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**Get involved! Learn more!**

**Promote an event, opportunity, service or  
program in Chalmers!**

**Call Dale:** 204.669.0750

**Email:** [chalmersrenewal@mymts.net](mailto:chalmersrenewal@mymts.net)

**Drop by!** 180 Poplar Ave

**Visit:** [www.chalmersrenewal.org](http://www.chalmersrenewal.org)



[facebook.com/ChalmersRenewal](https://facebook.com/ChalmersRenewal)



**Meet Dale!**

**Dale Karasiuk, Executive Director  
Chalmers Neighbourhood Renewal Corporation**

Dale has over 30 years' experience in wellness and community service efforts. He is a long-time supporter of Chalmers and Elmwood based initiatives. Dale is married to Kathy with two terrific daughters, Sarah and Allie.

## Fall 2013 – Events, Programs and Opportunities in Chalmers

These are just a small sampling of the activities happening in the Chalmers neighbourhood or nearby communities. Watch for more information and event listings on [chalmersrenewal.org](http://chalmersrenewal.org) and in an upcoming newsletter handout!

(Listed in alphabetical order)

### **BBQ/OPEN HOUSE @ POLSON SCHOOL FOR STUDENTS AND THEIR FAMILIES:**

Date/Time: Thursday, September 19<sup>th</sup>, 5:00 - 7:30 pm  
Location: Polson School, 491 Munroe Ave.  
Cost: \$2 per person for BBQ meal – call the school to pre-order  
Contact: Mrs Walker – Secretary at 204-669-4490 (8:30-4:00pm)  
Website: [www.retsd.mb.ca/schools/Polson](http://www.retsd.mb.ca/schools/Polson)

### **BINGO @ CHALMERS COMMUNITY CENTRE**

Dates/Times: Every Monday night doors open at 5:30pm starts at 6:45pm  
Location: 480 Chalmers Avenue  
Contact: For more information phone: 204-668-1110 or 204-470-3612,  
email: [cccclub@mts.net](mailto:cccclub@mts.net)

**BOOKWORMS AND MATH-A-MAGICIANS:** This program is for students in grades 1 to 4 at Lord Selkirk School, designed to support students with their reading and math development through games, activities and special guests.

Dates/Times: After school, starting at 3:30p.m. (date to be determined).  
Location: **XXX**  
Cost: Free, snack provided.  
Contact: Rhonda Taylor at 204-253-7993  
Website: [www.frontiercollege.ca](http://www.frontiercollege.ca)

**CITY OF WINNIPEG:** Check out [www.winnipeg.ca](http://www.winnipeg.ca) for latest program schedules, or get a print copy from your nearby library, pool or recreation centre.

**DIVORCECARE:** A 13-week, video led support group to help people heal from the effects of separation or divorce.

Dates/Times: Fridays, starting September 20 – open to participants joining at any time during the 13 week session, 7 – 9 pm  
Location: Riverwood Church, 257 Riverton Avenue  
Cost: \$20.00 includes workbook  
Contact: [pam@riverwood.cc](mailto:pam@riverwood.cc), 204-668-3181 ext 209 to register or for info  
Website: [www.riverwood.cc](http://www.riverwood.cc)

**DIVORCECARE FOR KIDS:** A 13-week video led support group for children aged 5-12 to help them heal from the effects of the separation or divorce of their parents.

Dates/Times: Fridays, starting September 20 – open to participants joining at any time during the 13 week session – runs opposite our adult DivorceCare sessions, 7 – 9 pm  
Location: Riverwood Church, 257 Riverton Avenue

Cost: \$15.00 includes workbook  
Contact: [pam@riverwood.cc](mailto:pam@riverwood.cc), 204-668-3181 ext 209 to register or for info  
Website: [www.riverwood.cc](http://www.riverwood.cc)

**DRUMS@ STATUS 4:** Drums students at Status 4 will learn numerous drumming styles found all over the world including Caribbean, Latino, African, Cuban, and more.

Dates/Times: Tuesday 6:15pm to 7pm  
Location: East End Culture & Leisure Centre 575 Larsen Ave  
Contact: Executive Director Lynne Williams, [info@status4.ca](mailto:info@status4.ca)  
Website: [www.status4.ca](http://www.status4.ca)

**ELMWOOD COMMUNITY RESOURCE CENTRE:** Some of the services provided by ECRC are: parenting programs, community drop-in, resources guides, phones, online applications (SIN, EI, Child Care Subsidy Registration), computer and internet access.

Dates/Times: Mon-Thurs 9-5pm, Fri 9-12pm  
Location: 200 Levis  
Contact: 204.982.1720, [ecrcaa@elmwoodcrc.com](mailto:ecrcaa@elmwoodcrc.com)

**ELMWOOD EK ACTIVE LIVING CENTRE:** Drop-in or call to find out more information on many programs including darts, floor curling, quilting, carpet bowling and cribbage.

Dates/Times: XXX  
Location: 180 Poplar Ave.  
Contact: 204.669.0750

**FAMILY LITERACY WORKSHOPS:** This program will be held in partnership with TIE Tykes. The workshops are designed to give parents ideas on how they can support their child's literacy development through easy and interactive games, activities, and crafts.

Dates/Times: Dates to be determined  
Location: Chalmers Community Centre, 480 Chalmers  
Cost: Free, snack provided.  
Contact: Rhonda Taylor at 204-253-7993  
Website: [www.frontiercollege.ca](http://www.frontiercollege.ca)

#### **FOOD BANK/DROP-IN:**

Dates/Times: Every Thursday 12-3pm, every second Wed 7-830pm  
Location: Community of Hope, 274 Talbot  
Cost: FREE, Drop in  
Contact person: Brendan Peters, 204-663-4673  
Website: [www.riverwood.cc](http://www.riverwood.cc)

**GOAL – ADULT LITERACY AND UPGRADING PROGRAM:** A literacy program for adult learners 19 and older. Students work on Adult Learning and Literacy curriculum (STAGES) and on independent programs of study to achieve personal learning goals – GED, Basic computer skills, math skills and Stages curriculum.

Dates/Times: Mon – Thurs, morning afternoon and evening  
Friday, morning and afternoon  
Location: 75 Brazier Street

Contact: Register in person or by phone. Call 204.982.1720.  
Website: [www.elmwoodcrc.com/goal](http://www.elmwoodcrc.com/goal)

**GRIEFSHARE:** A 13-week video led support group to help people find comfort and healing from the loss of someone close.

Dates/Times: Fridays starting September 20 – attendance closed after 3<sup>rd</sup> week, 7 – 9 pm

Location: Riverwood Church, 257 Riverton Avenue

Cost: \$20.00 includes workbook

Contact: [pam@riverwood.cc](mailto:pam@riverwood.cc), 204-668-3181 ext 209 to register or for info

Website: [www.riverwood.cc](http://www.riverwood.cc)

**GUITAR @ STATUS 4:** Status4 gives an opportunity for young people in the community to learn guitar under qualified and well experienced guitar instructors.

Dates/Times: Monday 6:30 to 7:30 pm (Advance guitar)

Thursday 6:15pm to 7pm (Beginner guitar)

Location: East End Culture & Leisure Centre 575 Larsen Ave

Contact: Executive Director Lynne Williams, [info@status4.ca](mailto:info@status4.ca)

Website: [www.status4.ca](http://www.status4.ca)

**KIDZ CLUB:** A Riverwood Church program for Elmwood area kids in grades two to six, where we play games and sports, teach biblical truths, do crafts and eat.

Dates/Times: Tuesday evenings, from Tuesday October 1 and finishing Tuesday May 27, 2014, 6:30pm to 8:00pm

Location: Lord Selkirk School, Poplar Ave

Cost: Free – show up and we will provide a registration form

Contact person: 204.668.3181

### **LOCAL COLOUR ART GROUP FALL ART SHOW AND SALE:**

Dates/Times: November 1-3

Location: 180 Poplar Ave.

Cost: Free admission and door prizes

Contact: 204.668.4055

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

**NATURE STAY & PLAY:** A drop-in Early Learning Program for community families with pre-schoolers consisting of Playtime, Rhyme & Reading Circle time, Snack & Craft time. **Outdoor Program - dress appropriately.**

Dates/Time: Fall session held Tuesdays, October 1 - November 5, 2013, 9:15 - 11:15 am

Location: Polson School family room/school yard, 491 Munroe Ave.

Cost: Free - no pre-registration required, drop in basis.

Contact: Mrs Galindo - Community Connector, call 204-669-4490 ext 2499 or email [rgalindo@retsd.mb.ca](mailto:rgalindo@retsd.mb.ca)

Website: [www.retsd.mb.ca/Schools/Polson](http://www.retsd.mb.ca/Schools/Polson)

**NORTHEAST PIONEERS GREENWAY:** Info on trail, access, points of interest and other related projects.

Contact: Email Louise at lbalaban@mymts.net  
Website: www.winnipegtrails.ca/trails-maps/northeast-pioneers-greenwaynew/

### **RIVER EAST COUNCIL FOR SENIORS VOLUNTEER OPPORTUNITIES:**

**Contact:** Debbie Wolfson, River East Council for Seniors at recs@mymts.net

#### **Rides for seniors:**

Volunteer drivers are needed to drive seniors to doctor's appointments, shopping and other outings. Volunteers use their own vehicles. Gas and parking expenses are covered.

#### **Daily Hello Program:**

Volunteers are needed to make calls from their own homes to seniors living in the community for the purpose of checking on their wellbeing and sharing some brief news or encouragement. Volunteers will receive orientation and ongoing supervision and support.

### **RIVER EAST COUNCIL FOR SENIORS VOLUNTEER OPPORTUNITIES:**

**Contact:** Debbie Wolfson, River East Council for Seniors at recs@mymts.net

#### **Meal Programs:**

The Council manages two congregate meal programs for seniors in the community. Volunteers may assist with meal preparation, serving of the meal, and/or clearing dishes and kitchen clean up.

River East Congregate Meal Program is located @ 1100 Henderson Hwy. Meals are served Monday, Wednesday and Friday at Noon.

Parkside Plaza Meal Program is located @ 1630 Henderson Hwy. Meals are served Tuesday, Thursday, and Friday at Noon.

### **SENIOR AND ELDERS DAY**

Date/Time: Tuesday, October 1<sup>st</sup>  
Location: Winnipeg Convention Centre, 375 York (Main Floor)  
Contact: Debbie Wolfson, River East Council for Seniors at recs@mymts.net  
Website: [http://cimnet.ca/cim/19C45\\_51T1948T50T1930.dhtm](http://cimnet.ca/cim/19C45_51T1948T50T1930.dhtm)

**TAE KWON DO @ STATUS 4:** Provides 7 to 17 year-olds, the opportunity to learn and practice the art of Tae kwon do and its many facets in a safe and nurturing environment.

Dates/Times: Monday 5:30 to 6:15pm  
Thursday 5:30 to 6:15pm  
Location: East End Culture & Leisure Centre 575 Larsen Ave  
Contact: Executive Director Lynne Williams, [info@status4.ca](mailto:info@status4.ca)  
Website: [www.status4.ca](http://www.status4.ca)

**THE REFUGE:** A support program offered through Riverwood Church for young moms and their children.

Dates/Times: Oct 1 – May 27 ( every other Tuesday), 6:30-8:30pm

Location: Riverwood Church Community 257 Riverton Ave  
Cost: FREE – drop in or contact us  
Contact person: Jen, 204-668-3181 Ext 220  
Website: [www.riverwood.cc](http://www.riverwood.cc)

**THROUGH MY EYES, VISUAL STORYTELLING:** For grade 5 & 6 students at Lord Selkirk School. Students will work with tutors to write and create a story using their own digital pictures and will present their story using power point.

Cost: Free, snack provided.  
Contact: Rhonda Taylor at 204-253-7993  
Website: [www.frontiercollege.ca](http://www.frontiercollege.ca)

**TIE TYKES DROP IN PROGRAM:** Drop In program for parents and children ages 0-6 years offered by the Together In Elmwood Parent Child Coalition: network of organizations and individuals working together towards the best possible outcomes for children by supporting families in the diverse areas of the Elmwood community.

Times/Locations: Mondays, Wednesdays, Fridays 9am - 3 pm at 480 Chalmers Ave.  
Tuesdays, Thursdays 9am -12pm at 180 Poplar Ave.  
Tuesdays, Thursdays 1-3pm at 480 Chalmers Ave.  
Cost: Free - drop in between hours of operation to register  
Contact: [tietykes@gmail.com](mailto:tietykes@gmail.com), 204-688-5817  
Website: [www.tie-pcc.ca](http://www.tie-pcc.ca)

**ZUMBA DANCING @ CHALMERS COMMUNITY CENTRE:** This is low impact fitness Zumba.

Dates/Times: Starting September 24  
Location: 480 Chalmers Avenue  
Cost: Drop in \$10, or \$85 for 10 sessions  
Contact: Genny Bak at [gbak@shaw.ca](mailto:gbak@shaw.ca)

**ZUMBA DANCING @ BRONX PARK COMMUNITY CENTRE:**

Dates/Times: Monday 6-7pm  
Tuesday 5:30-6:30pm  
Location: 720 Henderson Hwy  
Cost: First class free; \$100 for 10 passes or \$15 each time  
Contact: To register contact Genny Sacco-Bak, [gennyfitness@gmail.com](mailto:gennyfitness@gmail.com)  
call 204-998-0986  
Website: <http://www.bronxpark.ca>