



- Nov 1, 15 & 29 Senior Luncheons ٠

- Nov 25: 53rd Annual Winter Fair
- Nov 28: 50+ 50's Dance & Social



Nov 12: Valdy Plays at the Kelsey Centre Nov 18: Sayward School Bingo & Bake Sale **Nov 21: Island Health Immunization Clinic**

> The Kelsey Centre is now open Sundays, check out the new schedule



The Strathcona Regional District Regional Board Meetings for the year 2023 will be held at 12:30 PM on the following dates:

January	Wednesday	11, 25
February	Wednesday	8, 22
March	Wednesday	15, 29
April	Wednesday	12, 26
May	Wednesday	10, 24
June	Wednesday	14, 28
July	Wednesday	19
August	Wednesday	16
September	Wednesday	13
October	Wednesday	11, 25
November	Wednesday	8, 22
December	Wednesday	13* @2pm

Strathcona Regional District Board and Committee meetings are livestreamed and can be viewed in real time on the Strathcona Regional District YouTube Channel.

Elected Officials of the SRD

Area A Director

Gerald Whalley (250) 282-3787 gwhalley@srd.ca

Board of Directors Chair: Mark Baker (250) 203-5428 mbaker@srd.ca

Board of Directors Vice-Chair: Ron Kerr (250-)286-5708 rkerr@srd.ca

Village of Sayward

PO Box 29, 652 H'Kusam Way, Sayward B.C. VOP 1R0

Office hours: 9:00am-4:00pm (closed 12-1pm for lunch and Statutory Holidays)

Phone: 250-282-5512 Email: village@saywardvalley.ca Website: www.sayward.ca

Strathcona Regional District

990 Cedar Street, Campbell River, B.C. V9W 7Z8 Office Hours: 8:30am-4:30pm (closed Statutory Holidays) Phone: 250-830-6700 Email: info@srd.ca Website: www.srd.ca



The Village of Sayward Regular Council Meetings for the year 2023 will held in Council Chambers at 7:00 PM on the following dates:

January	Tuesday	3, 24	
February	Tuesday	7, 21	
March	Tuesday	21	
April	Tuesday	4, 18	
May	Tuesday	2, 16	
June	Tuesday	6, 20	
July	Tuesday	18	
August	Tuesday	15	
September	Tuesday	5	
October	Tuesday	3, 17	
November	Tuesday	21	
*November 7 Council meeting cancelled			
December	Tuesday	5, 19	

Request virtual attendance through a **Teams Meeting** link by emailing the village office at village@saywardvalley.ca

Elected Officials of the Village of Sayward

Mayor:

(250) 203-5428 mark.baker@saywardvalley.ca Mark Baker

Councillor:

Scott Burchett (604) 818-5558 scott.burchett@saywardvalley.ca Kohen Gilkin (250) 201-1064 kohen.gilkin@saywardvalley.ca (250) 282-0184 sue.poulsen@saywardvalley.ca Sue Poulsen (250) 898-7067 tom.tinsley@saywardvalley.ca Tom Tinsley

Trustee:



Shannon Briggs (250) 282-3364 shannon.briggs@sd72.bc.ca

Provincial Government Member of Legislative Assembly:

Michele Babchuk 1-866-387-5100 or (250) 287-5100

Federal Government Member of Parliament:

Rachel Blaney 1-250-287-9388 or 1-800-667-8404

















ITS THAT TIME OF YEAR AGAIN!

Every year Secret Santa, with the help of many in our community, provides Christmas hampers and gifts to families in the Village and Valley who could use a bit of

help to make Christmas a joy filled holiday.

Last year, we were able to provide hampers and gifts to approx.: 35 families and we expect the number to increase this year.

If you know of members in our community that could use a bit of help this year, please forward the address, names of the family members and ages of the children and any special dietary needs to the address below. Donations will be gratefully accepted until December 10, 2023.

All donations of cash, toys and food are always greatly appreciated. If you are able to contribute to this worthy cause, please contact :

Debbie Grill @ 250-895-4500 or dbbgrill@gmail.com Donations are also accepted at the Village of Sayward office.

All information will be kept strictly confidential.

We appreciate your help in working towards a Merry Christmas for all. Sincerely, Secret Santa and his Elves.

The bursary committee

is happy to announce that Taylor Pringle will receive the bursary award this year.



The Sayward Community Bursary committee would like to extend a big thank you to the following donors for making it possible to help Taylor further her education

Walter and Eve Hrybko Harvey and Karen Henderson Tom and Karen Tinsley **Trophy West Guide Outfitters** Paul Stanke and Michelle Smith Sayward Fish and Game A message Bill and Marilyn Barry Anonymous Donor

Thank you everyone who contributed to the bursary and choosing me as the recipient. I'm currently enrolled in the bachelor of arts for criminology program at Vancouver Island University. After obtaining my degree I plan to become a police officer, first in the military and then in civilian life. I have lived in Sayward since I was a baby, along with my parents, brother and sister. I'd like to thank everyone who has supported me in the community, it truly does take a Village to raise a child



On behalf of the Sayward Tour de Rock I would like to thank all of the Volunteers who helped with setting up for the Potluck and all of the people that donated food for the Potluck Dinner and the Riders' Breakfast. Thank you to the people who donated their crafts to our Silent Auction. Thank you to everyone that came to the Potluck Dinner and donated to the Tour de Rock Ride to "Help the Kids".

> We raised \$8664.55. THANK YOU SAYWARD YOU ROCK! Joyce Ellis Sayward Tour de Rock Committe

Sayward Christian



Jesus said, "In everything, do to others what you would have them do to you, for this sums up the Law and the Prophets."

> Morning Service 11:00 AM 740 Gentry Rd.

Mark Johnson 250-282-3473 Bruce Fyfe 250-282-3301

Everyone Welcome!

AA Meetings: 250-282-0030 Crisis Line: 1-888-494-3888 Available 24/7 Heritage Hall: 250-282-0192 heritagehall@saywardvalley.net Kelsey Centre: 250-282-5500 kelseycentre@saywardvalley.ca Mainroad Contracting: 1-877-215-7122 Available 24/7 Ocean View Gifts & Gallery: 250-282-0018 info@saywardfutures.ca Royal Canadian Legion Branch #147: 250-895-4500 President - Debbie Grill Saturday Farmer's Market: 250-282-3242 Barb 10:00am to 1:00pm Saturdays at Heritage Hall Sayward Burial Park: 250-282-5512 Sayward Bursary: 250-282-3465 Marilyn Barry Sayward Christian Fellowship: 740 Gentry Road Sunday Service at 11:00am 250-282-3301 Bruce Fyfe 250-282-3473 Mark Johnson Everyone Welcome! Sayward Community Health Society: 250-850-7144 Charon Risdale: charonrids@gmail.com Meets - 6:30pm - 2nd Monday each month Sayward Fish & Game Meets - 7:30pm - last Wednesday of each month at Heritage Hall

In case of emergency – call 911

Local Emergency Services Contact information for

Non-Emergencies:



Sayward RCMP 250-282-5522

Sayward Volunteer Fire Department 250-282-5505 svfd@saywardvalley.ca



Sayward Ambulance Station: 250-282-3600



Sayward Emergency Program **Emergency Program Coordinator:** Tom Tinsley 250-898-7067 epc@saywardvalley.ca



SRD Emergency Preparedness Program Protective Services Coordinator: Shaun Koopman 250-830-6702 preparedness@srd.ca



from

Taylor

Local Organization Information

Sayward Valley Folk Music Society: 250-282-0134
Bob Sampson rsampson@saywardvalley.net
Sayward Futures Society: 250-282-0018
info@saywardfutures.ca
Sayward Food Centre: 250-282-0018
info@saywardfutures.ca
Sayward Garden Club: 250-282-3799 Alex Turner
Meets - 7:00pm - 2nd Thursday each month at Heritage Hall
Sayward Harbour Authority
250-282-0178 Colin Read Executive Director
250-201-0612 Wharfinger Hans Hoepfner
Meets - 9:30am - Last Sunday each month at Harbour Office
Sayward Health Clinic: 250-282-3815
Sayward Literacy Now
250-282-3851 Jan Bakker: bokkie.bakker@gmail.com
250-282-3450 Ann Vansnick: <u>annv@saywardvalley.net</u>
Sayward Post Office: 250-282-3223
Monday - Friday: 9:00am-5:00pm
Saturday: 8:30am-12:30pm
St. Bernadette's Catholic Church: 963 Despins Road
Sunday Service at 11 am (3 rd Sunday at 3:00pm)
VI Regional Library: 250-282-5551
Monday: Closed
Tuesday - Wednesday: 10:00am to 8:00pm
Thursday - Saturday: 10:00am to 2:00pm
Sunday: 12:00pm to 4:00pm



Emergency Phone Notification System

The Village of Sayward in conjunction with the Strathcona Regional District uses **Alertable** as our public emergency mass notification service.

Alertable can notify residents, visitors, and businesses of emergencies in a timely manner to people who subscribe to receive these alerts. It can also be used to notify residents of other non-emergency items such as scheduled road closures, power outages, water and sewer alerts, and much more. This service is free.

The system is compatible with mobile phones, tablets, computers or smart speakers. It can also send alerts via text message, voice calls to land lines, and e-mail.

The link to **sign up** for this system is located on the Village website here: https://www.sayward.ca/municipal-services/ emergency-services/alertsnotifications



Village of Sayward





Emergency Preparedness Corner



Fall into Fall and take care of it All !

Some seasonal change preparation items or points for your consideration in no priority order -

- 1. Have salt or de-icing materials available for potential snow and don't forget that shovel.
- 2. Clear leaves or snow from your municipal drains when possible.
- 3. Ensure you have winter tires or chains for your vehicle for our north of Campbell River highways.
- 4. Get to know your neighbors so you can provide reciprocal help in an emergency if needed.
- 5. Stock up on non-perishable foods as well as fresh water in case of an emergency of any kind.
- 6. Drink lots of water and take your time if shoveling snow to avoid health risks.
- 7. Keep all battery charged items fully charged.
- 8. Refill vehicle gas tanks or charges when they are half full.
- 9. Know where you first aid kit is and that it is up to date.
- 10. Have weather appropriate clothes at the ready wherever you are.

Other emergency preparedness items –

- More Emergency Social Service (ESS) Volunteers still needed and one Director Position is now open. To learn more about this valuable opportunity to help your community, email your Emergency Program Coordinator at epc@saywardvalley.ca and I will email you a PowerPoint presentation with more information for your potential consideration of this opportunity.
- Your EPC (Emergency Program Coordinator) is considering the benefits of the Neighborhood Emergency Preparedness Program (NEPP) for our community and in coordination with the SRD and will provide more information as the assessment continues.
- Sayward Walkie Talkie Wednesday 6:30PM to 7:00PM each Wednesday, continue to test your radio on channel 4 in that time slot and see who you can connect with.
- Remember that Prepared BC and Emergency Management Climate Response (EMCR) web sites have lots of information to help you in your own personal responsibility for emergency preparedness.

Go forth and Stand Tall in the Fall and cover it All ! Stay safe and prepared!

If you would like to learn more about ESS please contact your Emergency Program Coordinator (EPC), Tom Tinsley, at 250-898-7067



The Sayward Volunteer Fire Department is accepting APPLICATIONS FOR RECRUITMENT.



You must be: Living in the Sayward District Fire protection area, team oriented, healthy/physically fit, and of good character (RCMP security check required).

We offer:

Involvement in community activities ranging from fire fighting, rescues, first responder medical service, to public education events. Paid training is provided.

We are flexible to meet your time commitments, we work around our members lives to make it easy as possible for you to be part of our team. Insurance plans available for both on and off duty. New friends and acquaintances guaranteed. And lots of fun!

For more information, or to apply please contact the Sayward Volunteer Fire Department @ 250-282-5505 or <u>svfd@saywardvalley.ca</u> or come to our weekly meetings every Monday @ Fire Hall #1 - 7:00pm





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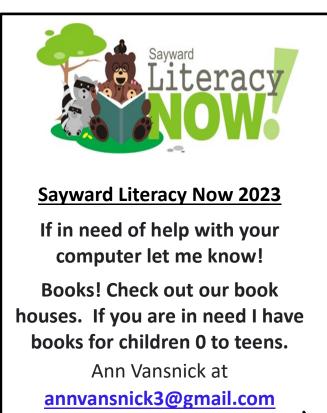
ROYAL LEPAGE

Susan Mallinson

Sales Representative

I started in Real Estate in 2004, for 16 years I have enjoyed helping people with their biggest purchase in life their "Home". Whether its first time buyers, your dream home and everything in between. I work closely with a Local Quality Home Builder so I have lots of experience with New Construction. I am also very knowledgeable and represent our Royal LePage office as the "Sayward Specialist". I love what I do and always try to make the transaction of purchasing or selling your home an enjoyable experience. Always happy to help. I have been blessed to call Vancouver Island home for 40 years and can't imagine anywhere more beautiful to live.

Phone: 250-203-3545 Office: 250-286-3293 Toll Free: 1-888-286-1932



250-282-3450



Driving in winter conditions? Plan ahead.





° WINTER

Know before you go | DriveBC.ca | ShiftIntoWinter.ca

See an issue on North Island highways? Report road hazards and share feedback to 24HR Public Info Hotline: 1-877-215-7122



Join us at the Sayward Royal Canadian Legion #147, 699 Sayward Road for BINGO:

1:00 pm Sunday, November 12 1:00 pm Sunday, November 26



Clinic Corner News

There are two health events happening in November – The COVID/Flu shot clinic and the Mobile Hearing Testing Clinic. Please refer to the individual posters for each clinic. You are required to sign up. Drop ins are not accepted. Phone numbers are available on each of the posters for sign up. Sayward

Did you know that Fortis BC and BC Hydro have teamed up to provide low income families with Energy Conservation Assistance Program. You can find more information at https:// www.bchydro.com/powersmart/residential/rebates-programs/savings-based-on-income/free-product-installand-advice.html Portable Air Conditioners, LED light bulbs and night light, High-efficiency showerheads, Faucet aerators, Door weather stripping, Insulating wrap for hot water pipes, Clothes drying rack, Carbon monoxide detectors, ENERGY STAR[®] fridge replacement, Insulation in walls, attic, or crawlspace are part of the program, so now is the time to check it out and apply if you qualify.

Nove Public Health I		2023 50-2110 press 1	Clinic Phone (250) 282-3815 Fax (250) 282-0040			
Please call the	above provider d	lirectly to book				
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30 NP Tracey 9-5 Labs 9-11:30	31 NP Tracey 9-5	1 NP Tracey 9-5 Seniors Lunch at Kelsey Centre	2 NP Tracey 9-4	3 CLINIC CLOSED	4
5	6 NP Tracey 9-5 Labs 9-11:30	7 NP Tracey 9-5	8 NP Tracey 9-5	9 NP Tracey 9-4	10 CLINIC CLOSED	11
12	13 Clinic Closed Remembrance Day	14 NP Tracey 9-5	15 NP Tracey 9-5 Seniors Lunch at Kelsey Centre	16 NP Tracey 9-4	17 CLINIC CLOSED	18
19	20 NP Tracey 9-5 Labs 9-11:30 Mobile Hearing Testing- Call Clinic to Book	21 NP Tracey 9-5 Covid/Flu Vaccine Clinic at Kelsey Centre Call 1 833 838-2323 to book.	22 NP Tracey 9-5	23 NP Tracey 9-4	24 CLINIC CLOSED	5
26	27 NP Tracey 9-5 Labs 9-11:30	28 NP Tracey 9-5	29 NP Tracey 9-5 Seniors Lunch at Kelsey Centre	30 NP Tracey 9-4	1 CLINIC CLOSED	2

This Schedule is subject to change...

Masks are once again mandatory at Island Health Sites





On November 12th SVFMS in collaboration with Sayward Futures and the Village of Sayward is pleased to have Valdy return to our stage to close our 2023 concert season. Valdy opened our third season in 2020 so we have invited him back for this special concert. Everyone is invited to attend and to enjoy the music of one of Canada's most beloved performers. Admission to this concert is \$25 per person. The concert begins at 7:00, **Doors open at 6:30 Children 16 and under are free when accom-panied by an adult** panied by an adult.

Tickets are available at the Fisherboy Store, the Village Office, and Music Plant in Campbell River. As always children under 16 are admitted free when accompanied by an adult.

We would like to thank those who have attended our concerts and shown continued support for the work that we do to put these shows together. This includes our volunteers and the Sayward Village Council, without whom these events would not be possible.

We will be taking a break for the month of December but will be back in January. Our first concert of 2024 will be January 14 If anyone has questions regarding our upcoming concerts, if you wish to become a volunteer or would like to host our future performers, please let me know. Bob Sampson 250 282-0134

Senior's Luncheon



12:00 - 1:00pm

Come enjoy a social gathering at the Kelsey Centre. Lunch, dessert and refreshments provided. This is a free event. Rides available upon request.

> 652 H'Kusam Way Sayward, BC Phone: 250-282-5500

May 24th

Will be our Last Luncheon

Thank you to all volunteers who put their time and effort into making this event special for our seniors.

Merville Mennonite Church Invites you to join us for a Sing-Along Location: Sayward Heritage Hall 1257 Sayward rd. October 8, 2023 4:00-5:00 pm. Refreshments served afterwards For inquires contact : Nevin Zimmerman

250-201-1889

Sayward Valley Folk Music Society News







Village of

Sayward



Deck the Hall for the Holidays - Fri. Nov. 17

Starts at 10am and finishes when done! We will be decorating hall inside and out for our upcoming events making our hall festive inside and out! Bring your ladders, cedar boughs, staplers, etc.! A light lunch provided!!

53rd Winter Fair – Sat. Nov. 25th

3pm to 7 pm Table rentals \$10. Call hall to rent a table. We have outside and inside tables.

Admission is a donation of cash to SCRA or a non perishable food item for Secret Santa Hampers!

Seniors Christmas Dinner – Mon. Dec 4th

at 3 pm Must be 65 (Spouse/Partner under 65 welcome) Preregister by November 21st

Home deliveries will be available for ones unable to attend. Call hall 250-282-0192 to register! Donations of door prizes are welcome and money for purchasing food. If you are willing to volunteer please contact Ann 250-282-3450. We need help setting up, prepping food, cooking, serving, cleaning up, delivery etc.

Sayward Helping Hands

What do you like to do? Sew, Crochet, Knit or? Come down to the Heritage Hall 1257 Sayward Rd. Every Tuesday from 10 am to 2pm Share your knowledge with others. Bring your lunch!

Sayward Families and Children Connect

For young children and their parents and caregivers.

Mini Health Fair Event on Monday November 6th

SCRA –

Heritage Hall

Happenings

1257 Sayward Rd

250-282-0192

heritagehall-

scra@gmail.com

(NEW EMAIL)

Monthly Meeting

Tuesday Nov. 14 at

7 pm.

(New date and time)

All Welcome

Drop in anytime from 11:00am to 2:00pm at the Heritage Hall, 1257 Sayward Road.



Join us and meet health providers.

Find out more about available health services and resources.

Enjoy lunch, snacks, and crafts. Plus, door prizes!



For more information contact Ann Vansnick

saywardfamilynavigator@gmail.com or phone/text 250-203-8332 Children must be accompanied by an adult.

> Supported by a grant from United Way British Columbia Central and Northern Vancouver Island







Sayward Families and Children Connect

For young children and their parents and caregivers. This friendly drop-in program is free and fun! Join Ann at the Heritage Hall, 1257 Sayward Road. Family activities with a light lunch provided.



November Schedule:

Saturday, November 4th from 11:00am - 2:00pm Monday, November 6th Mini Health Fair: 11:00am - 2:00pm Saturday, November 18th from 11:00am to 2:00pm There will not be sessions on November 11th (Remembrance Day and November 25th (Community Winter Fair)



For more information contact Ann Vansnick

saywardfamilynavigator@gmail.com or phone/text 250-203-8332 Children must be accompanied by an adult. Supported by a grant from United Way British Columbia Central and Northern Vancouver Island

SAYWARD FUTURES SOCIETY Our Community, Our Future OCEANVIEW GALLERY & CAFE CHRISTMAS Saturday, December 2, 2023 10:00am to 4:00pm

SAYWARD FOOD PROGRAM

The astronomical rise in the cost of living is having a terrible impact. If you or someone you know is experiencing food insecurity, please register for our monthly food program with the Sayward Health Clinic ~ 250.282.3815 or the Sayward Ambulance ~ 250.230.4501.

In addition, we would like to gratefully acknowledge the Heritage Hall board of directors as they have graciously opened their doors to the Sayward Futures Society volunteers in order to accommodate the sorting and distribution of our monthly food boxes — thank you!

Garden Club News

Gardeners are winterizing their gardens by mulching to protect perennial plants from the freezing temperatures that we will soon experience. Leaves, sawdust, wood chips and cardboard are all useful as mulch. Many of us are turning toward a permaculture approach to growing. This involves applying compost and mulch in a permanent layer and planting through this layer or by moving the mulch aside to plant crops like carrots. Permaculture has the advantage of not disturbing the micro-organisms that are part of natural soil fertility as well as reducing the necessity to kill weeds.

The Garden Club met on October 12 and held a lively discussion of various methods of preserving food. In the Fall gardeners are faced with a temporary abundance and need to employ various methods to store food for the winter. As we looked at drying, freezing, canning, pressure canning, making jam and pickles and more, we shared our experience and expertise. Everyone came away with more knowledge and know-how. We were happy to welcome several new members and we all enjoyed the baked treats provided.

Our November 9 meeting will feature a presentation on growing garlic by Barb Clark. You will recognize Barb from her produce booth at the summer market. She grows some of the finest garlic produced on the north island and has years of experience to share on this topic.

____Sayward Society

The Sayward Community Health Society

will be holding their AGM on November 15th, at the Sayward Clinic. According to BC Societies rules, only fully paid up members can attend the AGM. Anyone is more than welcome to turn up on the day and join of course, then attend the meeting. SCHS needs and values your support so please consider becoming a member. The Directors of the SCHS are planning a book sale in early spring. Watch for more information beginning in the January Sayward News.

Please feel free to contact me if you have any questions regarding the AGM and the book sale at: charonrids@gmail.com or 2508507144.



Charon Ridsdale, Director of SCHS





Please join us at 7:00 at the Heritage Hall.



Sayward Age friendly Van

November Schedule

Weekly Trips to Campbell River November 9th (Driver Diane) November 23rd(Driver Michelle) November 30th (Driver Wayne)

The Age Friendly Van is for anyone over the age of 19 years. The van will pick you up and drop you off at your home. Pick up time after The driver will take you to appointments, shopping or any other destinations required Return time to Sayward may vary from trip to trip, depending on the riders needs. Sayward Van will arrive back in Sayward no later then 5pm unless arrangements are discussed in advanced and approved. Cost is by Donation Please call the Village Office the day before by Noon. 250-282-5512 ext. 0

Subject to Change due to Weather Conditions

MERMAID SWIM

4:45PM - 7PM

CALLING ALL MERMAIDS AND MERMEN TO THIS

MAGICALLY MARVELOUS EVENT:

THERE WILL BE GAMES TO PLAY. PRIZES TO BE

WON. MERPERSON OUTFITS ENCOURAGED BUT NOT

MANDATORY.

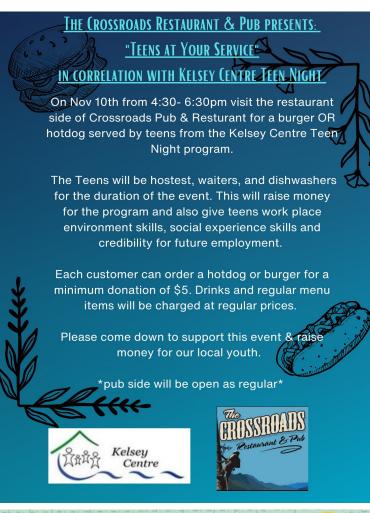
FEATURING A BRAND NEW GAME: DIVING FOR LOOT:

QUARTERS WILL BE THROWN ABOUT, AND

MERPEOPLE KEEP WHAT THEY COLLECT:

EVERYONE WELCOME!

FRIDAY NOVEMBER 17TH









652 H'Kusam Way Sayward BC









NOVEMBER 2023

250-282-5500

Kelsey

Centre

KELSEY CENTRE GYM & WEIGHT ROOM SCHEDULE

MONDAY	MONDAY WEDNESDAY		SUNDAY		
9:00am - 7:00pm	9:00am - 7:00pm 9:00am - 7:00pm		1:00pm-5:00pm		
WEIGHT ROOM	WEIGHT ROOM WEIGHT ROOM		WEIGHT ROOM		
9:00AM - 7:00PM	9:00AM – 7:00PM	12:00PM - 8:00PM	1:00PM - 5:00PM		
AEROBICS	SENIORS	55+ SOCIAL	55+ SOCIAL		
ALL FITNESS LEVELS	CARPET BOWLING	12:00PM - 2:00PM	1:00PM - 3:00PM		
9:30AM - 10:30AM	9:15AM –11:45AM	CARDS & COFFEE	CRAFTING		
DROP IN	FREE PROGRAM	FREE PROGRAM	<u>FREE PROGRAM</u>		
			<u>NO PROGRAM NOV 18</u>		
PARENT & TOT	AEROBICS	AFTER SCHOOL	FAMILY GYM		
GYM TIME	ALL FITNESS LEVELS	PROGRAM	3:00 - 5:00PM		
10:45AM - 1:45PM	1:00PM – 2:00PM	5-11 years	ADULT MUST		
<u>DROP IN \$2.00</u>	DROP IN	2:30PM - 4:30PM	ACCOMPANY CHILD		
			<u>FAMILY RATE \$5.00</u>		
AFTER SCHOOL	AFTER SCHOOL	AEROBICS			
PROGRAM	PROGRAM	ALL FITNESS LEVELS			
5-11 years	5-11 YEARS	5:30PM - 6:30PM			
2:30pm - 4:30pm	2:30PM - 4:30PM	<u>DROP IN</u>			
AEROBICS	AEROBICS	TEEN NIGHT			
ALL FITNESS LEVELS	ALL FITNESS LEVELS	11 YEARS & UP			
5:00PM – 5:45PM 5:00PM - 6:00PM		6:00PM - 8:00PM			
DROP IN	DROP IN	<u>FREE</u>			
OPEN GYM	OPEN GYM				
FLOOR HOCKEY	BADMINTON				
6:00PM -7:00PM	6:00PM - 7:00PM				
<u>DROP IN 11+</u>	<u>DROP IN 11+</u>				
Thenkyoul					

Thank you!

The Kelsey Centre would like to thank all who have donated to our Teen Program over the last few months. Your generous donations have allowed us to provide fun and exciting activities for our Sayward youth at no cost to them. We are still accepting donations towards our youth programs, if this interests you please contact the Recreation Manager at

250-282-5500.

October Donations - Special Thanks To:

- * Trophy West Guide Outfitters
- * Growlland Towing
- Sayward Valley Resort *
- J4 Electric
- Flat out welding
- MNP



OPEN

INDAYS



KELSEY CENTRE POOL SCHEDULE

MONDAY	WEDNESDAY	FRIDAY	SUNDAY
9:00am - 7:00pm	9:00am - 7:00pm	12:00pm - 8:00pm	1:00pm - 5:00pm
LANE & LEISURE SWIM	LANE & LEISURE SWIM	LANE & LEISURE SWIM	EVERYONE WELCOME
9:00AM – 10:30AM	9:00AM – 10:30AM	12:00PM- 1:30PM	1:15PM - 3:00PM
ALL FITNESS LEVELS	ALL FITNESS LEVELS	<u>ALL FITNESS LEVELS</u>	<u>Under 7yrs with adult 16+</u>
PARENT & TOT LESSON	PARENT & TOT LESSON	PARENT & TOT SWIM	PRE SCHOOL LESSONS
NOV 6TH - DEC 4TH	NOV 6TH - DEC 4TH	1:30PM - 2:45PM	3:00PM - 4:30PM
MONDAY & WEDNESDAY	MONDAY & WEDNESDAY	DROP IN	NOV 24TH - DEC 17TH
10:30AM - 11:00AM	10:30AM - 11:00AM		FRIDAY'S & SUNDAY'S
AQUA FIT (Sheri)	AQUA FIT (Sheri)	PRE SCHOOL LESSONS	
SHALLOW WATER CLASS	SHALLOW WATER CLASS	3:00PM - 4:30PM	
11:00AM-11:45AM	11:00AM-11:45AM	NOV 24TH - DEC 17TH	
LANE OPEN & HOT TUB	LANE OPEN & HOT TUB	FRIDAY'S & SUNDAY'S	
	SAYWARD SCHOOL	EVERYONE WELCOME	
	PROGRAM	4:45PM - 7:00PM	
	1:00PM - 2:00PM	<u>Under 7yrs with adult 16+</u>	
LEVEL 1-6 LESSONS	LEVEL 1-6 LESSONS	AQUA FIT	
6-12yrs	6-12yrs	(Michelle & Sheri)	
2:45PM - 4:45PM	2:45PM- 4:45PM	DEEP WATER MODERATE	
NOV 6TH - DEC 13TH	NOV 6TH - DEC 13TH	7:00PM-8:00PM	
NO LESSON NOV 13TH	MONDAY & WEDNESDAY	LANE OPEN & HOT TUB	
EVERYONE WELCOME	EVERYONE WELCOME		
4:45PM - 6:00PM	4:45PM - 7:00PM		
Under 7yrs with adult 16+	<u>Under 7yrs with adult 16+</u>		
AQUA FIT			
(Michelle & Sheri)			
DEEP WATER MODERATE			
6:00PM-7:00PM			
LANE OPEN & HOT TUB			

NOV 1ST: TOONIE SWIM & GAMES 12:30 - 2:00PM **NOV 5TH:** FIRST SUNDAY OPEN **NOV 6TH:** NEW LESSON SET - PARENT & TOT **NOV 6TH:** NEW LESSON SET - SWIMMER 1-6 NOV24TH: NEW LESSON SET - PRE-SCHOOL 3-5YRS

NOVEMBER 2023

250-282-5500



NOVEMBER SPECIAL EVENTS:

NOV 6TH & 24TH : DEEP WATER CLASS - INSTRUCTOR (MICHELLE) NOV 17th: MERMAID SWIM 4:45 - 7:00PM