

Mom & Pop Bingo

Sunday, May 15th at 7:00 p.m. at the DACA Centre. Cost is 5 cards for \$15.00 for the evening - additional cards are \$3.00 each. Themed prizes.

Cleanup Week April 25th – 29th

Free Waste Site Day June 4, 2016 at all three Municipal Waste Sites

DACA '35TH ANNUAL HORSE PULL'

Sunday, June 5th starting at 10:00 a.m.
Canteen will be open for the day and food and drinks will be available.
Contact Susan or Yves at 613-433-9050 for more info.

For more information on above programs and events please contact 613-752-2222 or visit www.greatermadawaska.com

Horton Township

COUNTRY DANCES

Every third Friday of the month from September to June.

EUCHRE

Thursdays 7pm on April 7 & 21, May 5 & 19 and June 2, with End of Season Potluck Dinner at 6pm.

SOCCER

Wednesday Nights U6 6-7 pm U8 7-8 pm \$60.00/child Starting May 25 to July 13, 2016. (8 weeks)

HORTON QUILTERS

Wed. April, 20, May 18 & June 15 - FREE
New participants always welcome!

COFFEE CLUB

Wednesday's 11-12 am Walking Indoors 12 noon Soup and Bun lunch \$4.00 1-3 pm Fellowship, Euchre, Cribbage, Board Games.

Township of McNab/Braeside

Spring in McNab/Braeside means our annual softball and soccer programs for kids are getting underway.
For more information log onto www.mbminorball.ca for ball program details or www.ambusc.ca for info about minor soccer.
Adult ball leagues get underway in May. Call the Rec Department for appropriate contact information.

Check out our special event schedule at the Township website at www.mcnabbraeside.com for a full listing of Township events. Highlights Include:

APRIL 23 – COMMUNITY CLEAN-UP DAY

JUNE 25 – RIVERFEST AT BRAESIDE'S RED PINE BAY

JUNE 26 – SCOTTISH FESTIVAL AT WABA COTTAGE MUSEUM

Other ongoing McNab/Braeside Recreation Department programs include archery at the Braeside RA Centre and Zumba at McNab Public School. Call the Rec Department for dates and times at 613-623-5756 x 226.

We are constantly recruiting volunteer help for special events and programming. If you have time to help with a specific event or program, let us know by calling 1-800-957-4621 x 226. We would be happy to assist with students requiring volunteer community hours.

BOAT LAUNCHING ON MCNAB/BRAESIDE TOWNSHIP

boat launches is available by permit only. Launch rate is \$10 and season passes are available for \$50 for residents and \$75 for non-residents. Passes/permits are available at the Township office, 2508 Russett Drive during the week or at various outlets throughout the Township.
"As per McNab/ Braeside Bylaw no. 2015-36 burning permits are required from April 1- Oct 31 and can be picked up at the Township of McNab Braeside office"

"As per McNab/ Braeside Bylaw no. 2015-36 **BURNING PERMITS** are required from April 1- Oct 31 and can be picked up at the Township of McNab Braeside office"

Information regarding all the above is available on www.mcnabbraeside.com or by calling the Recreation Department at 613-623-5756 x 226.

Town of Renfrew, Admaston/Bromley, Greater Madawaska, Horton and McNab/Braeside Townships

COMMUNITY RECREATION FLYER



Town of Renfrew

Advertising Opportunities

Advertise your business or organization at Ma-te-Way Activity Centre on the ice, boards, player's boxes, penalty boxes or ad boards. For more information, call the Parks and Recreation Department at 613 432-3131 or email recreation@renfrew.ca

SPEND SUMMER WITH THE RENFREW PARKS AND RECREATION DEPARTMENT

Registration is now open for the summer day camp program. Week long camps for children 5-12 years of age focus on fun and learning in a safe, supportive environment. Themes for the camps include Nature, H2O, County Fair, Gymnastics, Arts and Sports. Register in person at the Renfrew Recreation Centre or online at <http://app.booking.ca/renfrewpub/courses/index.asp>

Pitch-In Week

PITCH-IN Week is a commitment made by communities, individuals, families, or community groups to participate in projects that help to improve our environment. These activities are usually carried out between March 1 and June 30 although most take place during PITCH-IN CANADA Week. Renfrew Parks and Recreation is participating in 2016 Pitch-In Canada Week during the official week -April 17-23. During this week parks, trails and streets are cleaned up after the Spring melt. If your group or organization would also like to participate during Pitch-In Week or at a later time, contact the Recreation Centre for bags, gloves and organization of garbage pickup.

Lending Hub

The Town of Renfrew Parks and Recreation Department is excited to launch their Lending Hub during the Spring of 2016. Children and families will have the opportunity to borrow sports equipment including skates, balls, bikes, and explorer's back packs filled with everything you need to go on an exploratory hike. The two main Lending Hubs will be located at the Renfrew Recreation Centre and the Renfrew Public Library and the third hub will be at Child's Paradise Day Care Centre. Watch for the press release with more information.

ROOM/HALL RENTALS

Are you looking for a place to hold a business meeting, awards banquet, celebrate a special event, wedding reception or host a gathering of family or friends?

The Town of Renfrew Parks and Recreation Department has the space and the diversity to accommodate your needs. Whether you need a small room for training or business get together, or space for a community gathering, one of our spaces at the Recreation Centre or Ma-te-Way Activity Centre would be a perfect location for your event. Rates as low as \$13.00 per hour. View space availability online at <http://www.booking.ca/renfrewpub> or contact the Parks and Recreation Department at 613 432-3131.

Foam Roller Workshop (Adults)

Learn techniques and movements to help improve flexibility and mobility. It's like giving yourself a massage! Foam roller included.
Thursday May 5 6:00pm-8:00pm \$50.00

Kinderdance (3-5 years of age)

Children will fall in love with dance during this fun and active movement class led by Carolyn Neill.
Mondays May 16-June 27 4:15pm-5:00pm \$45.00

RECREATIONAL GYMNASTICS (6 years - teens)

Age specific 50 minute sessions will have children moving more and learning the basics of gymnastics. Participants will have the opportunity to learn skills on floor, beam, bars and vault.
Wednesdays June 1-29 5:00pm-8:50pm \$50.00

SUMMER PROGRAMS

Each summer, college and university students offer recreation programs for preschoolers and school age children and teens. Watch the Renfrew Parks and Recreation Facebook page or check out our programs online. There is a link available on the Town of Renfrew website www.town.renfrew.on.ca

Age Friendly Planning Meetings

Join staff from the Parks and Recreation Department as they host meetings to find out what seniors in Renfrew want and need. Meetings will be held during the week of April 11th at a variety of locations in Renfrew including the Renfrew Library, Renfrew Legion, Golden Age Centre and the Recreation Centre. If you are unable to attend meetings in person, but would like to provide your specific feedback, contact Jo-anne Caldwell at jcaldwell@renfrew.ca or contact the Recreation Centre at 613 432-3131.

Care-full Pedestrians – Walkers Weekend 2016

Renfrew’s favourite walking group, The Kick and Push Pedestrian Society (KAPPS) is preparing for its annual fund-raiser in support of Hospice Renfrew. In anticipation of their annual Hike for Hospice, scheduled for Sunday May 1, 2016, the group is preparing a Walkers’ Weekend, called Care-Full Pedestrians. Over the weekend of April 22-24 the public are invited to attend and participate in a variety of events including: Friday Evening Film Fest at the Renfrew Recreation Centre, Saturday Nordic Poling Workshop, Public Lecture at the Renfrew Public Library, KAAPS Walk and Sunday Brunch at Smokehouse Cafe. For more information, contact Ray Parchelo at ray@padakun.com or 613-433-9405

RENFREW DOG PARK

Located at the end of Belanger Road (off of Ma-Te-Way Park Drive), the off-leash dog park has an enclosed area allowing your pets the freedom to run, play, and meet other dogs. It is a great way for dogs to socialize and get exercise and is a wonderful way for dog owners to connect as well. Rules are posted at the Park entrance. Watch for the annual Bark in the Park event in June!

Red Cross First Aid & Babysitting Courses

Need a First Aid/CPR certification? Would your tween like to babysit this summer and you’d like them to learn some extra skills? Courses are offered at the Recreation Centre this Spring and Summer. Check out the programs available at www.ottawavalleyfirstaid.com

Youth Cooking Class (10-18 years)

Arrive afterschool and prepare a meal with other people who enjoy the creating in the kitchen! Learn how to prepare quick and easy meals and snacks you can replicate for family and friends. No experience needed – everything is supplied. Fridays May 6-June 3 4:30pm-6:30pm \$60.00

Miss Teen Ontario Pageant

Sunday, April 17th at 7pm at the Renfrew Recreation Centre.

Health & Wellness Show

Saturday, April 9th at the Renfrew Recreation Centre.

RENFREW & AREA HOME, GARDEN AND LEISURE SHOW

Friday, April 22 and Saturday, April 23 at the Ma-te-way Activity Centre.

Visit www.renfrewtoday.ca for more details.

QUILTERS GUILD OF RENFREW AND AREA QUILT SHOW

Saturday, June 7th from 10am – 5pm and

Sunday, June 8th from 12 – 4pm at the Ma-te-way Activity Centre. \$5 Admission.

Pinnacle Pedallers Bike Group

Renfrew Pinnacle Pedallers meet to bicycle on Sunday mornings at 9am sharp at Ma-te-way Activity Centre. Passion for cycling and the outdoors required. Cycling distance determined on cycle ability. An active community is a healthy community. Like us on Facebook, or contact Debbie at 613-432-6893.

Zumba

Zumba Instructor, Peter Boldt offers classes on Mondays at Ma-te-way Activity Centre 6:00pm to 7:00pm pm, \$5 drop in per class. For more information contact Peter or Shirley at pkboldt@xplornet.com

Registration Deadlines and Pricing for Renfrew Recreation Programs

We encourage people to register at least one week prior to courses to ensure we have sufficient numbers to run programs. Programs that do not meet minimum registration numbers will be cancelled. Prices listed are the resident rate. This rate is for residents of Renfrew, Horton, Admaston, Bromley, Greater Madawaska, McNab, Braeside. Residents of other townships will be charged the listed rates plus a 50% surcharge.

For information regarding above programs please contact 613-432-3131 or visit www.town.renfrew.on.ca

Find us on Facebook! Look for “Renfrew Parks and Recreation” on Facebook and stay up to date with recreation activities and events

Township of Admaston/Bromley

ARC SOCCER will once again be played on the soccer field behind Admaston Public School at 182 Stone Rd. Registration and BBQ will be first night of play, starting at 5:30 pm, Thursday April 28. Soccer will run from 6:30-7:30pm until June 23rd. Players from JK-grade 6 welcome. Cost is \$25 per player. No special equipment or skills required. Student or parent volunteers welcome!! For more information please contact Angela at 613-433-3150, or Like us on Facebook – ARC

DOUGLAS BEACH VOLLEYBALL

At the Douglas Recreation Facility beginning late May, weather dependent.

Monday Night Mixed Youth League

2 Divisions: Up to and Including Grade 9 and Grade 10 – Grade 12 • \$30/Player, Register by April 29
Contact Dave at 613-633-2613 or d_dobson@hotmail.com

Thursday Night Mixed Adult League

2 Divisions: Recreational & Competitive • \$150/Team, Register by April 29
Contact Dawn at 613-649-2000 or dawnafelskie@hotmail.com

Visit www.admastonbromley.com/recreation.php or find us on Facebook under Douglas Recreation

Township of Greater Madawaska

U12 and U7 Minor Soccer in Calabogie will run from the start of May to the end of July at the Calabogie Highlands Golf Resort. The league will run on Thursday evenings again starting at 6pm. Registration will begin on Thursday April 7th at the Township Office. For more information please email jwall@renfrew.ca.

Minor Ball in Calabogie will once again be playing in the McNab/Braeside Minor Ball League. Divisions Available: T-Ball, 5 Pitch, Mites, Squirt, Peewee Bantam and Midget. Teams will be based on registration numbers and interest for each division. Registration begins on Thursday April 7th at the Township Office. For more information please email jwall@renfrew.ca.

Pickleball on Monday and Wednesday’s from 4:30 – 8:00pm, April 4 – June 22 at St. Joseph’s School in Calabogie. 18 years of age plus. Excluding May 23 due to Victoria Day.

Adult Volleyball on Wednesday’s from 8:00 - 10:00pm, April 6 – June 22 at St. Joseph’s School in Calabogie. 18 years of age plus.

A Hunter Safety & Canadian Firearms Course

will be held at St. Andrews United Church in Matawatchan on Frontenac Road on April 8,9,10.
Starts Fri 5:30pm. Phone to register 613-256-2409

Teen Dance, Ages 13 to 18 at the Matawatchan Hall on March 26, 7pm to 11pm. Music by your host, DJ Shari. \$2 cover charge gets you in and gets you some snacks. \$1 for pop
Matawatchan Walking Club Every Thursday at 10:30am. This club starts on April 7, 2016 and will continue as long as there is community interest. Everyone is to meet at the Matawatchan Hall at 1677 Frontenac Road. The group will wait 5min or so then start walking. This group meets rain or shine. It’s a great way to get healthy and have a nice chat with other community members while you walk.

Griffith Matawatchan Writers’ Guild - Every second Thursday beginning April 14, 7pm to 9pm
Matawatchan Hall, 1677 Frontenac Rd.

Annual Election of Officer & Directors on Tuesday, April 12th at 7:15 p.m. at the DACA Centre. Is open to all members and any-one wishing to become a member. Cost for a family membership is \$10.00 per year and a lifetime membership is \$100.00.

Fish Fry Fundraiser - Saturday, April 30th from 4:00 - 6:00 p.m. at the DACA Centre.

Prices: Adults: \$13.00; Under 12 years old: \$10.00. Tickets available at the door or advance sale at Gourley’s and Renfrew Printing. (Catered by Mike Mudell’s Surf & Turf, Kingston, ON) Proceeds will go towards helping DACA fund community and sports events.

Movie Night on Friday - May 6th from 6:00 - 8:00 p.m at the DACA Centre. If successful we would like to continue hosting them the first Friday of every month. Cost will be for snacks only. For more info contact Michael at: dacacommunity@gmail.com.

Beach Volleyball - Thursday’s starting May 5 at Highlands beachfront

Kids Night

Every third Friday in month at Calabogie Community Center 7-10pm. Each month something different for ages 16 and under.

4th Annual Bogie Days

May 28 at Calabogie Community Hall, fun for the whole family games for all ages 3-5 and community supper 5-7pm with live music and ball tournament.