

Prospective

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Photo by: Jeremy Hockin

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News from the ROC Executive Director

By Shirley Jollimore

I read something recently that resonated, and made me think about the wonderful community around us: "Community is first of all a quality of the heart. It grows from the spiritual knowledge that we are alive not for ourselves but for one another." - Henri Nouwen.

I witness this kind of community every day from my desk in the street area of the PRCC: parents offering to take each other's kids for an afternoon, giving each other some much-needed time to themselves or to tackle their to-do lists; seniors bringing friends who don't drive to washer toss or our Lunch and Learn or fitness programs; pickleball players encouraging one another in friendly competition, teaching newcomers, and occasionally helping to fix skating rinks and garden sheds! I see youth helping each other with homework and supporting each other through a bad day; adults of all ages pitching in to help put on a community meal, or giving time to an event or fundraiser to help out a group in need; a group of people whose goal it is to help a family of new Canadians ease into life in a new country.

So many others...

Continued on Page 3



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PRCC:

Prospect Road Community Centre
2141 Prospect Road
Hatchet Lake, Nova Scotia B3T 1S1
Fax: 902 852 2867
Email: info@prospectcommunities.com
Visit us at: www.centre.prospectcommunities.com

Front Desk

Monday - Friday 8:30am - 10:00pm
Saturday & Sunday 8:00am - 9pm

Fitness Centre

Monday - Friday 6:00am - 10pm
(6:00am - 8:30am Existing Members Only)
Saturday - Sunday 8:00am - 9:00pm
Please see attached program flyer for seasonal/holiday hours

Satellite Location:

(Executive Director On-Site Most Tuesdays 2pm - 4pm)
1714 Lower Prospect Road
Atlantic Memorial Terence Bay Elementary School

902-852-2711

Or visit

centre.prospectcommunities.com



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prospectcommunities.com



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Board of Directors:

- » Nicole Slaunwhite, Interim Chair
- » Al Goodyer, Vice Chair
- » Cara Lynn Garvock, Secretary
- » Liz Amyoony
- » Jennifer Bell
- » Peggy Gilbert
- » Lisa Ferguson
- » Brad Knight
- » John Whitlam
- » Shirley Jollimore- Executive Director (*Ex Officio*)
- » Damion Stapledon - HRM Parks & Recreation Representative

Design, Editing & Layout
By the Resource Opportunities Centre

News from the ROC Executive Director (...Continued)

Shirley Jollimore
Executive Director
Resource Opportunities Centre

It's that sense of being part of something greater that I have appreciated most in this first year as Executive Director for the ROC. I'm fortunate to work every day with people who live those words and have a love of community as one of their core values. As our Board progresses through its strategic planning process, I'm grateful that this love of community remains at the heart of what they want to do, and I'm thrilled to continue to be a part of it.

I'm a believer in collaboration, and I love to collaborate with people who know more than I do! Not being an artistic type at all, I'm really excited about an upcoming project this spring and summer, funded by HRM's Placemaking program. We've been given funding and approval to build and install an outdoor movie theater screen on the back wall of our gymnasium. As cool as that will be, the process of bringing it to fruition is even more exciting. In building a 'place,' we'll be creating a space with its own identity, reflected by artwork that is present in the place. There's more information about this exciting project on page 4....

I'm continuing my mobile office hours this spring at the C@P site in beautiful Terence Bay (Terence Bay Elementary) most Tuesday afternoons from 2-4. I'm also hoping to spend some time in lovely East Dover, at the Village Green hall, during their library hours on the second and fourth Monday of the month from 430-6. If you have an idea that would benefit the community at large, and you want to talk about possibilities, come visit me there. You may see me drop in on our seniors at the Legion from time to time as well. I'm always looking for other community spaces to set up shop for an hour or so, so let me know if you have a space in your community I can invade once in a while.

I want to take a quick moment to thank the ROC board, and our staff, for continuing to let me live my dream of working in the community I love. I get to work every day with people who share my values and genuinely care about the Prospect Communities. It doesn't get better than this.

executivedirector@prospectivecommunities.com



Proud supporter of the Prospect communities

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MLA, Timberlea-Prospect

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Art Gallery Show & Sale - May 13th



As part of the Canada 150 celebrations, area resident Denise Sooley, partnered with the Resource Opportunities Centre, non-profit operators of the Prospect Road Community Centre, would like to highlight the extremely talented artists in the Prospect Communities with an Art Gallery show and sale. We encourage the community to come and meet local artists and be inspired by their work. We have so many talented artists in our own backyards – this would be an excellent opportunity for the greater community to discover them!

This will be an evening event, held on May 13, 2017 at the Prospect Road Community Centre. Doors will open to the public

from 7pm to 10pm. There will be a cash bar for refreshments.

Our goal is to bring together a variety of local artists for an exciting evening celebrating artists in the Prospect Communities. This will allow the artists to interact and engage with the public, explaining their artistic processes and the inspirations behind their work. As well, a percentage of all art sales will be donated by the artists to the Prospect Road Community Food Share emergency food bank.

Guests will require tickets to attend the event, which will be available for purchase later in April at the PRCC front desk for \$5.00

Hollywood Comes to the Prospect Communities!

There will be an exciting project underway this summer at the PRCC! With the generosity of HRM's Neighbourhood Placemaking Program, we've been approved to build and install an outdoor movie screen on an exterior wall, located at back of the building.

The purpose of the Neighbourhood Placemaking program is to "celebrate and explore identity, develop community connection and a sense of place through organizing creative projects." The intention is that the process allows neighbours to be actively involved with their public space resulting in more welcoming and livable communities - fitting perfectly with the ROC's vision of a welcoming, thriving, innovative community!

The frame of the screen itself will be a mural, created with input from the community, reflecting the symbols, pictures and colours that are important to all of you.

The working committee, local artist Charmaine Guthrie, Allison Lawlor, ROC Board members Cara Lynn Garvock and Al Goodyer, and ROC staff Amy Hockin and Shirley Jollimore will be reaching out into your communities to get ideas and input from residents of all ages. Once finalized, these options will be put out to the community for consideration and feedback. The most popular option, chosen by the community, will form the plan for creating the structure and artwork.

We hope you will join us for Paint Day, a community celebration for all to attend and the opportunity to create the art work and install the movie screen.

Stay tuned to our website and social media accounts for additional details and opportunities to get involved and an announcement regarding our first community movie night!

We could use your help!

We welcome new members to our core team of organizers, and we will need volunteers who have expertise in building, sourcing out equipment loans and materials, and helping out on the event day itself.

Additionally if you are part of an organization or group meeting in April or early May, and you'd be willing to have someone from the planning group come out and get some ideas from you, please let us know. Email executivedirector@prospectcommunities.com or speak to Shirley or Amy at the PRCC.



The New Horizons for Seniors Program

The New Horizons for Seniors program is a grant funded by our federal government, focused on programming that promotes volunteerism among seniors and engages seniors in the community through the mentoring of others, supporting the social participation and inclusion of seniors. In October, the ROC partnered with the Village Green Recreation Society to submit a grant proposal that would enable senior community champions to deliver an event each month in their home community. The event would include an activity and a light, healthy meal, and would be open to all seniors in the Prospect Communities. Our Member of Parliament, Bernadette Jordan contacted the ROC with the great news that we were successful in our application, and we're ready to get started!

We have funding for a monthly session, to be held in differing locations throughout the Prospect Communities. There are some requirements; the program must be planned and delivered by seniors, and the location must have suitable kitchen facilities that comply with NS Food Safety regulations. At each session, there must be a trained First Aider, and someone trained in Safe Food Handling must be in charge of the meal preparation. Part of the grant allows for that kind of training and the ROC will organize those sessions for the approved number of senior volunteers in

April/May. If you are also a member of a local organization who requires that kind of certification, consider becoming involved!

Jessica Morrissey, Programs and Events Manager, and Shirley Jollimore, Executive Director, have visited with our local seniors groups to spread the word and we've had several parties step up to volunteer for particular months already!

We continue to look for champions to take on events during the other months; if you are willing to plan and execute a fun, social event for seniors please contact jessica@prospectcommunities.com to discuss options!

Elect
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IAIN RANKIN



I am running on a proven track record of delivering results. I want to continue to help build a better future for the people of Timberlea-Prospect.



- Started a multi-year capital project for intersections along Prospect Road
- Replacing and upgrading the 102-103 interchange
- New roof and parking lot improvements at Prospect Road Elementary School
- My private members' bill, The Otter Lake Landfill Act, prevented the expansion of cell heights
- Protected Rogue's Roost Wildreness Area and arranged community lease of island to Prospect Boaters

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Liberal

Successful Blanket Exercise Builds Awareness of First Nations History

“Eye- opening.” “Heart- breaking.” “Powerful.” “I didn’t know this.” “How painful.” “Everyone should do this and learn the true history.” “Children should learn this in school.” “I’m ashamed of our governments.” These are a few of the comments from a group of 30 area residents gathered in a talking circle at St James’ United Church on a recent Saturday afternoon. They had just participated in a learning experience known as the Blanket Exercise, designed to tell the history of the indigenous people who have lived here for 14,000 years and the coming of the European settlers who colonized the land. By taking on the role of the indigenous people, listening to and experiencing symbolically the impacts of the settlers’ actions and edicts, participants grew in awareness of the reality of the painful hidden history of Canada. Stolen land, treaties dishonoured by governments, diseases deliberately inflicted that decimated populations, The Indian Act that brought independent nations under the control of the federal government, residential schools –these are some of those painful realities. Despite this, the talking circle ended on a note of hope and commitment to learning and healing.

The circle was introduced by Catherine Martin of Blind Bay. Catherine is a Mi’kmaq filmmaker who has been the Nancy’s Chair of Womens’ Studies at MSVU for the past two years. Burning sweet grass, sage, cedar, and tobacco, Catherine ceremonially smudged each of us before we began the blanket exercise itself; she sang and drummed at beginning and end of the afternoon. With Catherine were Mary, Doug and Elna who have been leading this exercise for several years in Halifax on behalf of KAIROS, a Greek word used in the New Testament meaning “Now is the Time.” KAIROS is the name given to the Canadian Ecumenical Justice Initiative, a national church organization which first developed the blanket exercise some 20 years ago in partnership with indigenous peoples.

This event was organized by a group from the local churches in partnership with Catherine, who have come together to work on the goal of reconciliation among residents, indigenous and non-



indigenous, as a project for Canada 150 observations. The Truth and Reconciliation Commission, which heard testimony about the Residential Schools over five years, presented a list of 94 recommendations for the people and governments of Canada to work on so that there might be genuine justice, understanding, healing and peace in this land.

The group plans to hold further Blanket Exercises in the coming months; you can discover why it has that name! Also planned are other opportunities to learn the history of our particular area, to hike the places that have held spiritual significance for the Mi’kmaq over thousands of years, and to come together for enjoyment and appreciation of each other. So please be on the lookout for further announcements through the local churches, PRCC and ROC. Meanwhile, as you drive the Prospect Road think about this: you are travelling on an ancient trail traversing forest and swamp, beside rivers, lakes and ocean that sustained life long before the white man came to this land.

Lets Play Bridge!

A group of enthusiastic bridge players have been gathering at the White’s Lake Legion on Monday evenings from 6:30pm until approximately 9pm. We are seeking additional players for a fun evening of recreational bridge with great company.

Typically we draw for partners, but you are also welcome to bring your partner with you. There is no cost to join us. For more information please contact Valli at (902)852-2030 or simply stop by the Legion on Monday evening.

New Playground for Seaview Community Park

Seaview Community Park on Prospect Bay Road is getting a new playground!

The park is one of a dozen within the Halifax Regional Municipality that will soon have its playground equipment upgraded and replaced. HRM has allocated \$75,000 toward the Prospect area park.

When community members heard that HRM was doing work on the park, they banded together and contacted Councillor Stephen Adams. They wanted to give their input into what the new playground might look like. Several people in the community expressed a desire to see a more natural- type playground, one with more wood and less plastic.

HRM listened. Cobequid Consulting, which tries to incorporate natural playscape elements into playgrounds, was recently awarded the contract to replace the park's current playground equipment. Work is expected to begin soon.

Some community members have also expressed a desire to see the tennis court at Seaview Community Park upgraded. Currently the tennis court is not being used for tennis matches. It requires a new

net and line painting before people can play again.

The Prospect Peninsula Residents' Association has applied for a grant from the Prospect Road Recreation Association. If awarded a grant, the money would be used to upgrade the tennis court this summer.

Progressive Conservative Candidate

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TIMBERLEA - PROSPECT

PC

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Exciting New Displays at SS Atlantic Heritage Park

This month 143 years ago, the Prospect Bay area was in an uproar as some 550 people perished on our shores and over 400 of the living had to be rescued, sheltered, clothed and fed before being sent off to their destinations in the United States. On April 1, Nova Scotia's worst shipwreck occurred when the steamship Atlantic ran ashore on Mosher's Island off Lower Prospect.

The people of the communities of Lower Prospect, Terence Bay and Prospect Village rose to the occasion, with much heroism and kindness being shown to the living and respect to the dead, more than 400 of whom lie buried in the area.

The SS Atlantic Heritage Park exists to honour the memory of this significant event. Located in Terence Bay near the burial site of 277 victims, it provides a quiet place to walk, reflect, enjoy a cup of tea or coffee, and learn about the disaster at the Heritage Centre, artifacts pertaining to the incident are housed.

We have had several exciting donations of artifacts that will be displayed when we open on the Victoria Day weekend. The clock from the chart room came to us last year, and is a very important artifact that still works. It would have been next to the helmsman as he steered the ship while the lookouts searched for the Sambro light to guide them into Halifax. The captain had left orders to be called at 3 A.M. but with no light in sight he was left to sleep and the Atlantic struck the rocks.

Last fall we came into possession of the name board from the ship. It is an elaborately carved wooden piece, eleven feet long, and displays the Atlantic's name in the original paint. It spent the past fifty years above the fireplace of a house in Indian Harbour and now hangs on the wall of the Heritage Centre. It's worth seeing!

We also received the collection of a scuba diver who was active in locating artifacts from the wreck site and elsewhere over a twenty-five year period. It includes a bronze decorative piece that was given to a



young man by his grandmother in 1917, just days after the Halifax Explosion. There are also personal articles such as thimbles, lice combs, a straight razor, jewellery and other items.

The collection also includes materials such as song sheets, promotional materials for the Atlantic, and photographs.

Over the past couple of years, we have been doing additional research on the Atlantic and have gained a better understanding of what happened on that terrible night. We have new insights into the part played by local people in rescuing the survivors. We have been tracking down the descendents of those heroic folk and it has been exciting to share with them details about how their great great grandparents saved survivors from sure death.

To learn more about us, visit www.ssatlantic.com or, better still, come see us in Terence Bay. We're open daily from May 20 to the end of October.



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Runoff and Play!

The Prospect Road Community Centre is partnering with Clean Foundation (www.clean.ns.ca) and HRM to build a green, natural playground on the PRCC property. Thanks in large part to a generous grant from TD Friends of the Environment Foundation, this special playground will not only be a fun place for our children and youth to connect to nature, but it will also act as a demonstration site for stormwater mitigation and climate change adaptation options for other community centres and groups.

What's stormwater? When it rains, water can't soak into surfaces like driveways and roads – instead it runs off into streets and storm sewers, and takes with it pollutants like oils, fertilizers, salt, dirt and garbage, a lot of which end up in local waterways. Minor landscaping changes can drastically help manage stormwater, helping to minimize the impact on lakes and streams and allowing rainwater to soak into the ground and recharge our groundwater aquifers. Not only can you reduce the potential of flooding on your property, you can also harvest rainwater for your gardens.

Each stormwater mitigation feature built into the playground will include an information display beside it describing the feature, materials used, best uses for the particular feature and references to sources to help community members start their own projects at home. (And if you're already excited to start thinking about managing stormwater on your own property, check out Clean Foundation's stormwater infographic here: <http://clean.ns.ca/infographic>.)

Natural playgrounds are becoming more common around Nova Scotia, and for good reason. They are designed to utilize the natural features of an area so that we don't need to use as much plastic and metal as other playgrounds. Not only does this make playground features that are accessible to a wide range of ages and abilities (by using a hill slope rather than stairs, for example), but it also creates natural



places for kids to have fun while re-connecting with nature. We have a few ideas for what to include in the playground, such as a slide built into the hill, tree stumps to climb on, and a 'bear's den' or cave built into the hill. But we'll also be asking for your input and help to help design and build the playground. This will include a kids' consultation to ensure that the playground design meets their needs and is actually fun to play on!

Start thinking about what kind of playground features you and your family would like to see. To view other examples of natural playgrounds in the province, check out the Londonderry Play Forest, the Nature Play Space in Middle Musquodoboit, or the Earthscape playground in Halifax at Sir Sanford Fleming Park ('the Dingle').

Stay tuned to the www.prospectcommunities.com and the ROC/PRCC social media accounts for details regarding upcoming engagement sessions and volunteer opportunities.



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What Do We Do?

The Septic Doctor is committed to offering video inspections, dye testing, septic tank locating, septic tank installation and repair, as well as QPI and QPII services for homeowners using both septic systems and municipal services.

How Can We Help?

Backed by years of experience installing and repairing both septic systems and sewer laterals, we can offer affordable and reliable solutions to clients in the greater HRM area. Come to us for your next home video inspection or service requirement.

Our Services

No matter what your issue may be; blockage or clog, collapsed pipe, sags, separated joints, deflection or complete septic malfunction, The Septic Doctor has the equipment and experience to diagnose and repair your issues in a timely and professional manner.

One Stop Shop

Your one stop service provider. We not only perform your video inspection, but come equipped with a machine to do the digging! No need to coordinate with your excavation contractor to expose septic tanks, lids or clean outs. Our corporate partner Ground Control Excavation will handle that and even backfill when complete, leaving a minimal trace and low impact damage to turf areas.

www.septicdoctor.ca

Route 333 Refugee Sponsorship Association

It's hard to believe that more than a year has passed since the community came together to form Route 333 Refugee Sponsorship Association.

A lot has happened since then. We are close to welcoming a Syrian refugee family to Canada. The family we are sponsoring cleared the Canadian government's security checks and have had an interview with Canadian visa officials. Our hope is that they will arrive in Halifax sometime this spring.

We have been in contact with the family via social media and they are anxious to come to Halifax. They are a family of three - a widowed mother and her two daughters, who are in their early 20s. They are currently living in Lebanon. While they are safer there than if they had remained in Syria, they remain fearful. Their lives are on hold. They have no legal status, and have little more than one suitcase each of personal belongings. They have been through the horrors of war.

One of the daughters studied English literature at university, but was forced to quit when war broke out. Her hope is to return to school in Canada and complete her degree. She speaks some English. The other daughter is a skilled seamstress. They are eager to start new lives in Canada.

We would like to extend our sincerest thanks to everyone in the community who helped us raise \$20,000 to help support this family during their first year in Canada. Special thanks to several local businesses, the Prospect Peninsula Residents' Association, the Prospect Players, New Life Community Church, the Anglican Diocese of Nova Scotia and PEI, Atlantic Memorial Terence Bay, Brookside Junior High, Prospect Road Elementary and Halifax West



schools, the ROC, and to everyone else who gave whatever they could to help.

We are now working in partnership with the Archdiocese of Halifax-Yarmouth and the Halef family, the owners of Halifax Exhibition Centre, to sponsor the family through the federal government's private refugee sponsorship program.

Thank you from all of us at Route 333 Refugee Sponsorship Association. Together we are making a world of difference for one family.

If you want to get in touch, please send us an email at: route333refugee@gmail.com or visit our website, www.route333refugee.com. We are also on Facebook.



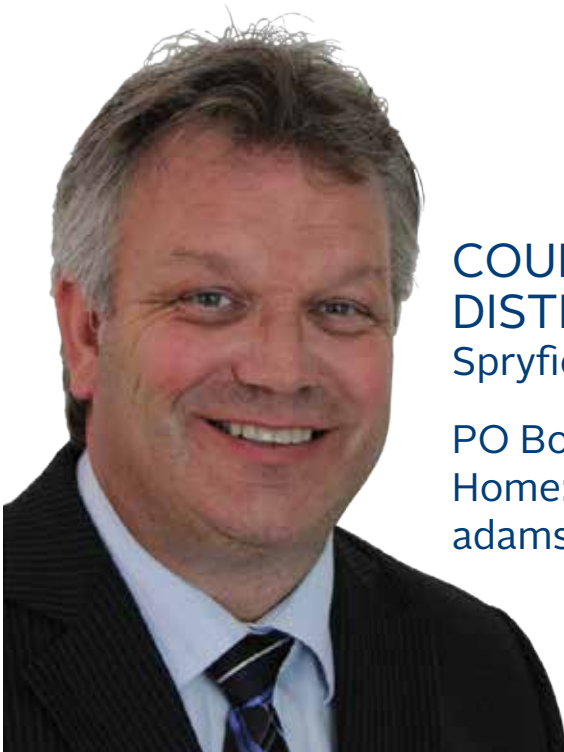


**CLASSES HELD AT PROSPECT ROAD
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2141 PROSPECT ROAD
HATCHET LAKE, NS**

We are offering weekend classes on the following
dates at the above location:

**May 27, 28, June 3 & 4
9am to 4pm**

To register for these classes, please call our office at
1-800-363-1194 or visit our website
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311



Prospect Road Recreation Association

Annual General Meeting

June 14th, 2017

7pm

All are welcome to attend

Prospect Road Community Centre

2141 Prospect Rd

PROGRESS IN HEALTH CARE DELIVERY

It is no surprise to residents of the Prospect Road Communities that one of the most talked about topics in our province revolves around timely access to quality health care and the myriad of issues related to this topic. These are complex issues, not just for our local ridings of Chester-St. Margaret's and Prospect-Timberlea, but indeed for all of Nova Scotia.

One of the many issues concerns Premier Stephen McNeil's promise to amalgamate the nine regional health authorities into a new Nova Scotia Health Authority (NSHA). The Premier delivered on that promise early in his Liberal government's first mandate.

There is lots of good news to share regarding successes by the NSHA in its first year of operation.

- » 700 more Nova Scotians had hip and knee surgeries because better efficiencies were achieved with operating rooms.
- » More than 700 additional Nova Scotians received MRI scans than in the previous year.
- » Fewer people are waiting for home support services and long-term care.
- » Savings of \$70 million per year were found and there are opportunities for more savings.
- » The recent 10-year agreement between Nova Scotia and the federal government will allow the NSHA to improve home care and mental health services for Nova Scotians

We still have many more issues to face in delivering top drawer health care in Nova Scotia. We have to face aging facilities, we must provide some centralized services at a more convenient and less expensive location than downtown Halifax, and we have to continue the successful efforts for process improvement by implementing best practices from the former regional health authorities and by observing what is working in other jurisdictions.

There is still much to be done, more than any provincial government can accomplish in a single term in office. Your Liberal government has made significant progress and with your support it will continue this progress in its second term. It's being done with one thing in mind, improving the health of Nova Scotians and making sure the system is there when needed.

Hugh MacKay
Liberal Party Candidate
Chester-St. Margaret's

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In an effort to simplify our online presence, the ROC has been working on redesigning our various websites. Previously, you would need to search more than four websites to find what you were looking for.

Where To Find Us?

Now, you simply need to visit www.prospectcommunities.com and the main page will direct you to the proper site depending on the type of information you require.

We are constantly updating and adding new content to the site so check back frequently!

You can also find us on social media!

Twitter: [@prospectandarea](https://twitter.com/prospectandarea)

FaceBook: [Prospect Communities](https://www.facebook.com/ProspectCommunities)

Instagram: [prospectcommunities](https://www.instagram.com/prospectcommunities)

Have you ever thought
about going back and getting your
GED?



Our class at the PRCC is sponsored by the Dept of Labour and Advanced Education and run by the Western HRM Community Learning Network.

This small class is taught on an individualized basis so you can start at any time and work only on your specific needs towards your own goals. The program is completely FREE!

We can assess where your strengths and weaknesses are and focus just on the skills you need to get to your goal.

Yes, there will be homework--but the homework is selected to meet your needs not an entire class' agenda. You get it, you move forward--if not--you review. We can help you if you want to help yourself. The class is on

Monday from 6-9pm

Call Coordinator Deborah Ratcliffe at 225-6320

The ROC - Partnering for Success 2016/2017

The Resource Opportunities Centre is a not for profit, community development association that serves the communities between Goodwood and West Dover along Route 333. Although our major project remains the operations of the Prospect Road Community Centre we strive to be much more! Our vision is that of a healthy, thriving, innovative community through the offering of diverse recreational, cultural, and technological programming and opportunities.

Our belief is that working together we can achieve much more than we can as individuals.

Over the 2016/2017 year we have had the opportunity to support many amazing initiatives happening in our very own communities.

We have been fortunate enough to partner with or offer in kind support to the following local community groups and Initiatives:

- » Prospect Road Recreation Association (PRRA)
- » Prospect Road Business Association (PRBA)
- » Prospect Peninsula Residents Association (PPRA)
- » Prospect Old Church Association (POCA)
- » Council of Community Organizations (COCO)
- » Route 333 Refugee Sponsorship Association
- » Community Technology Network
- » 1st Timberlea Pathfinders & Rangers
- » Prospect Road Crafters Market
- » Helping Hands Doula - Breastfeeding Support
- » Prospect Road Elementary School PTA
- » Atlantic Memorial Terence Bay School Christmas Fair
- » New Life Community Church
- » Prospect Road Community Food Share Program
- » Salvation Army Angel Tree
- » Prospect Road Community Garden
- » Epilepsy Association of Nova Scotia
- » Alberta Fire Appeal
- » St Josephs Church
- » 1st Prospect Road Scouts
- » Elle Dance Academy
- » Kevin Hurshamn Benefit
- » Bayside Care Group
- » Prospect Road Bull Basketball
- » Prospect Road Taekwondo
- » GED Program
- » The Village Green Recreation Society
- » The Canada 150 Planning Team
- » Western Common Advisory Committee
- » Reg Rankin Retirement Event
- » SS Atlantic Heritage Park Society
- » Brookside Tech Services - Computers for the Community



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This edition of The Prospective is jam packed with exciting initiatives, events and programs! Stay on top of what's happening in the Prospect Communities by subscribing to our e-newsletter.

To subscribe visit www.centre.prospectcommunities.com/subscribe-to-our-e-newsletter and add your details.

Our goal is to have events, information and happenings delivered directly to your inbox, every single month. There's no commitment and you can unsubscribe at anytime.







**Registration begins for
Spring Programs
Wednesday, April 12 at 9am.
Register by phone or simply stop by!**
****Registrations will not be taken via voicemail****

Fitness Centre Information

*Prices are effective April 10, 2017

	1 Month	3 Months	6 Months	1 Year	10 Visits	20 Visits
Youth (Age 15-18)	\$41.00	\$96.00	\$157.00 \$29/mth	\$226.00 \$24/mth	\$34.00	\$51.00
Adult 19+	\$51.00	\$123.00	\$206.00 \$39/mth	\$304.00 \$29/mth	\$41.00	\$64.00
Senior 55+	\$41.00	\$96.00	\$157.00 \$29/mth	\$226.00 \$24/mth	\$34.00	\$51.00
Partners (2 adults, same address)	\$82.00	\$201.00	\$333.00 \$64/mth	\$481.00 \$49/mth		
Family (2 adults/ 3 youth)		\$335.00	\$438.00 \$82/mth	\$563.00 \$54/mth		

Birthday Party Option

*Prices are effective April 10, 2017

Type of Party	Details - 2 hours total	Cost
Sports	1 hour play, 1 hour party	\$110.00
Dance	1 hour dance, 1 hour party	\$110.00
Bounce Castle	Basic castle	\$175.00
Bounce Castle	Slide castle	\$200.00

Contact us for full party details

**Celebrate with us at the PRCC, in honour of
Canada's 150th birthday!**

**From April to December 2017, all Special Event Packages will
be offered at a price of \$150.**

**Host your birthday parties, anniversaries, reunions and more.
See inside for full package details.**

**Space is limited - contact Jessica to book today.
jessica@prospectcommunities.com**

Soccer

<u>Age Group</u>	<u>Day</u>	<u>Time</u>	<u># of weeks</u>	<u>Price</u>	<u>Start Date</u>	<u>Dates Excluded</u>
3-4yrs	Tuesday	6-6:40pm	9	\$42.00	April 25	

Basketball

<u>Age Group</u>	<u>Day</u>	<u>Time</u>	<u># of weeks</u>	<u>Price</u>	<u>Start Date</u>	<u>Dates Excluded</u>
Men's (19yrs+)	Thursday	7-8:25pm	11	\$67	April 20	

Floor Hockey

<u>Age Group</u>	<u>Day</u>	<u>Time</u>	<u># of weeks</u>	<u>Price</u>	<u>Start Date</u>	<u>Dates Excluded</u>
5-7yrs	Wednesday	6-6:40pm	10	\$58	April 19	
8-10yrs	Wednesday	6:45-7:25pm	10	\$58	April 19	
Men's (19yrs+)	Tuesday	8:30-9:55pm	11	\$67	April 18	
	Thursday	8:30-9:55pm	11	\$67	April 20	

Dance

<u>Class Title</u>	<u>Age Group</u>	<u>Day</u>	<u>Time</u>	<u># of weeks</u>	<u>Price</u>	<u>Start Date</u>	<u>Dates Excluded</u>
Ballet & Jazz	3-5yrs	Wednesday	5:30-6:15pm	10	\$46	April 19	

Taekwondo

<u>Age Group</u>	<u>Day</u>	<u>Time</u>	<u># of weeks</u>	<u>Price</u>	<u>Start Date</u>	<u>Dates Excluded</u>
5-12yrs	Monday	6-6:45pm	8	\$46	April 24	May 22

Line Dancing

<u>Age Group</u>	<u>Day</u>	<u>Time</u>	<u># of weeks</u>	<u>Price</u>	<u>Start Date</u>	<u>Dates Excluded</u>
Adult	Thursday	10am-12pm	10	\$60	April 13	May 11, May 18

Children & Youth Musical Theatre and Glee Club Programs

Musical Theatre

This program is dedicated to developing the next generation of great performers through singing, dancing and acting. Children and youth will start with movement and improv games, learn choreography to exciting songs, be introduced and explore scene work and most importantly have fun! Each week students will learn new techniques for singing, acting and dancing from our professionally trained instructor. At the end of the session, students will perform in a showcase!

Children - Age 6-9yrs - Sundays - 5:30-6:45pm - 9 weeks @ \$65 - Beginning April 23

Youth - Age 10-13yrs - Sundays - 7-8:15pm - 9 weeks @ \$65 - Beginning April 23

KIDZ ROCK - Glee Club

Music is key to children's development - It is linked to improvements in mathematics, literacy, fine-motor and gross-motor development. This glee club program will help children learn 3-4 pop songs with choreography over the course of 10 weeks. At the end of the session, students will perform in a showcase!

A glee club booklet with all song lyrics (fun, popular, age-appropriate songs) for each student to keep is included. This program helps to develop vocal strategies to improve pitch, breathing, and singing in harmony; while teaching simple choreography and, of course, self-confidence!

Children - Age 5-9yrs - Wednesdays - 6:30-7:30pm - 8 weeks @ \$45 - Beginning April 26

Youth - Age 10-13yrs - Wednesdays - 7:30-8:30pm - 8 weeks @ \$45 - Beginning April 26

Fitness Classes – Visit our website for program descriptions and instructors!

<u>Class Title</u>	<u>Day</u>	<u>Time</u>	<u># of weeks</u>	<u>Price</u>	<u>Start Date</u>	<u>Dates Excluded</u>
Older Adult Fitness	Monday	9:30-10:30am	9	\$39	April 24	May 22
	Friday	9:30-10:30am	10	\$43	April 28	
Barre Fitness	Monday	6-6:45pm	8	\$52	April 24	May 22, June 12
	Thursday	7-7:45pm	11	\$71	April 20	
Step & Pump	Tuesday	6:15-7:15pm	11	\$57	April 18	
Dance Fit	Tuesday	7:15-8pm	11	\$57	April 18	
High Intensity Interval Training (HIIT)	Thursday	5:30-6:15pm	11	\$57	April 20	
Pound Fitness	Thursday	6:15-7pm	11	\$71	April 20	
Cardio Strengthening	Friday	10:30-11:30am	10	\$51	April 28	
Morning Bootcamp *NEW*	Saturday	9-9:45am	10	\$65	April 15	

Yoga

<u>Class Title</u>	<u>Day</u>	<u>Time</u>	<u># of weeks</u>	<u>Price</u>	<u>Start Date</u>	<u>Dates Excluded</u>
Supported Yoga	Monday	10:30-11:30am	9	\$58	April 24	May 22
	Wednesday	10-11am	11	\$71	April 19	
Yogafit	Tuesday	5:30-6:15pm	11	\$71	April 18	
Yogalates	Wednesday	11am-12pm	11	\$71	April 19	
Yoga - Hatha	Friday	11:30am-12:30pm	10	\$65	April 28	

Specialty Programs & Events

<p>Senior Lunch & Learn</p> <p>This unique program includes light exercise, a nutritional lunch and computer/gadget help, all while having fun and socializing!</p> <p>11am-12pm – Physical Activity (varies from week-to-week) 12pm – Lunch 12:30-2pm – Technology help – bring your gadgets!</p> <p><u>Spring Lunch & Learn Dates:</u> April 13 & 27 May 4 & 18 June 8 & 22</p> <p>Suggested donation of \$5 or pay what you can for the day!</p>	<p>Friday Feast - Community Meal</p> <p>Join us for our monthly Community Meal! Let us make you a nutritious, home-made meal – Enjoy it with neighbours, friends or family. Gluten-free, vegetarian and take-out options are always available.</p> <p>A suggested donation of \$7 per person or pay what you can.</p> <p><u>Spring Feast Dates:</u> April 7 May 5 June 2</p>
<p>Senior Washer Toss Social</p> <p>Come and play indoor washer toss! This social event includes a light snack, lots of laughter and some healthy competition. Spectators are always welcome.</p> <p>1-3pm - \$3 per participant</p> <p><u>Spring Washer Toss Dates:</u> April 6 & 20 May 11 & 25 June 1, 15 & 29</p>	<p>Senior Pickleball Drop-in</p> <p>Pickleball, a racket sport played indoors on a badminton-size court, is designed much like tennis but is played at a slower pace with a few differences.</p> <p>Play at your own pace – make your own teams!</p> <p>All equipment is provided.</p> <p>Mondays, Thursdays & Fridays – 10am-12pm \$3.00 per participant</p>

<p>Teen Dances – Grade 6-9</p> <p>The ROC is happy to be able to offer the youth of our community a social event every month at the PRCC! Students are required to show Student ID or Health Card as proof of age both at time of ticket purchase and admittance.</p> <p>\$7.00 per student - Advance tickets only</p> <p><u>Spring Teen Dance Dates:</u> April 28 May 26 June 16</p> <p>These events are chaperoned by adult volunteers from our community! Please visit our website for full event details, ticket purchasing procedures and more.</p>	<p>FREE Breastfeeding Support</p> <p>This program, offered in partnership with Laura MacDougall from Helping Hands Doula, brings moms together to get support, advice and learn about breastfeeding. Not breastfeeding? No problem! You are welcome to join & share your experiences and connect with other moms in your community.</p> <p>Mondays - 9-10am in the PRCC Art Room</p> <p>*Please call before coming to confirm Laura will be available.</p> <p>Laura is a Birth and Postpartum Doula and Breastfeeding Specialist with many years of experience. For additional information, contact Laura at <u>902-488-7226</u></p>
<p>Youth Sport Drop In</p> <p>BJHS students are invited use our gymnasium for unsupervised play during our Youth Sport Drop In 5 days a week for FREE!</p> <p>*Indoor sneakers required*</p> <p>Monday-Friday 2:15-3:15pm</p>	<p>Free Program from the Community Health Team Renovate Your Relationships - 2 Week Program</p> <p>Our lives are full of relationships with other people. Join us for group activities to help you find ways to nurture relationships in your life.</p> <p>Fridays, May 5 & 12 - 9-11am To register, call 902-460-4560</p>
<p>Step Up to Leadership - Youth: Develop leadership skills and get involved in your community!</p> <p>Do you want to volunteer or have ideas for your own community project? This <u>FREE</u> course will give you the tools you need so you can make things happen in your community.</p> <p>Over 7 weeks you will learn about:</p> <ul style="list-style-type: none"> • Leadership & Volunteering • Personality Styles • Skilful Listening • Group Dynamics • Team Building • Conflict Resolution • Public Speaking <p>Interactive workshops, activities, discussion and the chance to work on a project in your community - Put your skills to work right away!</p> <p>Ages: Grade 6 to 9 When: Mondays, 2:30 – 4:00pm – Starting April 24 to June 12 Where: Prospect Road Community Centre</p> <p>To register, call PRCC or visit the Front Desk - 902-852-2711 - 2141 Prospect Road, Hatchet Lake This program is delivered by Halifax Regional Municipality in partnership with the Resource Opportunities Centre.</p>	

<p align="center">Before and After School Program</p> <p>This program is open to all children in Grade Primary to Five. Transportation is provided for students attending Prospect Road Elementary and children attending school within the Conseil Scolaire Acadien Provincial for both our Before and After School program. Transportation is also provided for students attending Atlantic Memorial Terence Bay School for our After School program.</p> <p align="center">Hours:</p> <p><u>Before School:</u> 7am – 8:30am (children are escorted to school by program instructors via the Prospect Recreation Connector Trail or by bus for those students attending school within the Conseil Scolaire Acadien Provincial)</p> <p><u>After School:</u> 2:30-6pm (children are picked up at appropriate dismissal time and escorted to PRCC by program instructors via the Prospect Recreation Connector Trail or dropped off by bus for those students attending Atlantic Memorial Terence Bay School or school within the Conseil Scolaire Acadien Provincial)</p> <p align="center">Afternoon snack is provided</p> <p align="center">Fees for 2017/2018:</p> <p>1 child – Before Only - \$103.00/month 1 child – Afternoon Only - \$240.00/month 1 child – Before and After - \$320.00/month ** Multiple children and part-time pricing available**</p> <p>Registration for 2017/2018 begins Monday, May 1, 2017</p>	<p align="center">Preschool Program</p> <p>This program is open to children ages 3-5yrs who are fully potty-trained. Children will enjoy a structured play environment which will include learning opportunities that will prepare children for Elementary School. Physical activity opportunities are also made available with both indoor and outdoor play. Program runs from September – June.</p> <p align="center">Hours/Days: Tuesday AND Thursday OR Wednesday AND Friday 9am-12pm</p> <p align="center">Fee for 2017/2018: \$118.00/month (2 days per week)</p> <p>Registration for 2017/2018 begins Monday, May 1, 2017</p> <p align="center">Donor Recognition Sculpture</p> <p>A 1,000 lb, forged iron sculpture by local master blacksmith John Little has been placed in PRCC's "main street" area for everyone to see and enjoy. It includes 200 metal nameplates that can be inscribed in memory of a loved one or in recognition of your contribution. The gift amounts are three-tiered: \$100+, \$500+ and \$1,000. Pledge forms can be picked up at the PRCC Front Desk.</p> <p align="center">Your gifts support our activities for the community.</p>
<p align="center">Advertise with Prospect Communities</p> <p>In-Print: Your ad will be printed and circulated to over 3,500 homes in throughout the Prospect Communities from Goodwood to West Dover! Available 4 times per year.</p> <p>Sizing and Price options starting at:</p> <ul style="list-style-type: none"> - Business Card - \$85 - 1/2 Page - \$150 - Full Page - \$245 <p>Online, on-screen and high visibility options are also available.</p> <p>For more information contact Amy Hockin – 902-852-2711 admin@prospectcommunities.com</p>	<p align="center">Technology Help and Services</p> <p>The ROC is happy to offer technology help and IT services to the community.</p> <p align="center">We are able to assist you with:</p> <ul style="list-style-type: none"> - Website development - Computer and technology problems and troubleshooting - Advertisement design - Social media assistance ..and MORE! <p align="center">Prices start at \$35.00 per hour</p> <p>For more information or to book an appointment with our Technology Coordinator, contact Amy Hockin 902-852-2711 or admin@prospectcommunities.com</p>

Rentals

Room Rentals Available	Room	½ Room/hour	Full Room/hour
	Meeting Room	\$15.00	\$21.00
	Kitchen (without use of Centre supplies)	N/A	\$41.00
	Multi-purpose	\$26.00	\$46.00
	Gym – with equip.	\$30.00	\$49.00
	Gym – w/o equip.	\$27.00	\$46.00
	Art Room	N/A	\$21.00

The PRCC has many different rooms available to rent by the hour suited for a variety of events, programs or meetings.

*Prices are effective April 10, 2017

Wedding and Special Event Bookings

The Centre provides charming and well-kept event spaces. We have various special event and wedding packages available to make your celebration memorable and stress-free. All special event and wedding packages include rental of space, time for set-up, use of tables and chairs, licensed bar and event staff, along with the use of a private entrance. We have many enhancements available to improve your guests' experience, including use of a licensed kitchen, linens, decor items, special kitchen equipment, podium and various technology-related items.

Wedding Package - \$1150.00

Includes:

- Rental for 9 hours; up to 1:00am the day of the event.
- 4 hours set up the day prior to the event; if available.
- 3 hours tear down & clean up.
- 9 hours of Bar operations and bar staff - bar sales must fulfill a minimum of \$800.00
- Use of tables and chairs
- Use of Kitchen for storage only; use of kitchen equipment available at an additional cost
- Capacity of 220 people

Special Event Packages

Includes:

- Rental for 6 hours; up to 1:00am
- 2 hours set up prior to event
- 5 hours of Bar operations and bar staff
- Use of tables and chairs
- Use of Kitchen for storage only; use of kitchen equipment available at an additional cost
- All packages include the same amount of event time, set up and usage.

Tier 1 Special Event Package - Up to 75 guests - Regular \$250.00 - Promo price of \$150 available April to Dec 2017!

Tier 2 Special Event Package - Up to 150 guests - Regular \$400.00 - Promo price of \$150 available April to Dec 2017!

Tier 3 Special Event Package - Up to 220 guests - Regular \$550.00 - Promo price of \$150 available April to Dec 2017!

For more information please contact Jessica - 902-852-2711 - Jessica@prospectcommunities.com

Gymnasium Banner Advertising - NEW!

Take advantage of the most sought after area at the Prospect Road Community Centre by advertising on one of our available wall spaces in the gymnasium. Our gymnasium is open over 93 hours per week and gives your business exposure to a range of demographics through the various activities and rentals we host.

Prices starting at \$1046.50 (including tax, set up fee & design) - contact Amy Hockin for details at admin@prospectcommunities.com

Discounts of up to 20% are available for multi-media packages!

<p style="text-align: center;">General Policies and Procedures</p> <p><u>Payment</u></p> <ul style="list-style-type: none"> ➤ Payment is due upon registration for any program or upon booking for room rentals. ➤ Payment via credit card is required for all registrations made over the phone. ➤ Cash, cheque, credit and debit will be accepted for any registration completed in person. <p><u>Refunds</u></p> <ul style="list-style-type: none"> ➤ In the event that PRCC changes the day/time of any program from the original schedule a full refund or credit on account will be issued should the new day/time no longer suit a registrant's schedule. ➤ In the event that PRCC cancels a program, a full refund or credit on account will be issued for the full amount paid. ➤ In the event a program registrant can medically no longer attend a class or program a credit on account will be issued for the remaining number of classes with medical documentation. ➤ Refunds or credit on accounts will not be issued in the event a program registrant loses interest in the class or program. <p>For payments made by credit or debit, refunds must be issued to the card that made the original payment. For payments made by cash or cheque, refunds will be issued by cheque within a maximum of 2 weeks of the request for a refund.</p>	<p style="text-align: center;">Holiday Hours</p> <p style="text-align: center;">April 14 - CLOSED April 16 - CLOSED April 17 - Open 8:30-5pm May 22 - Open 8:30-5pm July 1 - CLOSED</p> <p style="text-align: center;">** Please ensure you check the excluded dates column next to your program.</p> <hr/> <p style="text-align: center;">Comments and Suggestions</p> <p style="text-align: center;">The ROC welcomes all comments and suggestions from community members. Do you have a new program you'd like to suggest or teach?</p> <p style="text-align: center;">Please contact Jessica – Program Manager Jessica@prospectcommunities.com</p> <hr/> <p style="text-align: center;">For more information, contact:</p> <p style="text-align: center;">Front Desk – 852-2711</p> <p style="text-align: center;">Shirley Jollimore – Executive Director executivedirector@prospectcommunities.com Jessica Morrissey – Program and Events Manager Jessica@prospectcommunities.com Amy Hockin – Operations and Finance Manager admin@prospectcommunities.com</p>
<p style="text-align: center;">Adult Sport or Fitness Class Drop-in Procedures</p> <p>If you wish to drop in to one of our many adult sport or fitness classes offered here at PRCC, please see below:</p> <ol style="list-style-type: none"> 1. Once the class has begun, the instructor/volunteer will take attendance and then announce how many spaces are available for drop-in for that particular night. 2. If you will be filling one of the spaces available, you must then pay our drop-in fee at the front desk. The front desk staff will provide you with a "proof of payment" ticket. 3. Present the "proof of payment" ticket to the instructor/volunteer and have fun! <p style="text-align: center;">All drop in spaces will be first come – first serve.</p> <p>We ask that you please respect these rules as each class has a set maximum for the safety of all participants.</p> <p style="text-align: center;">Fees:</p> <ul style="list-style-type: none"> • Older Adult Fitness Class Drop-in - \$5 • 45-minute or 1-hour Fitness Class Drop-in - \$6 • Yoga, Barre Fitness, Pound Fitness & 1.5-hour Adult Sport - \$7 	

Summer Day Camps 2017

These day camps will be open to all children in Grade Primary to Five (2016/2017 school year)

Monday to Friday - 8:30am-4:30pm

July 4 - September 1

Children will enjoy various daily activities including games, sports, crafts, art, outdoor play and much more!

Things your child will need for camp:

- Lunch and 2 snacks (peanut free)
- Water Bottle
- Sun Screen
- Bathing Suit/Towel (for sprinkler)
- Hat
- Change of clothes
- Sneakers

Fees:

\$122 per week

\$15 for 7-8:30am (Early Drop off)

\$10 for 7:30-8:30am (Early Drop off)

\$10 for 4:30-5:30pm (Late Pick up)

Each week will have a different theme which will be available online at a later date.

Speciality Summer Camps 2017

We also have plans to offer various Specialty Camps throughout Summer 2017, including outdoor programming for youth and technology camps and programs for all ages!

Details about these camps and programs will be available online at a later date.

Visit : www.centre.prospectcommunities.com or Prospect Communities on Facebook frequently for updates.

Registration for most Summer Day Camps will begin on May 1, 2017

Iain Rankin

MLA, Timberlea-Prospect

*Proud Supporter of the
Prospect Communities*



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