

|  |  |  |
|--|--|--|
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# SAYWARD NEWS

## March 2024

**Special Features Inside this Issue:**

- Kelsey Centre - SPRING BREAK CAMPS!
- Emergency Mgmt. - Neighbourhood Emergency Preparedness Program (NEPP)
- Sayward Community Food Table - March 22nd
- Garden Club News - Raising Bees

**Kelsey Centre**

**Village of Sayward**

## Sayward Valley Folk Music Society News



**Kristina Olsen**  
in Concert  
Sunday, March 10 @ 7:00  
At the Kelsey Centre



Born in San Francisco, Kristina has toured extensively throughout the U.S., Canada, Australia, Scotland, England and New Zealand. As a well respected performer, Kristina writes songs in the folk/ acoustic genre but incorporates influences from blues and jazz with a particular regard for the songs of Robert Johnson, accompanying herself on bottleneck resonator guitar. We are pleased that Kristina has included Sayward on her 2024 tour to promote her 14<sup>th</sup> album. More information about Kristina Olsen can be found on Wikipedia.

Advance tickets to this concert are \$20 per person. Admission at the door is \$25.00. Children 16 and under are admitted free when accompanied by an adult.

Tickets are available at the Fisherboy Store and the Village Office.

We wish 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.

*If anyone has questions regarding our up coming concerts, if you wish to become a volunteer or would like to host our future performers, please contact Bob Sampson 250 282-0134 or [saywardvalleyfolk@outlook.com](mailto:saywardvalleyfolk@outlook.com)*





The Strathcona Regional District Regional Board Meetings for the year 2024 will be held at **12:30 PM** on the following dates:

|           |           |    |
|-----------|-----------|----|
| January   | Wednesday | 24 |
| February  | Wednesday | 28 |
| March     | Wednesday | 27 |
| April     | Wednesday | 24 |
| May       | Wednesday | 7  |
| June      | Wednesday | 4  |
| July      | Wednesday | 24 |
| August    | Wednesday | 21 |
| September | Wednesday | 25 |
| October   | Wednesday | 23 |
| November  | Wednesday | 20 |
| December  | Wednesday | 11 |

### Elected Officials of the SRD

#### Area A Director

Gerald Whalley (250) 282-3787 [gwhalley@srd.ca](mailto:gwhalley@srd.ca)

#### Board of Directors Chair:

Mark Baker (250) 203-5428 [mbaker@srd.ca](mailto:mbaker@srd.ca)

### Village of Sayward

PO Box 29, 652 H'Kusam Way, Sayward B.C. V0P 1R0

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

Phone: 250-282-5512 Email: [village@saywardvalley.ca](mailto:village@saywardvalley.ca)

Website: [www.sayward.ca](http://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](mailto:info@srd.ca)

Website: [www.srd.ca](http://www.srd.ca)



Village of  
Sayward

The Village of Sayward Regular Council Meetings for the year 2024 will held in Council Chambers at **7:00 PM** on the following dates:

|           |         |    |
|-----------|---------|----|
| January   | Tuesday | 16 |
| February  | Tuesday | 6  |
| February  | Tuesday | 20 |
| March     | Tuesday | 5  |
| March     | Tuesday | 19 |
| April     | Tuesday | 2  |
| April     | Tuesday | 16 |
| May       | Tuesday | 7  |
| May       | Tuesday | 21 |
| June      | Tuesday | 4  |
| June      | Tuesday | 18 |
| July      | Tuesday | 16 |
| August    | Tuesday | 20 |
| September | Tuesday | 3  |
| September | Tuesday | 24 |
| October   | Tuesday | 1  |
| October   | Tuesday | 15 |
| November  | Tuesday | 5  |
| November  | Tuesday | 19 |
| December  | Tuesday | 3  |

### Elected Officials of the Village of Sayward

#### Mayor:

Mark Baker (250) 203-5428 [mark.baker@saywardvalley.ca](mailto:mark.baker@saywardvalley.ca)

#### Councillor:

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

#### Trustee:

Shannon Briggs (250) 282-3364  
[shannon.briggs@sd72.bc.ca](mailto: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



## COMMUNITY SHARE SHED

**Monday, Wednesday, Friday, &  
Sunday 8:00am-11:00am**  
**located beside the Sayward  
Recycling Depot**

**Donations accepted during opening  
hours only. No electronics, books,  
or clothing please**



Village of  
Sayward



## Got Extra Garbage? GARBAGE STICKERS FOR SALE



**Village of Sayward - \$5.00 each**  
• Municipal office  
During business hours

Village of Sayward  
250-282-5512 • [village@saywardvalley.ca](mailto:village@saywardvalley.ca)



Each household is allowed  
two garbage receptacles  
(cans/bags) per week.

**Additional receptacles**  
(up to 77 liters/25 kgs)  
must have a garbage  
sticker on it for  
pick-up.

**SRD (Sayward Valley) - \$3.50 each**  
• SRD Corporate Office - Campbell River  
• Sayward Municipal Office  
During business hours

Strathcona Regional District  
250-830-6700 • [engineering@srd.ca](mailto:engineering@srd.ca)

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- Employment Counselling

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This program is funded by the Government of Canada  
and the Province of British Columbia.

# No Parking

**on boulevards between**

**November 15th to  
March 15th**

**to help Public Works in  
clearing snow and ice  
to keep you safe.**



Village of  
Sayward



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## Sayward Christian



For God so loved the world, that he gave his  
only Son, that whoever believes in him  
should not perish but have eternal life.

Morning Service 11:00 AM  
740 Gentry Rd.

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

**Everyone Welcome!**

## Garden Club News



### Certified Advanced Bee Keeper Speaks

The mild weather of the past few weeks feels like an early Spring. This is one of the best times of the year for garden clean-up. It's also a great time to plan out where different vegetables should go this year. It's a good idea to avoid planting any of the cabbage family where they have grown in the last two years. This includes cabbage. Broccoli. Brussels sprouts and kale.

The January Garden Club meeting was a big success as many members brought their seed collections. Each member spread out their collection on a separate table and then we took turns going around collecting free seeds from each other. The club provided small paper envelopes to contain the shared seeds. Some of the seeds were from seed companies and some were seeds collected by the club members. When you buy or collect seed it's a good idea to note the year on the package.

At the March 11 meeting we will be pleased to have Danielle Underwood from Muckers Farm share her experience and knowledge of raising bees. Danielle is a certified Advanced Bee Keeper and can help others get a hive started. Our meeting is always on the second Thursday of the month starting at 7:00 at the Heritage Hall. Please join us.



## Local Organization Information

AA Meetings: 250-282-0030

Crisis Line: 1-888-494-3888 Available 24/7

Heritage Hall: 250-282-0192

[heritagehall@saywardvalley.net](mailto:heritagehall@saywardvalley.net)

Kelsey Centre: 250-282-5500

[kelseycentre@saywardvalley.ca](mailto:kelseycentre@saywardvalley.ca)

Mainroad Contracting: 1-877-215-7122 Available 24/7

Ocean View Gifts & Gallery: 250-282-0018

[info@saywardfutures.ca](mailto: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 Food Table Society: 250-282-5503

[scfts2023@gmail.com](mailto:scfts2023@gmail.com)

Sayward Community Health Society: 250-850-7144

Charon Risdale: [charonrids@gmail.com](mailto:charonrids@gmail.com)

Meets - 6:30pm - 2<sup>nd</sup> Monday each month

Sayward Fish & Game

Meets - 7:30pm - last Wednesday of each month

Sayward Valley Folk Music Society: 250-282-0134

Bob Sampson [saywardvalleyfolk@outlook.com](mailto:saywardvalleyfolk@outlook.com)

Sayward Futures Society: 250-282-0018

[info@saywardfutures.ca](mailto:info@saywardfutures.ca)

Sayward Food Centre: 250-282-0018

[info@saywardfutures.ca](mailto: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](mailto:bokkie.bakker@gmail.com)

250-282-3450 Ann Vansnick: [annv@saywardvalley.net](mailto:annv@saywardvalley.net)

Sayward Post Office: 250-282-3223

Monday - Friday: 9:00am-5:00pm

Saturday: 8:30am-12:30pm

St. Bernadette's Catholic Church: 963 Despina Road

Sunday Service at 11 am (3<sup>rd</sup> 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

### 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](mailto:svfd@saywardvalley.ca)



Sayward Ambulance Station:

250-282-3600



Sayward Emergency Program  
Emergency Program Coordinator:

Tom Tinsley 250-898-7067

[epc@saywardvalley.ca](mailto:epc@saywardvalley.ca)



SRD Emergency Preparedness Program  
Protective Services Coordinator:

Shaun Koopman 250-830-6702

[preparedness@srd.ca](mailto:preparedness@srd.ca)



### 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







Village of  
Sayward

## Emergency Preparedness Corner



### Neighbourhood Emergency Preparedness Program (NEPP) was Launched in Sayward on Feb 07, 2024 !

Thanks to those who attended. The session is the first Wednesday of each month from 7:45PM to 8:45 PM. **The next session is Wed March 06, 2024 at 7:45PM.**

#### Here's a recap of previous information and access directions -

The Strathcona Regional District has recently rolled out a simplified version of this program and further information is available on the SRD website by searching the site using the name of the program.

A simple guide to how the program works is available on the SRD website and a good start for further information.

The program is designed to help neighbourhood community citizens connect more easily during an emergency as it is frequently people close by who help other people until potential outside emergency help can be received. This simple program allows for more participation by citizens who want to help but are not able to commit to a full Emergency Social Services ( ESS ) volunteer position.

The Sayward Emergency Program Coordinator ( EPC ) will be hosting a once-a-month meeting on the NEPP for those interested citizens from the village or the valley. The meeting will be on the **first Wednesday of each month from 7:45PM to 8:45PM in the Sayward Village Council Chambers.**

Please note that access to the meeting is only through the Mayor's office door which is the door on the very left of the building from the Village Administration Office public entry door. A sign saying NEPP MEETING HERE will be posted on the glass by the entrance door.

#### Important ! – There will Treats available at the session !

#### Other general reminders:

-ESS - To learn about becoming an Emergency Support Services ( ESS ) Volunteer, email your Emergency Program Coordinator at [epc@saywardvalley.ca](mailto:epc@saywardvalley.ca) and I will email you a PowerPoint presentation with more information for your potential consideration of this opportunity.

-- **WALKIE TALKIE WEDNESDAYS** - Sayward Walkie Talkie Wednesday – 6:30PM to 7:00PM each Wednesday, continue to test your Walkie Talkie radio on channel 4 in that time slot and see who you can connect with.

**HAM RADIO OPERATORS – FYI** – The Sayward EOC has a call sign of VA7 SRU and makes every effort to participate in the EMCR Wed Evening net that starts at 7:15PM on each Wednesday on the Island Trunk System. After EOCs ( Emergency Operation Centres ) from Vancouver Island have checked in then check ins are taken by the Net Controller from all other HAMs by regional area from North to South. Sayward EOC hopes to hear you on the net at sometime and thanks for your radio skills as always.

**Here's a motto to end off this month – Enjoy your 'march' into 'March' and continuing your own emergency preparedness!**



**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 [svfd@saywardvalley.ca](mailto:svfd@saywardvalley.ca) or come to our weekly meetings every Monday @ Fire Hall #1 - 7:00pm



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## Clinic Corner News

Some clarification as to why the clinic is not seeing patients for health issues when they have another provider. This is NOT a decision made by the clinic or Island Health. This is a Provincial decision. The Sayward Community Healthcare Clinic is not a walk in clinic. It is a Primary Care Clinic, which means it provides longitudinal care to patients who have chosen to have the clinic as their primary care provider. BC has developed a Provincial Attachment System and a Health Connect Registry to help patients who do not have a primary care provider with connecting to a provider. Through the registries, B.C. will have a comprehensive list of who is looking for a primary-care provider and who already has one, as well as which providers and clinics can accept new patients. Starting Nov. 30, 2023, and continuing quarterly, the Province will report on progress to add more family doctors and nurse practitioners, and on connecting more patients from the Health Connect Registry to a primary-care provider.

What this means is, you can only have one provider (this does not include specialists). All primary care providers in the province have had to upload their patient panels to a main provincial database. Any patient that is found to have more than one provider (again, not including specialists), will be assigned to whichever provider they have seen the most, or their most recent provider. These patients will then be removed from any other providers panel. This will in turn open up spots for patients that do not have a provider.

What the clinic does offer to ALL residents of Sayward: lab services, holter monitor, ECGs, dressing changes if home nursing is not able to assist, medication injections.



## March 2024

Clinic Phone (250) 282-3815

Fax (250) 282-0040

Clinic Hours 9-5 Monday to Wednesday, 9-4 Thursday  
Public Health Phone 250 850-2110

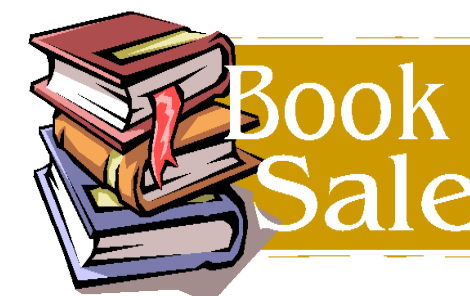
| Sunday | Monday             | Tuesday | Wednesday                         | Thursday | Friday        | Saturday |
|--------|--------------------|---------|-----------------------------------|----------|---------------|----------|
| 25     | 26                 | 27      | 28                                | 29       | 1             | 2        |
|        | Labs 9:30-11:30    |         |                                   |          | CLINIC CLOSED |          |
| 3      | 4                  | 5       | 6                                 | 7        | 8             | 9        |
|        | NO NP<br>Labs 9-12 |         |                                   |          | CLINIC CLOSED |          |
| 10     | 11                 | 12      | 13                                | 14       | 15            | 16       |
|        | Labs 9-11:30       |         | Telephone<br>Appointments<br>Only | NO NP    | CLINIC CLOSED |          |
| 17     | 18                 | 19      | 20                                | 21       | 22            | 23       |
|        | Labs 9-12          |         |                                   |          | CLINIC CLOSED |          |
| 24     | 25                 | 26      | 27                                | 28       | 29            | 30       |
|        | Labs 9-11:30       |         |                                   |          | CLINIC CLOSED |          |



Sayward  
Community Health  
Society

Sayward Community Health Clinic is planning to hold a weekend "book sale" April 6 and 7. Just in time for spring cleaning. Drop off of books can be done Friday April 5 (times to be advised). If you are unable to do a drop off, please call me, Charon Ridsdale and I will be happy to arrange for a pick up.

Any updated information will be announced in the March and April newsletters.



If any patients have comments regarding the Sayward Clinic, please direct them to the Gold River Health Clinic and speak with Gaylene 1-250-283-2626.

This Schedule is subject to change... Masks are once again mandatory at Island Health Sites



## Sayward Literacy Now 2024

If in need of help with your  
computer let me know!

Books! Check out our book  
houses. If you are in need I have  
books for children 0 to teens.

Ann Vansnick at  
[annvansnick3@gmail.com](mailto:annvansnick3@gmail.com)  
250-282-3450



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

1 pm Sunday March 3

1 pm Sunday March 17

1 pm Sunday March 31







## SCRA – Heritage Hall

1257 Sayward Rd. 250-282-0192

heritagehallsdra@gmail.com

Monthly meeting Tuesday March 12<sup>th</sup> at 7 pm

All Welcome. Membership is \$5 a year



### March Event's

Indoor Garage Sale –March 9<sup>th</sup> at 9am to 2 pm Book your Tables by contacting hall. \$5 per table rental. Kitchen will be open.

Basket Decorating Day March 30<sup>th</sup> 9 am to 11 am. We have baskets and some decorations. Bring anything you want to put on basket! Fun family event.

Annual Easter Hunt – March 31<sup>st</sup> – 10 am sharp for ages 11 and under. If you want to help Easter Bunny email hall or call and leave a message.

### Every Tuesday

Sayward Helping Hands 10 am to 2 pm  
\$2 drop in fee

### 3<sup>rd</sup> Thursday

Music Night 7pm \$2 drop in fee

### Upcoming Event's

Welcome to Spring Gathering – April 20<sup>th</sup> 11–2 pm

Annual Community Garage Sale – May 11

Saturday Summer Market–watch for start-up date

All events are subject to change

Sayward Families and Children Connect

For young children and their parents and caregivers.

**Mini Health Fair Event on Friday, March 1<sup>st</sup>**

Drop in anytime from 11:00am to 2:00pm at the Heritage Hall,  
1257 Sayward Road for the final session of this program.



Join us and meet health providers.

Find out more about available health services and resources.

Enjoy lunch, snacks and drinks. Plus, enter to win door prizes!



Children must be accompanied by an adult.

For more information contact Ann Vansnick

saywardfamilynavigator@gmail.com or phone/text 250-203-8332

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

Sayward Families and Children Connect



Our drop-in sessions have ended for now.



We would like to thank



all of the families who joined us  
at the sessions



United Way  
British Columbia



Working with communities in BC's  
Interior, Lower Mainland, Central  
& Northern Vancouver Island

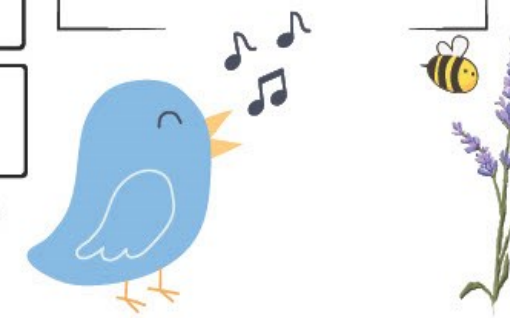


Ann Vansnick



March 2024

6~ EA swim group  
7~Hot lunch Breakfast! Bacon, Sausage,  
pancakes and fruit  
13~ Field trip  
14~Hot lunch Grilled Cheese with veggies and  
dip  
14~ PAC meeting in School Library @ 2:45pm  
15~ Last day of school before Spring/Easter  
Break!  
19~ First day of Spring!



690 Kelsey Way, Sayward, BC  
V0P 1R0  
Telephone: (250) 282-3314  
Fax: (250) 282-3822  
Sayward@sd72.bc.ca

### Sayward School Parent Advisory Council

March Meeting

Date: Thursday, March 14<sup>th</sup>

Time: 2:45pm

Place: Sayward School Library, 690 Kelsey Way



Everyone Welcome!

Bring your ideas and perspectives.

Meetings Schedule:

Thursday, April 18<sup>th</sup> at 5:00pm

Thursday, May 16<sup>th</sup> at 2:45pm

Thursday, June 13<sup>th</sup> at 5:00pm AGM







**SAYWARD FUTURES SOCIETY**  
*Our Community, Our Future*

# VOLUNTEERS NEEDED

**YOUR COMMUNITY NEEDS YOU...**

*Please consider volunteering a few hours of your time  
toward any these fabulous community initiatives...*

**Kusam Klimb 2024 — Saturday, June 22, 2024**

Volunteers will be needed in the days leading up to, during and after.

Email: [lori@coastlineendurancerunning.com](mailto:lori@coastlineendurancerunning.com) or Call 250-893-8817

**Canada Day Celebration 2024 — Monday, July 1, 2024**

Volunteers are needed in the week leading up to Canada Day, as well as during the day and after for clean-up. It's a wonderful way to get to know your neighbours!

**Sayward Visitors Centre — Approximately May through October**

If you enjoy speaking about this amazing place we call home with visitors from throughout BC and from around the globe, please reach out.

**Trail Maintenance — Potentially year round weather permitting**

If you enjoy working outside with your hands please reach out.

Connect through Email: [info@saywardfutures.ca](mailto:info@saywardfutures.ca)

OR Mail: **Box #143, Sayward, BC V0P 1R0**

*We look forward to hearing from you!!*

Sayward Community Food Table Society and Our Partners The Sayward Community Health Society are Happy to be Continuing to Offer Donated and Rescued Food Items to Our Community Once a Month

## 2024 Program Schedule Dates:

|              |                  |
|--------------|------------------|
| February: 23 | March: 22        |
| April: 19    | May: 17          |
| June: 14     | July 12          |
| August: 9    | September: 6     |
| October: 4   | November: 1 & 29 |
| December: 20 |                  |



If Someone You Know is Experiencing Food Insecurity and Would Like to Participate in this Valuable Program.

Please Register by Contacting:

BC Ambulance Station: (250) 282-3600

Sayward Health Clinic: (250) 282-3815

SCFTS would like to Acknowledge and Thank, Sayward Community Health Society, as well as our Local Volunteers for their Hard Work and Dedication to keeping this Program available to the Sayward Residents over the last Year and a Half. Without Whom we would not be able to Sustain this Initiative.

**We are Very Fortunate to have these Dedicated Individuals and Societies to Help Provide  
Nutritional Support in these challenging times.**



## Sayward Age friendly Van

### March Schedule

Bi-weekly Trips to Campbell River

March 14th (Driver Wayne)

March 26th (Driver Julie)



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 9am at your location.

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 than 5pm unless arrangements are discussed in advanced and approved.

Cost is by Donation

Please call the Kelsey Centre the day before by Noon  
For More Info Contact the Kelsey Centre 250-282-5500

Subject to Change due to Weather Conditions

## **Senior's Luncheon**

**March 6th**



**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**

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







MARCH 2024



KELSEY CENTRE RECREATION SCHEDULE

250-282-5500

|  |  |  |  |
|--|--|--|--|
| MONDAY<br>9:00am - 6:30pm<br>WEIGHT ROOM<br>9:00AM - 6:00PM    | WEDNESDAY<br>9:00am - 6:30pm<br>WEIGHT ROOM<br>9:00AM - 6:00PM | FRIDAY<br>12:00pm - 8:00pm<br>WEIGHT ROOM<br>12:00PM - 8:00PM          | SUNDAY<br>1:00pm-5:00pm<br>WEIGHT ROOM<br>1:00PM - 5:00PM                    |
| AEROBICS<br>ALL FITNESS LEVELS<br>9:30AM - 10:30AM<br>DROP IN  | SENIORS<br>CARPET BOWLING<br>9:15AM -11:45AM<br>FREE PROGRAM   | 55+ SOCIAL<br>12:00PM - 2:00PM<br>CARDS & COFFEE<br>\$2.00 DROP IN FEE | NEW  |
| PARENT & TOT<br>GYM TIME<br>10:45AM - 1:45PM<br>DROP IN \$2.00 | AEROBICS<br>ALL FITNESS LEVELS<br>1:00PM - 2:00PM              | AFTER SCHOOL<br>PROGRAM<br>5-11 years<br>2:30PM - 4:30PM               | 55+ SOCIAL<br>1:00PM - 3:00PM<br>PING PONG & BADMONTON<br>\$2.00 DROP IN FEE |
| AFTER SCHOOL<br>PROGRAM<br>5-11 years<br>2:30pm - 4:30pm       | AFTER SCHOOL<br>PROGRAM<br>5-11 YEARS<br>2:30PM - 4:30PM       | AEROBICS<br>ALL FITNESS LEVELS<br>5:30PM - 6:30PM<br>DROP IN           | FAMILY<br>COMPANY CHILD<br>FAMILY RATE \$5.00                                |
| MONDAY<br>9:00am - 6:00pm                                      | WEDNESDAY<br>9:00am -6:00pm                                    | FRIDAY<br>4:30pm - 8:00pm  | SUNDAY<br>1:00pm -5:00pm   |
| LANE & LEISURE SWIM<br>9:00AM - 11:00AM<br>ALL FITNESS LEVELS  | LANE & LEISURE SWIM<br>9:00AM - 11:00AM<br>ALL FITNESS LEVELS  | EVERYONE WELCOME<br>4:30PM - 7:00PM<br>UNDER 7 YRS WITH ADULT          | AQUA FIT MODERATE<br>1:15pm-2:00pm<br>LANE OPEN & HOT TUB                    |
| PARENT & TOT SWIM<br>11:00PM - 12:00PM<br>DROP IN              | SAYWARD SCHOOL<br>PROGRAM<br>1:15PM - 2:15PM                   | AQUA FIT DEEP WATER<br>MODERATE<br>7:00pm-8:00pm                       | ADULT ONLY SWIM<br>2:00PM - 3:00PM   |
| SWIM LESSONS LEVEL 1-6<br>2:35PM - 4:50PM<br>FEB 5TH -MAR 4TH  | SWIM LESSONS LEVEL 1-6<br>2:35PM - 4:50PM<br>FEB 5TH -MAR 4TH  | CALL TO BOOK<br>YOUR PRIVATE SWIM<br>LESSON<br>\$40 HR \$20 FOR 1/2    | EVERYONE WELCOME<br>3:00PM - 5:00PM<br>UNDER 7 YRS WITH ADULT                |
| EVERYONE WELCOME<br>4:30PM - 6:00PM<br>UNDER 7 YRS WITH ADULT  | EVERYONE WELCOME<br>4:30PM - 6:00PM<br>UNDER 7 YRS WITH ADULT  |  |  |

KELSEY CENTRE POOL SCHEDULE

SPRING BREAK @ THE KELSEY CENTRE

| Date/Time  | Event   | FAMILY FUN CAMPS  |
|--|---|---|
| MARCH 17 <sup>th</sup><br>3:00 - 5:00pm  | ST PATTY'S DAY<br>SWIM (all ages)<br>Cost \$ Drop In Fee                            | - Enjoy a fun swim for all ages. Wear green and win prizes. Fun cupcake eating contest, pool games and prizes will be won. Children under the age of 7 must be accompanied by an adult.   |
| MARCH 18 <sup>TH</sup><br>4:30 - 6:00pm  | TOONIE SWIM<br>(all ages)<br>Cost \$ Drop In Fee                                    | - Enjoy a fun public swim at a reduced price. Children under the age of 7 must be accompanied by an adult.  |
| MARCH 22 <sup>ND</sup><br>4:30 - 7:00pm  | PIZZA & GLOW<br>SWIM (all ages)<br>Cost \$ 12                                       | - Enjoy a fun swim for all ages. Play some pool games and enjoy some pizza! Children under the age of 7 must be accompanied by an adult.  |
| Date/Time  | Event   | PROGRAMS FOR KIDS AGED 5-11   |
| MARCH 18 <sup>th</sup><br>2:00- 4:30pm   | OUTDOOR<br>EXPLORER<br>Cost \$14.00   | - Children will enjoy exploring nature in a safe & fun outdoor environment. Scavenger hunt, games, and challenges. Snacks provided. Please provide proper footwear, jacket, and a water bottle for this camp.   |
| MARCH 18,20,22,24<br>12:00 -2:00pm M/W<br>2:00 - 4:00pm Fri<br>1:00 - 3:00pm Sun | SYNCHRONIZED<br>SWIM CAMP (LEVEL 3+ REQUIRED)<br>Cost \$ 35 (times change each day) | - This camp is designed to bring dance, fun and creativity to the water. Each day your child will learn new techniques for performing underwater! On the last day participants will perform a synchro routine for family and friends!   |
| MARCH 20, 25<br>2:00 - 4:30pm  | CRAFTY KIDS<br>Cost \$ 30.00 (2 days)   | - Children will have the opportunity to use their creative minds to build art creations that will spark creativity, build confidence and self-esteem. This is a 2-day camp. Please ensure your child likes making craft projects before signing up for this program. Snack Provided |
| MARCH 22 <sup>ND</sup><br>2:00 - 4:30pm  | PARK & PLAY<br>Cost \$15.00   | - Children will play a variety of outdoor field games, Capture the Flag, Freeze tag, Man tracker and kick Ball. This is a fun noncompetitive camp. A fire will be set up at the village campground for smores and snacks. Please dress for the weather.                             |
| MARCH 27 <sup>TH</sup><br>2:00 - 4:30pm  | KIDS BOUNCE<br>PARTY<br>Cost \$ 15.00   | - Allow your child to let out some energy with our crazy bounce castle party. Laser tag, glow in the dark bowling and more.   |
| MARCH 25 <sup>TH</sup><br>11:00 - 1:30pm   | MAD SCIENTIST<br>Ages 8+<br>Cost \$ 20.00   | - This program is fun, social, interactive, and educational. This program will peak your child's scientific curiosity through active learning. Hands on projects.   |

