



Klahanie Communiqué ~ Mar'09

newsletter/website submissions by 20th each month ~ email info@klahaniecommunity.com

canoe club - community news & events

BlockWatch

Klahanie Community Information Meeting

Klahanie is planning a BlockWatch information meeting for residents in March. If you want to attend & learn about the benefits of being a BlockWatch community RSVP by Sunday March 8 blockwatch@klahaniecommunity.com *include your name, address & telephone. Confirmation will follow.

Senior's...

are you interested in meeting other Klahanie residents for activities like photography, painting, group outings or discussions? Suggestions welcomed. Contact Contact Irene #778-355-9162 or email: irenekane3@aol.com

Painting for Toddlers

Saturday, March 21 at 10:00am in the Canoe Club downstairs Activity Room (ages 2-4) Bring your toddler to enjoy a fun hands-on painting session. Paint materials will be supplied so **RSVP is required by March 19** to Alejandra at aleromo@gmail.com

Bridge Club...

meets every Tuesday from 7-9pm in the Canoe Club Lounge. New members welcome! For more information, contact Heidi #604-461-5370 or email bridgeclub@klahaniecommunity.com



An Evening of Wine & Cheese

Friday March 13
7-9:30pm

Join Klahanie neighbours for a casual & informal monthly gathering in the Canoe Club Lounge. Bring your own glass, wine, crackers & cheese. Sharing is encouraged! RSVP krswire@shaw.ca



? Klahanie Kids Easter Event ?



Would you like to attend a kids Easter event at the Canoe Club in April? All events are resident/ community supported. So - if you would like to attend with your kids, or you can help organize, email: events@klahaniecommunity.com

Kid's Story Telling



Moms & Tots enjoyed our first **Story Telling Hour** on Feb 7/09.

Thank you Ana for organizing!!! If you would like to attend a future a Story Telling Hour with your toddler, email us. We will schedule date & time if sufficient interest.

CLASSIFIEDS
on the
Klahanie website!



Looking to volunteer in your Klahanie Community? visit our website home page and click "learn how to get involved"

SEEKING: MUSICIAN ✳ SINGER

Sean is a guitar player & singer interested to meet other musically inclined folks who are interested in playing an acoustic set at Klahanie community functions as a way to have fun, meet people and provide a musical flavor to the Klahanie community! So if you play an instrument (bass or acoustic guitar or other) or you sing (harmony or lead) contact Sean at 604-377-0300!



Psssst...spread the word about Klahanie's Website!



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Klahanie Health & Wellness Committee

SPRING FITNESS SCHEDULE

Check website regularly for updates. The website remains the most accurate source of information for Klahanie fitness programs.

HATHA YOGA

Mondays 7:30pm-8:30pm

Starts March 23/09 for 7 weeks COST: \$35

Canoe Club Dance Studio - 10 spots available

Please bring a yoga mat, water bottle & towel.

POWER YOGA*

Wednesdays 7:30pm-8:30pm

Starts March 25/09 for 8 weeks COST: \$40

Canoe Club Dance Studio - 10 spots available

** moderate level of physical fitness and/or prior experience req.*

Please bring a yoga mat, water bottle & towel.

WADOKAI KARATE FOR KIDS (5 to 8 years)

Tuesdays 6pm-6:45pm

Starts March 24/09 for 8 weeks COST: \$40

Canoe Club Gymnasium - 10 spots available

Wear comfortable clothes & be prepared to train in bare feet.

Parents are welcome to stay. Please arrive 10 minutes early and be ready for a 6pm start.

BOOTCAMP

Tuesdays 7pm-8pm

Starts March 24 for 8 weeks COST: \$40

Thursdays 7pm-8pm

Starts March 26 for 8 weeks COST: \$40

Canoe Club Gymnasium - 20 spots available in each class

Please bring a yoga mat, 5lb weight, towel, water bottle and indoor shoes (non-marking, white sole).

Arrive 10 minutes prior to class start time.

50+ FITNESS

April 15 / 22 / May 6 / 13 Wednesdays

from 4:30pm-5:30pm COST: \$20

Canoe Club Dance Studio - 10 spots available.

Wear comfortable clothing.

BIG BALL FITNESS

April 15 / 22 / May 6 / 13 Wednesdays

from 7:30pm-8:15pm COST: \$20

Canoe Club Gymnasium - 12 spots available

Each participant must bring their own exercise ball.

Registration for Spring Session begins March 2, 2009

Registration is at the Canoe Club on the following dates:

March 2, 6pm - 7pm

March 3, 6pm - 7pm

March 4, 11am - 12pm

March 5, 6pm - 7pm

Registration is on a first come basis. Classes require a min. of 8 participants to proceed. Fees can be paid by cash (exact cash required) or cheque (payable to the Canoe Club).

Programs are for Klahanie residents only.

All profits and any funds raised by the Health and Wellness Committee will go towards lowering fees for fitness activities.

Special Offer for Klahanie Residents at

Newport Yoga

located in the heart of Newport Village

15% off any Punch Card

(up to \$35 off reg price!)



Klahanie Mom's Group...

Are you expecting a baby? Are you a new mom? Connect with Moms in the neighborhood through **Klahanie Moms Facebook Group**.

This Mom's Group meets in the Canoe Club each Tuesday at 1:30pm and the last Sunday of the month at 5:00pm. Please RSVP if you plan to attend: prepostnatalgroup@klahaniecommunity.com

Keep checking Facebook for new activity announcements like movie matinees, guest speakers & more!

Psssst...spread the word about Klahanie's Website!