Guides meet at St. Michael's Anglican Church (Park Drive) Mondays at 6:30 PM
- 1st Lark Harbour Girl Guides meets St. James All Grade School on Mondays at 6:30 PM
- 1st North Shore Guides meets at Templeton Academy on Sundays at 5:30 PM

PATHFINDERS (GIRLS IN GRADE 7, 8 & 9)

- 1st Corner Brook Pathfinders meet at the Salvation Army Temple (O'Connell Drive) Tuesdays at 6:20 PM

RANGERS (GIRLS IN GRADE 10, 11, 12)

- Rangers and Youth members are very welcome.

If you have any questions, or would like to volunteer with Guiding, please contact Donna Eldridge, the Blomidon District Commissioner, at donnajeldridge@hotmail.com or by phone at 709-638-0950. For opportunities to volunteer with Guiding please visit www.girlguides.ca

Also, our cookie weeks run March 12 - 20 and April 2 - 10, 2016.

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.

GUIDED TOURS AVAILABLE:

DATE:	TIME:
May 19 - June 26 and August 21 - October 30	Monday - Friday: 10:00 a.m. - 12:30 p.m.; 1:30 p.m. - 4:30 p.m.
June 29 - August 28	Monday - Sunday: 9:00 a.m. - 5:00 p.m.
<i>*Please note that prearranged group tours as well as archival services are available outside of the dates provided. Please contact us to find out more or to book a time.</i>	
Admission: Adults - \$6.00; Youth - \$4.00	

Summer Programing:

- Children's paper making
- Children's reptiles educational show
- Children's safety
- Summer lecture series • Archeology workshop
- Children's natural history/wildlife show
- Children's oral history workshop

Please note that dates and times will be announced in local and social media. Other events may be added at a future date and listed events are subject to change. Please check with us for programing details.

Location: 2 West Street, Corner Brook.

Please contact us: E-mail: Info@cornerbrookmuseum.ca.

Phone: 709-634-2518. Twitter: @cbrookmuseum

Library Public Library Programs

HOURS OF OPERATION: Sept. 2015 - May 2016

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.

HOURS OF OPERATION: June - Sept. 2016

DATE:	TIME:
Saturday/Sunday	CLOSED
Monday	10:00 a.m. - 4:30 p.m.
Tuesday-Thursday	10:00 a.m. - 8:00 p.m.
Friday	9:00 a.m. - 4:30 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, every 2nd and 4th 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. Held every Saturday morning, from 10:30 – 11:00, registration required.

Kids' Corner:

An hour of literacy-based activities and crafts for children aged 6 – 10 years. Held on a 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 3rd Thursday of the month, from 6:30 – 7:30, registration is required.

Adult Book Club:

A book club for adults, held on the 4th Tuesday of the month from 6:30 – 7:30, registration is required.

22

TD Summer Reading Program:

This program, is geared toward children ages 6 – 12, runs for the months of July and August. The program promotes literacy through books, games, crafts and more. Registration is required and takes place in June.

Every Child Ready to Read:

This Department of Education supported initiative is being held at libraries across the province. This program involved activities for Parents/Caregivers and their Children aged 0-5 to learn how talking, singing, playing etc. with your child can help them become lifelong learners!



Interested in a “FREE MOVIE NIGHT”

The Corner Brook Public Library hosts a National Film Board View Presentation on the fourth Thursday of every month.

The Movie starts at 7:00 pm.

CURRENT FILMS SCHEDULED:

- **April 21 – Hadwin’s Judgement** - A compelling hybrid of drama and documentary, this feature film covers the events that led up to the infamous destruction of an extraordinary 300-year-old tree held sacred by the indigenous Haida nation of Haida Gwaii, British Columbia.

This activity takes place on the children’s (2nd) floor of the library and is **FREE OF CHARGE**.

www.nlpl.ca Facebook: Corner Brook Public Library
Twitter: @CBNLLibrary • 4 West Street or call 709-634-0013.

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: 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 709-637-1232.

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.

Campgrounds

Kinsmen Prince Edward Campground and RV Park

OPEN SEASON JUNE - LABOUR DAY WEEKEND

Prince Edward Campground and RV Park has 28 fully serviced sites, 19 semi serviced sites, and 40 non-services sites to accommodate a wide range of campers.

- Fully serviced lot (3 way)
- Semi-serviced lot/Non-serviced lot
- Guest/Visitor/Day Use
- Check-in/out and guarantee site: 1:00 p.m.
- Quiet time: 10:00 p.m. to 7:00 a.m.

To reach the park during open season call 709-637-1580.

To reach the park during off season call 709-634-7262.

Cruise Ships

Corner Brook Port Corporation - Cruise Schedule 2016

FRED OLSEN Boudicca*

Monday, May 23 • Time: 0900-1700

Passengers: 880 • Crew 329

HOLLAND AMERICA Rotterdam

Sunday, July 24

Time: 0800-1700 • Passengers: 1404 • Crew: 600

Civic Centre

Schedule of Events

The U12 Female Mega Tournament

March 18th – 20th, 2016

The Atom Mega Tournament

March 31st – April 2nd, 2016

The Johnny Reid Concert

April 4th, 2016

The Silver Blades Ice Show

April 23rd, 2016

The Gord Bamford Concert

May 16th, 2016

The 19th Annual Fall Craft and Gift Expo

Sat. Sept 19 - 10am - 3pm • 60 vendors

website: www.cbciviccentre.com



April 4th-8th 2016 is Sneak It In Week
Becoming more active and participating is easy! Take a walk on your lunch break, take the stairs instead of the elevator or park further away from your destination. As long as your heart beats faster for 10 minutes it really counts! Get active and "Sneak It In!"

Environmental Clean Up Spring Clean Up

MAY 2-13, 2016

Each May, the City of Corner Brook has an annual Spring Clean Up. During this time the contractor will collect extra garbage such as household appliances, furniture, and automotive parts. The total weight of these items must be no more than 35 kg. Items not included are trees, construction waste, construction materials, and excavation material. At other times during the year, usually on the first Friday of each month, the contractor will collect such items on an appointment basis for a fee of \$25 including taxes. To arrange for pickup, call Murphy Brothers Limited at 709-634-3345.

Residential Curbside Recycling Program - WEEKLY

For the City's Curbside Recycling Program, there are a number of things you can do. Place cardboard and paper products in a see through blue bag or flatten and tie cardboard into bundles no longer than 12" x 12" x 30". If possible place recyclable material 1.5m from your garbage. Corrugated cardboard is "waffled" between the layers (e.g. appliance boxes). For a list of accepted recyclable material please visit the city of Corner Brook website at www.cornerbrook.com/default.asp?mn=1.24.100

Clean Up Corner Brook - TBA

"Clean Up Corner Brook has proven to be a great success. It not only improves the appearance of the city, it also highlights the sense of community spirit that exists in Corner Brook. Clean up Corner Brook hopes to engage residents, community groups, businesses, institutions and schools on the theory that many hands make light work. Everyone is encouraged to select a particular part of town to clean up the litter. If possible, the City encourages you to put any recyclables collected in their institutional or residential recycling containers/blue bags."

Curb Side Give Away - MAY 6 - 8, 2016

Residents can place re-usable items at the curb and simply place a "FREE" sign on the items to ensure there is no confusion. People are then encouraged to take a look around the city at any or all areas with a "treasure." Treasure hunters can remove items with a "FREE" sign but should remember to respect people's property when participating.

More information about these programs can be found on the City of Corner Brook website or call 709-637-1630.

Trails

Corner Brook Stream Trails

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 • Sir Richards Squires Building - O'Connell Drive at Mount Bernard Avenue • Park Street - next to Sorrento's • Corner Brook Port
Online maps and trail descriptions are available at www.cbstream.com

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 help keep the facility clean and follow all rules and regulations posted.

Animal Services

City of Corner Brook Animal Services

- The City of Corner Brook employs one Animal Control Officer who is trained to handle situations with domesticated pets only.
- Routine Patrols are conducted throughout the City to ensure all pets are tagged and on leashes when outside of the home.
- We enforce Responsible Pet Ownership and the City of Corner Brook Animal Regulations Bylaw, Dog regulations, and, the Provincial Animal Health and Protection Act.
- Licencing helps to unite pets and owners. It also helps in providing more rapid medical treatment in the case of an emergency.
- All dogs aged 3 months or older must be licensed. The licence is a onetime fee of \$10.00 and is for the life of the dog. To licence your dog, complete and submit a Dog Registration form and pay the onetime fee at City Hall.
- The Animal Control Officer may not be able to respond to calls after hours. If a domestic animal is cause a public threat please contact the local RNC.

For more information about our services please contact:

CITY OF CORNER BROOK ANIMAL CONTROL

Monday – Friday 8:00 am to 5:00 pm • 709-634-1666

CORNER BROOK CITY POUND

Open to the public from 1:00-2:00 pm Monday – Friday.
Located behind 40 Brook Street • 709-637-1559

Gymnastics

Saltos Gymnastics Summer Camp

Come join us for gymnastics, arts & crafts, indoor activities and outdoor fun in the sun!

Saltos offers fun filled weekly kids camps throughout the summer. Camps consist of arts and crafts, songs, gymnastics, a variety of indoor and outdoor games, free gym time, and other fun activities.

Trained coaches with CPR and First Aid, provide children with jam packed fun filled days of activities in a safe and supportive environment.

What to Wear?

- A T-shirt and shorts or a gymsuit
- Bare feet are the safest in Gymnastics area
- Hair should be tied back
- No loose clothing or jewelry

What to Bring?

- Morning and afternoon snacks (nut free),
- Sunscreen, hat, water bottle,
- Warm clothing, and running shoes.

SALTOS GYMNASTICS SUMMER CAMP:

Weekly Full Days & Half Days Available

DATE:

June 27 - August 26
Monday - Friday

TIME:

9:00 a.m. - 5:00 p.m.

(Early drop off available for a small fee.)

Ages: 5 years - 14 years old.

Register for one week or all 8!

Location: Civic Centre • 709-639-7080 • www.saltosnl.com
office@saltosgymnastics.com
facebook/saltosgymnastics • twitter @saltoselite

Art Camp

Summer Art Camp & Lessons

Hosted by Art Educator:
Susy Randell BFA
BEd Contact 709-660-7879
or susyrandell@hotmail.com



Summer Swim Camp

Corner Brook Rapids Swim Camp

During the summer, the Rapids offer Summer Swim Camps. Swimmers will learn proper stroke techniques, while building their endurance abilities and confidence; dry land activities and exercises, usually outdoors. During raining days the time is spent indoors doing educational or craft activities.

The Rapids Summer Swim Camps are the ideal introduction to the sport of competitive swimming, but also contribute to increasing both the swimming skills and fitness levels of all children. For safety reasons, swimmers must be able to securely swim one length (25m) of the pool front crawl and another back crawl.

RAPIDS SWIM CAMP Arts & Culture Centre:

DATE: TBA

TIME: 9:00 a.m. - 12:00 p.m.

\$10 per day. Parents & guardians may pay on a per day or per week basis.

Corner Brook Centre Bowl Photo



Bowling

Corner Brook Centre Bowl

Registration required (first come first serve).

Activities include games and outings, crafts, lunch breaks and lunch menu available for purchase, glow bowling, theme day Fridays.

Some arrangements may be made for different times for drop off or pick up. Will have to arrange when pre booking your weeks. There are limited spaces available per week so please book early.

SUMMER BOWLING CAMP: Ages 5 to 12.

Program runs from July 4th - August 19th, 2016.

DATE:

Monday to Friday

TIME: 8:30 a.m. - 4:30 p.m.

(Times negotiable)

Registration ongoing so book immediately for summer spots.

Call 634-4934, visit us at

www.cornerbrookcentrebowl.com

or send us an email: cornerbrookcentrebowl@hotmail.ca.

Grenfell Campus, Memorial University of Newfoundland

Summer Activity Camps

Enjoy a summer of fun at the Grenfell Campus Activity Camps.

TENTATIVE LIST OF SUMMER CAMPS:

- AMAZING RACE
- BASKETBALL CAMP
- CSI
- ARTSMART
- HOLIDAY HULLABALOO
- SPORTS OF ALL SORTS
- ECO 4U
- JR. CHEF
- JR. MUSICAL THEATRE
- SR. MUSICAL THEATRE
- VOLLEYBALL CAMP

Location: Grenfell Campus, Memorial University of Newfoundland.

Cost will vary according to the program. For more information on the above Activity Camps please visit our website at

www.grenfell.mun.ca/go-engagement or call 709-637-6208.

Hockey Camp -

CORNER BROOK CIVIC CENTRE

**Shoot for Excellence
Corner Brook Spring Camp**

April 22nd – 24th • April 29th – May 1st

**Shoot for Excellence
Corner Brook Summer School**

July 25th – 29th, 2016

Shoot for the Stars Hockey Photos



Some of our Coaches include:
Rob French / Pete Ferguson / Darren Colbourne / Brandon Hynes PLUS MANY MANY MORE!

Special Guest Instructor, Harold Druken, former NHL Player

with the Toronto Maple Leafs, Carolina Hurricanes, and Vancouver Canucks.

Camps Fill Up Very Quickly!!!! Register Now!!!

Special Early Bird Rate and Procedure Available

For More Information ph: 709-640-7825

YMCA

Humber Community

YMCA Summer Day Camp



The Humber Community YMCA is proud to offer a quality Summer Day Camp experience for children aged 5 - 12. The YMCA Summer Day Camp will help children experience personal growth and development in spirit, mind and body.

Camp activities spark both interest and imagination through fun, challenging activities for children that are safe and age appropriate. Our Summer Day Camp offers exciting experiences and opportunities for individual expression and creativity and a balance of structure and personal choice. Campers will learn about themselves and their community in an atmosphere of mutual respect and self-worth.

Parents and guardians can be sure their children are in safe, capable hands when they are with YMCA staff and volunteers.

YMCA SUMMER CAMP SCHEDULE:

TIME:	Registration:
8:00 a.m. - 5:30 p.m.	Ongoing throughout the summer at the YMCA.

**For further information please call 639-9676
www.humbercommunityymca.ca**

WHAT TO BRING

- Sunscreen, hat and bug spray
- Bagged lunch, water bottle, extra snacks and knapsack (no peanut products or glass bottles please).
- Indoor footwear and a change of clothing (please be prepared for all types of weather).
- Your child should NOT bring electronics, trading cards, toys (i.e. Game Boy, etc.). The YMCA is not responsible for lost, stolen or broken items.
- Please label all items brought to camp.

** Please provide child's MCP number and immunization record.*

** Fees must be paid PRIOR to child's participation.*

** Payment must be made by Pre-Authorized Debit, Mastercard or Visa in advance*



Gros Morne Summer Music's 2016 season includes return of 2015 favourite STAR TAXI, the WOODY POINT PAGEANT and more toe-tapping trad shows, and a brand new BEATLES EXTRAVAGANZA! Stay tuned for details!

More info and 2016 Season Passes on sale now at www.gmsm.ca

Suite 206, 74 Broadway, Corner Brook, NL | 709-639-5847 | info@gmsm.ca

Theatre

Theatre Newfoundland & Labrador TNL

THE LION, THE WITCH, AND THE WARDROBE,

adapted by Rachael Joffred

Join Peter, Susan, Edmund, and Lucy as they wander into a wardrobe and find themselves thrust into the magical world of Narnia, where animals talk, mythological beasts run rampant, and an evil wintry White Witch rules with an icy fist. This family favourite is not to be missed!

For tickets contact the Corner Brook Arts & Culture Centre Box Office at 637-2580 or www.artsandculturecentre.com

GENERAL PUBLIC PERFORMANCES:

- Friday, April 29 @ 8pm
- Saturday, April 30 @ 8pm
- Sunday, May 1 @ 2pm



TNL will also be offering two week-day matinees for school students. Each performance will be followed by a Talk Back, providing an opportunity for student's in the audience to have a Q&A session with the student performers, design team, and director. For more information teachers or school administrators can contact

Rachael at 709-639-7238 or rachael@tnlyouth.com. For school group bookings, call the Arts & Culture Centre administration office at 709-637-2581.

SCHOOL SHOW PERFORMANCES:

- Thursday, April 28 @ 1pm
- Friday, April 29 @ 1pm

WESTSIDERS by Tom Finn, adapted by Jeff Pitcher- *Corner Brook 60th Anniversary Legacy production*

From mid-July to mid-August TNL will bring the writings of Tom Finn from the page to the stage with sensitive and emotional story-telling. The piece will charm both local and tourist audiences with its simplicity, honesty and revealing portraits of people and places in Corner Brook in the 1940s and 50s based on the writings of Corner Brook native Tom Finn.

This new 'story-telling' piece of theatre will be performed at various venues throughout the city of Corner Brook – both indoors and out from **July 19 - Aug. 14, 2016.**

Watch TNL website www.theatrenewfoundland.com for updated performance details.



Stage West Photo

Theatre - continued

Stage West Theatre Festival

2016 SUMMER SEASON

Stage West is back for its 8th season of music, comedy, and drama. Our popular family show is returning this year along with some special events. Our shows run throughout the month of July.

Location: Various locations throughout Corner Brook
All shows take place in July. Starting times may vary.
Check our website for details.

Contact Information: www.StageWestTheatreFestival.com or call 709-638-4622.

The Arts and Culture Centre

A division of the Department of Business, Tourism, Culture and Rural development. Committed to excellence and presenting the best to patrons, the Arts and Culture Centre offers a wide variety of programming from the best that Newfoundland has to offer to diverse artists from across Canada and abroad.

Located at University Drive, Corner Brook. For more information and contact information. Box Office 709-637-2580, Administration 709-637-2582.
www.artsandculturecentre.com

Grenfell Theatre, Fine Arts Building, Grenfell Campus

HENRY IV PART 1 By William Shakespeare –
Wednesday, March 30 to Saturday, April 2 • 8:00 pm
Directed by Michael Waller; Set and Lights by Renate Pohl;
Costumes by Vickie Marston

Having acquired the crown after deposing Richard II, Henry IV must now deal with claims that his monarchy is invalid. The highly praised young noble, Hotspur, is withholding prisoners of war and organizing a plan to bring the crown to Mortimer. Meanwhile, Prince Hal, Henry's son and heir, seems to be squandering his life. The greatest of these miscreants is the fat knight, Sir John Falstaff, a witty, warm,

intelligent liar, glutton, lecher, cheat, braggart, fool and sponger with a gigantic sense of fun. When the King needs his son's assistance in combating Hotspur, Prince Hal begins to show the character that becomes a leader and a king. Shakespeare's rousing tale of comic conspiracies and heroic deeds reveals how a Prince's coming of age will shape the fate of a nation.

Dance

Candice Pike Dance presents

LOVE AND ADAPTATION

This performance, created and performed by residents of Corner Brook, animates the stories of Newfoundland's war brides and brings them to life through movement, sound, and scenery. Audiences will walk through the Corner Brook Museum and Archives to uncover comedic, touching, and captivating vignettes from our past. This project is facilitated by Candice Pike and Lois Brown. Support for this project is provided by the Canada Council for the Arts and ArtsNL

7:00pm, Saturday, April 23rd

Corner Brook Museum and Archives Society

\$10 tickets available at the door

More information at facebook.com/CandicePikeinMotion

DanceNL Dance Week 2016

April 23-29, 2016

Celebrate dance in all its forms with DanceNL's Dance Week 2016. Look for workshops, random acts of dance, discounts for dancing at your favourite local businesses, Newfoundland's most danceable song contest, dance activities in schools, and lots of online dancing fun leading up to UNESCO's International Dance Day on April 29. Check the full schedule at www.dancenl.ca and facebook.com/DanceNLOnline

Scottish Country Dancing

The Scottish Heritage Society Scottish dancing is held at 7:45 p.m. every Thursday evening until the end of April 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 for the Fall of 2016 is Thursday, September 8th.

For more information, please call 709-634-3067.

THE CITY OF CORNER BROOK Corner Brook Week

JULY 17 - 23, 2016

2016 Event Schedule

SUNDAY, JULY

17

Corner Brook
Has Talent

MONDAY, JULY

18

Public Council
Meeting

TUESDAY, JULY

19

Movie in the Park
The Rowdy Man

WEDNESDAY, JULY

20

Bartlett's Point
Picnic

THURSDAY, JULY

21

Sounds of
Summer

FRIDAY, JULY

22

Diversity
Day

SATURDAY, JULY

23

Corner Brook
Day



For more information on Corner Brook Week and all events happening in the City of Corner Brook's 60th Anniversary, please visit www.cornerbrook60.com

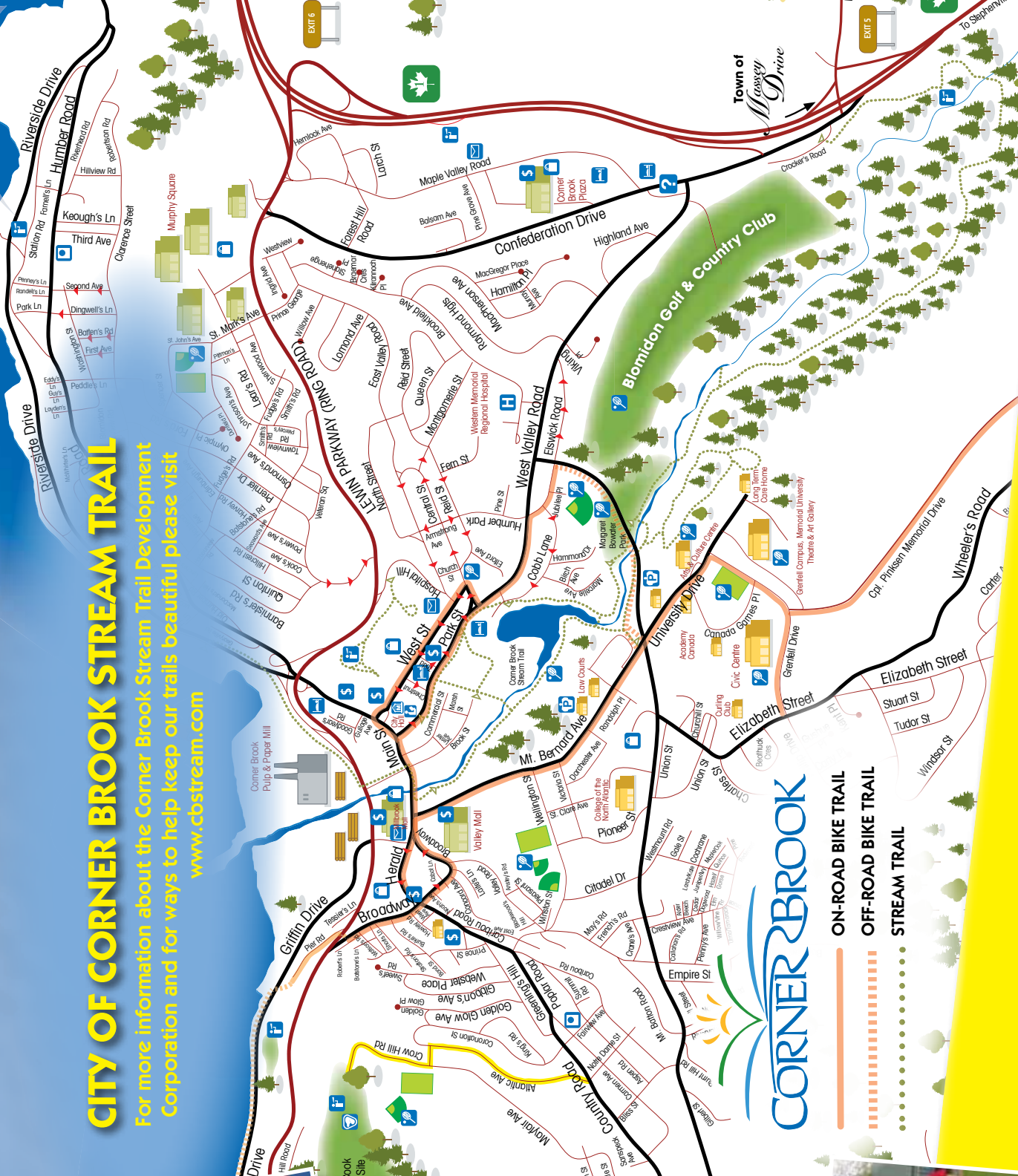
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CITY OF CORNER BROOK STREAM TRAIL

For more information about the Corner Brook Stream Trail Development Corporation and for ways to help keep our trails beautiful please visit www.cbstream.com



- ON-ROAD BIKE TRAIL
- OFF-ROAD BIKE TRAIL
- STREAM TRAIL

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!



Bernmett's Tae Kwon Do Photo



Corner Brook Women's Softball Photo



Corner Brook Minor Baseball Photo

