



# Klahanie Communiqué ~ Jan '09

newsletter/website submissions by 20<sup>th</sup> each month ~ email [info@klahaniecommunity.com](mailto:info@klahaniecommunity.com)

## canoe club - community news & events

### Klahanie's Health & Wellness Committee Announces...

the launch of a series of pilot wellness sessions beginning in January 2009. Community interest in the pilot sessions will test the programs, and administration/accounting procedures established with the Canoe Club and property management. If the pilot wellness sessions are successful, a broader line-up will be introduced in Spring 2009. Volunteers are needed! Volunteer instructors will help keep costs down and programs affordable for the Klahanie Community. If you are certified in your field of expertise and willing to volunteer your time, contact the Klahanie Health & Wellness Committee at [healthandwellness@klahaniecommunity.com](mailto:healthandwellness@klahaniecommunity.com).



### Fitness Programs Scheduled for January 2009 !!!

#### Yoga

Mondays 7-8pm starts Jan 19/09 - \$30 for 6 weeks  
(Instructor: Chris/Newport Yoga)

#### WadoKai Karate for Kids (5-10yrs)

Tuesdays 6-6:30pm starts Jan 20/09 - \$30 for 6 weeks

#### StrollerFit

Wednesdays 9-10am starts Jan 21/09 - \$30 for 6 weeks

#### Bootcamp

Tuesdays 7-8pm starts Jan 20/09 - \$30 for 6 weeks  
(Instructor: tba)

Thursdays 7-8pm starts Feb 5-26/09 - \$20 for 4 weeks  
(Instructor: Caroline)

### Pre-Register NOW for Programs...

To secure your spot in any program, pre-register by email to [healthandwellness@klahaniecommunity.com](mailto:healthandwellness@klahaniecommunity.com)

payment of program registration fees can be made at the Canoe Club on the following dates/times:

- January 8/09 from 6-7pm
- January 13/09 from 11am-12pm
- January 14/09 from 6-7pm
- January 15/09 from 6-7pm

Cash or cheques accepted (payable to the *Canoe Club*).

*Programs have an 8 person min/12 person max for each session. Participants are required to register and pay for the entire session to ensure a successful program.*



**MOMS!** Get together with other new Mom's to walk, chat and share secrets. We meet every Tuesday in the Canoe Club at 1:30pm. January meeting dates: 6, 13, 20 and 27. Come join us!

**Pre/Post Natal Networking Group** will meet at the Canoe Club on Sunday, January 25 from 5-6pm. This is a group for moms-to-be & new moms to network and share stories. For information email: [prepostnatalnetwork@klahaniecommunity.com](mailto:prepostnatalnetwork@klahaniecommunity.com)

### Kids Crafts & Activities?

What crafts or activity programs would your kids be interested in participating in?

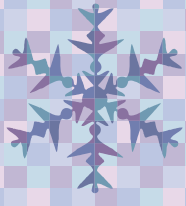


Are you available to help organize daytime events?

Let us know - contact [info@klahaniecommunity.com](mailto:info@klahaniecommunity.com)



subscribe to event & activity updates on [www.klahaniecommunity.com](http://www.klahaniecommunity.com)



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### THANK YOU Klahanie Community for your support of our 1<sup>st</sup> community organized Christmas Event!

and for their generous donations THANK YOU to the Canoe Club Board, Christine Stanley, Caffe Divano, Thrifty Foods, Vivio Flower Gallery, Eden West Fine Foods & Gifts, Peter Kinch - Canadian Mortgage Team, Farrah Blair and Stephanie Templeton.



« THANK YOU »  
Klahanie Community  
for your food hamper  
donations for Port Moody's  
**SHARE SOCIETY FOOD BANK**  
[www.sharesociety.ca](http://www.sharesociety.ca)  
and thankyou to Rick & Nathania  
for organizing the hamper and for  
deliveries to the Share Society.

### Wine & Cheese

meet your Klahanie  
neighbours! Drop-in for  
a casual gathering  
Friday, January 16  
7:00-9:30pm  
in Canoe Club Lounge



Bring a bottle of wine, a glass & a small  
apppy to share! RSVP to [krswire@shaw.ca](mailto:krswire@shaw.ca)

### Movie Night

at the Canoe Club Theatre  
Sunday, January 25  
at 7pm

Check website for  
movie details!

### Bridge Club

meets every  
Tuesday 7-9pm  
in the Canoe Club Lounge.  
New bridge players welcome!  
For information call  
Heidi #604-461-5370 or  
[bridgeclub@klahaniecommunity.com](mailto:bridgeclub@klahaniecommunity.com)

### Klahanie Writers Club!

Do you like to write? Do you want to share ideas and meet others with an interest in writing? Do you want to write your family story or publish a book but don't know where or how to begin? Or have you already been published? Join this NEW club and meet novice and professional writers, for discussion and exchange of ideas, and help with your writing goals. The Klahanie Writers Club will be lead by professional Canadian writer/journalist Kate Valery. We are looking for an indication of interest from the Klahanie community before we set a day/time for weekly sessions. If interested email [canoecub@shawbiz.ca](mailto:canoecub@shawbiz.ca)



Looking to get involved in  
our Klahanie Community?  
Check out the volunteer  
options on our website!

### SELL? BUY? ANNOUNCE? in Klahanie's CLASSIFIEDS !

Email your post to [info@klahaniecommunity.com](mailto:info@klahaniecommunity.com)  
Include your name, address & phone. Allow 1 week for  
post to website. Classifieds for Klahanie residents only.



### Want to book the Canoe Club facilities for a private function?

Contact Canoe Club Resident Manager, Kathryn Lobanova #604.461.2805 or email [canoecub@shawbiz.ca](mailto:canoecub@shawbiz.ca). A deposit must be submitted with rental form to secure booking. Canoe Club Rules/Regulations & Facility Booking info available on Klahanie website and in binder at Canoe Club café counter. NOTE: Res. Mgr. business hours are Tues-Sat 9am-5pm

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