

Prospective

Volume 16, Issue 1, FALL 2015



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Programs and Events from the ROC/PRCC

By Jessica Morrissey

As we move into the fall season it's exciting to reflect on the past two sessions which have brought lots of growth and change to our program and events line-up. Thanks to the help of many different grant opportunities and lots of hard work from our staff and volunteers, we have been able to expand our offerings to become sustainable, highly-attended programs and events which we will continue to offer and grow in the seasons to come.

When deciding on programming to offer the community, we often form partnerships in order to help facilitate unique programs and gain interest for external groups. One partnership we have had much success with is the Chebucto Community Health Team. The Health Team offers free wellness programming in our space and helps to connect people to the resources they require based on their individual needs.....

Continued on Page 4

**PRCC FALL
PROGRAMING INFO
INSIDE!**

See Page 21





PRCC Hours of Operation

Front Desk

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

Fitness Centre

Monday - Friday 6:00am - 10pm
Saturday - Sunday 8:00am - 9:00pm
Please see attached program flyer for seasonal/holiday hours

Contact: Prospect Road Community Centre
2141 Prospect Road
Hatchet Lake, Nova Scotia B3T 1S1
Phone: 902 852 2711
Fax: 902 852 2867
Email at: info@prospectcommunities.com
Visit us at: www.centre.prospectcommunities.com

902-852-2711

or visit

centre.prospectcommunities.com

ROC Staff:

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executivedirector@prospectcommunities.com

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1714 Lower Prospect Rd
Terence Bay, NS B3T 1Y6
Phone: 902-852-2622
Fax: 902-852-2867
Email: info@prospectcommunities.com
Visit us at www.roc.prospectcommunities.com

902-852-2622

Our current Board of Directors are:

- » Nicole Slaunwhite, Chair
- » Scott Guthrie, Vice Chair
- » Robert Adshade, Treasurer
- » Cara Lynn Garvock, Secretary
- » Jennifer Bell
- » Caralee Blackburn
- » Lisa Ferguson
- » Al Goodyer
- » Myles Knight
- » Patricia Ullman - Ex Officio

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Report from the ROC Executive Director

Patricia Ullman

What a great spring and summer we've had being a part of this community. The ROC staff is a very special group of people who care so much about the organization and areas that make up the Prospect Communities. Their dedication has allowed the activities at the PRCC to grow by leaps and bounds. Our community volunteers and everyone who participates in our events and activities make this a vibrant community family. In June we celebrated the landmark **5-year anniversary** of the centre being open, and we also initiated the first annual **"Volunteer of the Year Awards"** (see articles and photos) for this area.

By the time you read this fall issue of the Prospective, the summer will almost be over and we will be preparing for the busy school-year schedules and programs. Our **'Before & After School'** will be even bigger this year, with almost 100 children, and we have decided to expand the program to include children in grade 6 for the first time, with the goal of helping them to prepare to be home on their own. Both the **B&A and Pre-School** are excellent programs for the children, and watching them engage in the creative crafts, activities and interactions that happen each day makes this a very cheerful place to work and visit.

This season has seen some wonderful additions to what we can offer to the community, thanks to some generous grants and many volunteer activities. We've added a **free 'donate-lend' library** in the street area of the centre, aided by funding from Councilor Stephen Adams for two solid wood **"LakeCity Woodworkers"** bookshelves. We were successful in our application with HRM for a **community garden**, and 12 raised beds, built by volunteers, are tended by the garden members out by the playground (see article). We received grants for this community garden from Stephen Adams and the **Prospect Road & Area Recreation Association**.

We are also moving closer to being able to offer some healthy food at the centre, through a **consignment program** (stay tuned) and equipment funded by the Nova Scotia Department of Health & Wellness. We are also hosting a monthly community meal, our **"Friday Feast,"** with a suggested donation or 'pay-what-you-can' so that everyone can participate no matter their financial circumstances. We want to offer the community a place to gather and be nourished in every way. The Feast is open to everyone; please bring your friends and neighbors! We are also able to provide take out options if you're in a hurry or have a good movie to watch at home.

Every other Thursday is our **'Lunch & Learn'** program for the older adults of our community (but open to everyone!). At 11am we offer a light physical activity with instruction, lunch at noon followed by free tech support for anyone interested in figuring out their phone, learning how to Skype or use email, or anything at all. The sessions are offered on a suggested donation or pay-what-you-can structure. Our seniors **Pickle Ball and Washer Toss** groups are very active and all are welcome to those as well. Just come by, call or look on-line to see our schedule for all of these activities, and many more. We encourage feedback from everyone; please reach out to us if you have a recommendation.

We are excited about a grant we received from the province called **'Democracy 250,'** which will engage junior high and high school youth in leadership training and involvement in the greater community (see article). We are very pleased to be gradually expanding the ROC's ability to offer a wealth of opportunities for our citizens of all ages.

We look forward to seeing you at our fall and holiday events, and always welcome your suggestions, participation and assistance -

executivedirector@prospectivecommunities.com

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See Back Page For Details

Programs and Events from the ROC/PRCC ... Continued

Through them we have been able to offer courses covering nutrition, building better sleep and assertiveness. We will continue to work with them into the fall and winter seasons with some unique parenting workshops. Another amazing partnership has been with Nicole Slaunwhite of Two Certainties Law and Keith Oickle of KLO Financial Services. Together, Nicole and Keith have been able to provide free financial and legal information regarding taxes, insurance, personal finance and more. In addition, Nicole offered a very informative and beneficial Will and Estate Planning Workshop. We look forward to working with them both in the future!

We have been extremely fortunate over the past year to have received grants to help us begin sustainable programs and offerings for our community. Last fall our Lunch & Learn program began with a grant from the Chebucto West Community Health Board. The purpose of the grant is to bring together seniors in our community twice per month for a program that offers light physical activity, a nutritious lunch and technology support. We host this program on Thursday afternoons, and since its inception it has grown from a few participants to 30+. Some of the exciting activities have included chair yoga, Nordic Pole walking, Tai Chi and our crowd favourite, washer toss. This program coincides with our Line Dancing and Pickleball programs and we are happy to have those participants joining us for our healthy meal. Some other great programs which began because of grant funding provided to us by the Prospect Road Recreation Association was our Body Bar and Beach Fit fitness classes. We were able to purchase a class-set of aerobic steps and weighted body bars in order to offer new and exciting fitness classes to our community. These classes have been well attended and the equipment will be used in a variety of different fitness programs beginning in the fall.

Providing healthy meal options to our community is a goal we have been working towards over the past few months with the beginning of a monthly community meal we call 'Friday Feasts'. This meal is open to all community members and offers a nutritious option along with a place for the community to gather and enjoy each

other's company. The meal has a suggested donation of \$7.00 or a pay-what-you-can model to ensure the meal is financially accessible for all community members. With the help of many volunteers and staff members, we have been able to facilitate some amazing BBQ dinners over the summer months and look forward to our fall meal plans.

Having a space for youth in our community is something that the ROC holds at a high priority, and I am happy to report we've had great successes with our Youth Sport Drop In (YSDI) program along with our monthly teen dances. The YSDI program began a few years ago as an opportunity for youth to come and enjoy a safe space to play in our gymnasium for 1 hour after school. The youth are invited from 2:15-3:15pm to use our equipment to shoot hoops, start a game of touch football or even a scrimmage soccer game. This program is free of charge and will begin again in September. All youth in grade 6 to 9 are welcome. Teen dances have become a huge success for our youth community and have grown from approximately 60 youth when we began back in 2012 to over 230 youth at our last dance in June 2015. These dances are scheduled from September to June, once per month and offer a safe space for youth from all over our city to come together, enjoy each other's company and dance the night away. With the help of many volunteers over the years, these dances have grown to be an amazing event for the youth of our community and we are excited to have them continue in the fall. We strive to have young-adult volunteers assist us with chaperoning these dances and help us to harbour a fun, inclusive, safe space. If you are a young, lively individual interested in youth programming and would like to become a volunteer, please feel free to contact me directly.

Lastly, childcare options are a large part of our day-to-day running's at PRCC. This summer we saw a great increase in attendance for our pre-school and school-age summer day camp programs. We were successful in offering 8 weeks of fun,



inclusive half-day and full-day camps at both the PRCC and Terence Bay C@P Site. Thanks to our outgoing and energetic staff and volunteer youth leaders, this summer has been one to remember. As we move into fall, our Before and After School Program will see yet another increase in attendance and we're hopeful we will reach the 100 mark for number of participants. We have experienced an increase each year in enrolment for Atlantic Memorial Terence Bay School students as a result of the bus service now being offered from those locations, along with students from our French immersion schools. We are excited to announce that we have opened enrolment for Grade 6 students for September to December as a transition program to prepare them for going home alone. Our Preschool Program continues to excel and grow, preparing children for elementary school and providing an engaging curriculum. Both programs have space remaining for the 2015/16 school year.

This fall we have lots of fun and innovative new programs planned along with unique event ideas. I would like to encourage everyone to try a new program, attend a community event or simply stop by to learn more about us and what we have to offer. I welcome all program suggestions at any time and am open to new ideas for rental options, event packages and more!

You can contact me at 902-852-2711 or jessica@prospectcommunities.com

On Saturday, June 6th, 2015 the ROC celebrated a fantastic milestone - the 5th anniversary of the Prospect Road Community Centre!

The day began with a fantastic Karma Yoga Class that gave us the opportunity to show appreciation and thanks to our community. Special thanks to Laura Gibson for volunteering to teach the class and to the many helpers, Sarah Pellerine, Carreen Whorral MacNeil, Dawn Langille, Gale Esbaugh and Sherri Redding for easing us into that rainy Saturday in such a lovely, cozy way.

The afternoon open house allowed us to open our doors and invite the larger community to celebrate with us through a multitude of fun and exciting activities; which included: a performance by local community members and groups, kids fun zone complete with bouncy castles, crafters market, showcase of upcoming initiatives, BBQ an extra special "leaf your mark" community art project and more!

Celebrations like this are not possible without the help of local groups and volunteers. A HUGE thanks to the following volunteers, community groups and sponsors for making the day extra special:

- » The Prospect Road Business Association (BBQ Sponsor & Coordinating Partner)
- » Darryl Struik - Candu Home Heating (donation & BBQ Grill Master)
- » John Whitlam - Sutton Realty (BBQ Grill Master)
- » Rose Window Stained Glass (donation)
- » Nadia Tymoshenko, ND (donation)
- » Deb Muike - Freedom 55 Financial (donation & BBQ Grill Master)
- » Cherie Casey - Jamerry Nails & JK Leggings (donation)
- » Elaine Sherwood - DLC Approved Mortgage Professionals Ltd. (donation & BBQ Grill Master)
- » Terri White - Grandy Massage (donation & Silent Auction)
- » Andy Thomson - Horizons Catering (donation)
- » Ben & Heather Boucher (PRCC Community Garden Crew)

- » Gregory Davis - Brookside Tech Services (BBQ Master)
- » Grantham Jewellery Repair (donation)
- » Nicole Slaunwhite - Two Certainties Law (BBQ donation & Grill Master)
- » Wholesale Club (donation)
- » Superstore (donation)
- » Sobeys (donation)
- » Councilor Stephen Adams (hanging of Barb Allen Award)
- » The Prospect Road Jammers (music for event)
- » RES DJ Services (music for event)
- » Prospect Road TaeKwonDo (showcase performers)
- » Hudson Highland Dancers (showcase performers)
- » 1st Timberlea Pathfinders & Rangers (Kids Fun Zone)
- » Emily Kiley Lawlor & Doug Kiley (performance of Emily's original composition "Prospect Road")
- » The Staff of the ROC/PRCC

The ROC feels so honored to be able to serve such a wonderful community. Thank you for supporting the PRCC over the last 5 years and helping us celebrate such a special milestone.





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Resource Opportunities Centre (ROC) 2015 / 2016 Board of Directors

Each year, the **Resource Opportunities Centre** holds its Annual General Meeting (AGM) in June and elects its new Board of Directors. These dedicated volunteers commit to a three-year term and meet at least six times a year. Board members are responsible for the effective governance of the organization, including vigorous pursuit of the ROC mission and objectives and the adherence to its core values and policies.

The ROC is pleased to welcome our new Board of Directors:

- » Nicole Slaunwhite, Chair
- » Scott Guthrie, Vice Chair
- » Robert Adshade, Treasurer
- » Cara Lynn Garvock, Secretary
- » Jennifer Bell
- » Caralee Blackburn
- » Lisa Ferguson
- » Al Goodyer
- » Myles Knight

Karen Lowery has been appointed by HRM to take the place of Peter Jollimore as our HRM Advisor and Liaison. Peter filled this position for many years and was consistently available, knowledgeable, and essential to our team. We look forward to working with Karen, who will attend Board meetings as an ex officio member.

Bronwyn MacKinnon, a Community Developer with Halifax Parks & Services, helped our last Board through the recruitment and AGM processes, and will continue as the Board Advisor. She is guiding the Board through an orientation process and will assist in learning about policy governance and its role in the organization.

Patricia Ullman, ROC Executive Director, attends Board meetings in an ex officio capacity. She serves as the Board's link to the ROC staff, providing up-to-date information and reports as requested.

Special thanks and appreciation go to all of the former ROC Boards, especially the recent out-going members: Barb Allen, Liz Amyoony, Courtney Blackburn, Kelly Carlton, Kathryn Herbert, and Victoria Horne.



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BayRides is Seeking Volunteer Drivers

BayRides will be launching its door-to-door transportation service in St. Margaret's Bay this summer and is in need of drivers. The not-for-profit service will begin by operating three days a week and will transport passengers anywhere they want to go around the Bay area.

The BayRides system includes one 10 passenger accessible bus as well as a Volunteer Driver Program. The Volunteer Driver Program operates with volunteers who generously use their own vehicles to provide transportation around the community. This important service will help those without a license and/or a car access local businesses, get to and from appointments, and visit friends and family.

"Being a Volunteer Driver is a very rewarding experience," says Rod Shaw, president of the St. Margaret's Bay Community Transportation Society. "You will build relationships with other community members while helping them get to their appointments, run errands and attend events that they would otherwise miss."

If you are a careful driver with a clean driving record, a safe and well maintained vehicle, and are interested in becoming a Volunteer Driver, please call 902-820-6600 or visit www.bayrides.ca for more information. Being a Volunteer Driver is a great way to stay active in the community and make a difference in the lives of others. Mileage is reimbursed and all rides are booked through BayRides' dispatch.

Positions are also available on the BayRides' Board of Directors. Please contact us if you would like to be involved with this important community project.



About BayRides

BayRides is operated by the St. Margaret's Bay Community Transportation Society, a registered not-for-profit organization working to develop and provide accessible transportation to anyone needing a ride around St. Margaret's Bay.

Please visit www.bayrides.ca for more information.

For more information please contact:

Alison Donovan
(902) 820-6600
info@bayrides.ca
www.bayrides.ca





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Citizens on Patrol (“COP”) - Keeping a Watch on the Community



Citizens on Patrol (“COP”) is a group of ordinary citizens organized into Units, who keep a neighbourly watch on the community in order to reduce crime. COP watches for and reports any unusual or suspicious activities to the RCMP for appropriate follow-up action. COP members take no action other than observing and reporting, and have neither the authority nor the mandate to make arrests or to exercise authority beyond that of a private citizen.

WHAT AREAS DO WE PATROL?

Because of the wide geographic area patrolled by the RCMP, they cannot be everywhere at the same time and welcome community assistance. There are several COP Units in the Tantallon RCMP patrol area. Our Unit's area is the Prospect Road (from Goodwood to Peggy's Cove) as well as the communities and subdivisions served by the Prospect Road (Route 333). These communities include but are not restricted to Terrence Bay, Prospect Village, Shag End, McGrath's Cove, East Dover, West Dover and Peggy's Cove itself.

Anyone who is 18 years of age or older who lives in the area patrolled and can pass an RCMP security screening is eligible to become a COP member. Our members come from all walks of life

and work in a variety of trades and professions. Some of our most active and most valued members are senior citizens, both men and women, who have retired and have the time to devote to patrol activities or to work in the COP office in Hatchet Lake.

All we ask is for 6 hours of your time per month: four hours of patrol or work in the COP office and approximately two hours for monthly information meetings, which are held every month except July and August. Our meetings are held on the second Thursday of each month at 7:30 p.m. These meetings usually involve training and updates from the RCMP. Patrols originate at the COP office in Hatchet Lake where the patrol kits are maintained.

CONTACT INFORMATION

Interested people who live within the area patrolled by Prospect Road COP, or business owners interested in finding out more about the program, are welcome to drop by the Prospect Road COP office at 2101 Prospect Road in Hatchet Lake (attached to the fire department). If we're not open, contact:

By Phone: 852-2141 (Please leave a message)

By Email: At prcop@eastlink.ca
www.prospectcop.ca

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iainrankin.ca

Satellite Constituency Office every Tuesday at PRCC 3 – 7pm call for appointment with me.

Constituency Report

The summer got off to an eventful start when I attended the first annual ROC Volunteer Awards at the PRCC and helped recognize the many exceptional volunteers in our community. I was also able to join friends and families to celebrate student successes at graduation and awards ceremonies in the constituency. I would like to wish all students a safe summer and best of luck in the new school year.

I have been working hard on your behalf to bring attention to local issues. In June of this year, after several meetings with Nova Scotia Environment staff, the Terence Bay Wilderness Area was extended, which will help to achieve the Environmental Goals and Sustainability Prosperity Act's (EGSPA) goal of protecting at least 12% of land in Nova Scotia. I will also be meeting with staff to discuss further protection of the Rogue's Roost Wilderness Area.

I would like to extend my sincere thanks to everyone who has served the Prospect Area, as part of the Lion's Club, for generously giving their time to contributing so much to our community. This is the last year for the invaluable community group, who for the past 30 years have been involved in many community projects in the local area such as: Remembrance Day; Seniors Christmas Dinner; Canada Day; collecting used eyeglasses; providing a scholarship for high school students; community clean-up efforts; and the Lions Project Pride program for Grade 1 students in our area.

I am equally pleased to congratulate the volunteers with the Terence Bay Lighthouse committee. The Terence Bay Lighthouse will be one of 14 Nova Scotia Lighthouses to be preserved under the Heritage Lighthouse Protection Act. Volunteers with the Lighthouse Committee were very active encouraging people to vote daily to win much needed money for restoration of the lighthouse. I hope to see you at Sandy Cove Road the Sunday after Labour Day to recognize the tremendous efforts of these volunteers and celebrate the birthday of the lighthouse!



On the job training for PRCC Summer Student



Terence Bay Lighthouse Heritage status May 29th



Checking in with the R.C.M.P.

HRCAP - Connecting People to Technology Since 1995

The **Halifax Regional CAP Association (HRCAP)** is a non-profit organization comprising staff, board members, volunteers, and student interns who collectively unify and provide a network of local CAP (Community Access Program) sites across Halifax Regional Municipality (HRM). The mandate of HRCAP is to provide all members of the community with access and exposure to technology and to deliver innovative and exciting programs that help bridge the “digital divide.” By connecting people to technology, training and opportunities which open doors for growth and development, HRCAP advances economic, social and cultural priorities through technology and innovation, helping to build strong, sharing, cooperative, and competitive communities.

Since 1995 CAP has been providing free high speed internet access and assistance, as well as a variety of other services including printing, scanning, faxing, one-on-one tutorials and technology-related workshops. CAP was a federal initiative, designed to create affordable access to the Internet, building and strengthening communities across Canada. After the federal program was discontinued in 2012, CAP stayed alive in Nova Scotia and continues in innovative and exciting directions.



By adopting and promoting new technologies such as Robotics and 3D Printing, and in seeking out partnerships with regional initiatives, small businesses, and educational programs, HRCAP is evolving and adapting to help ensure the sustainability of our sites and better fulfill our mandate. As a long-standing, non-profit organization providing public access to technology, employment services and literacy, HRCAP is uniquely positioned to help Nova Scotians improve literacy and essential skills in order to enter the workplace, maintain employment and bridge the digital divide.

Our latest program, thanks to funding from the Canadian Internet Registration Authority (CIRA), is to provide older adults with digital literacy training on tablet computers. Tablets are much more intuitive, portable, affordable, and user-friendly than a desktop or laptop computer, which presents a fantastic opportunity for adults who are inexperienced with using the Internet to easily discover and make use of online information and communications. This program offers one-on-one and small group training sessions, facilitated by CAP Youth Interns and volunteers at CAP sites throughout HRM. These informal training sessions, catering to the needs and skill levels of individual participants, will help participants learn how to use tablets, find useful applications, and access ongoing support. We encourage participants to bring in their own tablet if they have one, or they may learn on one of our iPads or Android-based tablets.

Adults interested in booking a training session can contact us at 902-403-6339 or by email at traininghrm@nscap.ca. When calling or emailing to arrange a training session, please include your name, phone number, and the community in which you would like to receive training.

HRCAP is seeking volunteers to help facilitate tablet training sessions. Volunteers should have a keen understanding of how to operate mobile technology and demonstrate interest and patience in sharing their knowledge with others. Volunteers will be provided with a facilitator's guide and be tasked with recording simple statistics relevant to program delivery. The scheduling of training sessions is flexible to accommodate the volunteers' availability. Volunteers will be subject to background checks. Volunteer applicants should send their CV and three references, along with their general availability and the community in which they would like to volunteer, to traininghrm@nscap.ca.

Furthermore, HRCAP is seeking to expand our Board of Directors. If you have the experience and expertise to be an asset to our Board, please send your CV to hrca@nscap.ca for more information.

Website: www.halifaxcap.ca

Facebook: www.facebook.com/hrcap

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

Did You Know?

The ROC was originally established as the Terence Bay and Area CAP Site in 1998 and evolved to the Resource Opportunities Centre in 2002. The ROC now operates two CAP Sites that offer accessible connectivity to the community; one located within Terence Bay Elementary School and the other at the Prospect Road Community Centre. In addition to programming and access to technology, both sites offer business services such as printing and faxing.

Our long standing partnership with HRCAP has had many benefits; we have a presence on their Board of Directors, they have provided funding that has allowed us to hire Summer Youth Interns, they have provided us with technology via the Technology Recycling Program and also given us access to technology that has allowed us to offer new, innovative and engaging programming such as Robot Boot Camp (summer of 2015) & Tablet Training (coming soon – stay tuned!)



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News from the PRCC Kitchen

We are thrilled to announce upgrades to our food service offerings!

We are committed to offering delicious, nutritious food to our community and have created a vision for a “Healthy Eating Plan” that will guide our actions:

- » Serve freshly made meals
- » Use local ingredients
- » Offer well-portioned, healthy meals
- » Prepare a variety of foods representing all food groups
- » Prepare deliciously flavourful food
- » Limit cooking methods that add unnecessary fat
- » Offer options for special dietary needs such as gluten-free, low sodium, low sugar, vegetarian
- » Celebrate food AND community!

Our nutrition values take into consideration access to healthy options, supporting local food producers, practicing moderation, and fun - because as Maritimers we know that food is an integral part of sharing & celebrating!

Over the winter, we secured funding through the Thrive! Healthy Eating Grant from the Provincial Department of Health and Wellness. With the grant funds, we were able to purchase a panini maker and blender that will be used in our programming & special events.

We also purchased a large fridge & freezer that you may have seen set up in the ‘street’ area by the reception desk. We are extremely excited to have these items, as they will allow us to provide healthy snack & meal options that you can enjoy any time the Centre is open! Soon you will be able to grab a snack after a workout in the



fitness centre, feed your family between evening PRCC programs, or even take food out to serve at home or on-the-go.

What food options would you like to have available? We would love to hear from you. Let us know what you like to eat to refuel after a class or workout, what your family loves to share on a busy night, and how we can support you in living a healthy, active and full life that you love!

Send us an email, or leave a note on the fridge next time you visit the Centre :)

kitchen@prospectcommunities.com

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Prospect Road Community Garden: Year One

If you've been to the community centre lately, you may have noticed an interesting new development. The PRCC is growing - literally! This past June, the ROC broke ground on a brand new community garden. Who could forget the snow and ice of last winter...well, would you believe that in the midst of that, there was a group of people who could think about nothing but gardening? With some valuable support and information from the Ecology Action Centre and HRM, our application was successful and the project was underway. This could not have happened without the help of our lively community. We have had generous support from the Prospect Road & Area Recreation Association and our HRM Councillor, Stephen Adams. Thanks to some very hard-working volunteers, we have ten beautiful, handmade raised beds of hemlock, now brimming with young vegetables and flowers. We also have a hillside pumpkin patch to be maintained by the children participating in the PRCC day camps. Time to practice your creative pumpkin carving skills! The members have wasted no time filling their plots with seeds and transplants. Things are looking beautiful – and delicious!

A community garden is a valuable opportunity to learn new skills, connect to the food you eat, express yourself through your own garden plot and get some fresh air and sunshine – all while getting to know other members of your community. There is nothing tastier than a salad you grow and pick yourself!

If you have been to the PRCC, you have seen how amazing the garden looks and you can understand why community gardening is such an exciting thing. Maybe by now you have already mentally planted your tomato seeds and built your pea trellis for next year...well, the more member and volunteer involvement, the more likely for expansion in future years. That means you can have your own garden bed or maybe one to share with your friends, family or community group. We would love for as many individuals and groups as possible to represent themselves in the community garden. And if you have never gardened before, well this is the perfect place to learn with the help and support of your community. This is really just the beginning.

Community involvement comes in all forms. Perhaps you are interested in your own bed one day, maybe you have some valuable skills to contribute or you are looking to get rid of some old, but functioning, gardening equipment. If you are looking for more information, or you are wondering how to get involved, you can reach us at garden@prospectcommunities.com.

We hope you are as excited as we are to watch this garden grow.

**On behalf of the Prospect Road Community Garden Committee,
Heather Boucher**



*I am always interested in
your ideas and concerns*
Please feel free to call me at
1-877-740-3378
**Denise
PETERSON-RAFUSE**
MLA, Chester - St. Margaret's
denisepetersmla@bellaliant.com



Did you know Prospect
Road has our own
Minor Basketball
Association?

*Spots available for boys
& girls from ages 5-18*

STAY ACTIVE!



All practices are within our community

REGISTRATION NIGHT TUESDAY SEPT 15, 7-9 pm AT PRCC

Email: prospectbasketball@hotmail.com



Like us on Facebook.
facebook.com/ProspectBulls



A caring community since 1988

(902) 852-2954

prospectbaychildrenscentre@gmail.com
www.prospectbaychildrenscentre.com

31 Pinedale Drive, Prospect Bay, NS B3T 1Z6

Programmes for children 4 months to 12 years.

Openings in Part Day Preschool (9-12 or 9-2:30)
Tuesday to Friday.

6th Annual Prospect Road Crafters' Market

It all began with the Prospect Road Craft Crawl, where local crafters opened their homes for 14 years to offer handmade products for sale in the Fall of every year. We felt it was important to have the event to draw people and tourists to our communities, to see our villages with their breathtaking views, and to experience the hospitality of our people.

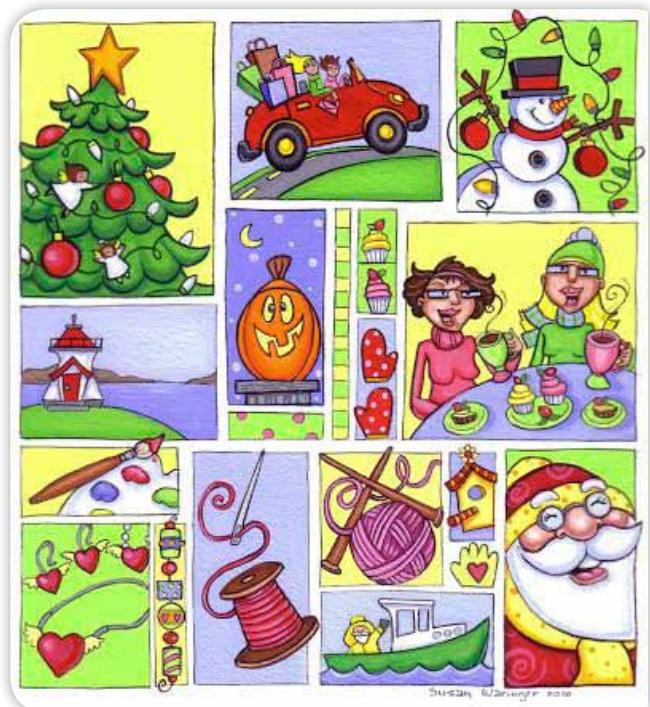
When we heard that we were going to have our own community centre in 2010, the community was abuzz! We discussed the concept of having everyone under one roof! The welcoming and friendship of the crafters, the citizens and the guests is important to us. Every year, the Crafters' Market makes a contribution to the ROC for providing the space and support for this event at the Prospect Road Community Centre, and also contributes to other volunteer organizations that help make the market a success. What better way to give back to the community, our community.

The Crafters' Market was established and continues to provide a flavour of local artists and artisans. Participants are mostly from the local area from Goodwood to Dover (and many areas in between); but, we've also brought in other local craftspeople from the surrounding area, and from as far away as Chester.

In the spirit of cooperation with the Prospect Road Community Centre, our organizing team has been working hard to making our Crafters' Market the success that it is today. We even have our own website:

www.craftersmarket.prospectcommunities.com

This year, we are holding the Crafters' Market on October 17, 2015, from 10:00 a.m. to 4:00 p.m. Admission and parking are free. At the Market, sit awhile to enjoy the music of the "Jammers" and stop to have some lunch by St. Timothy's Church. There is a bank machine



on the premises, and there is a door prize with craft donations from the Crafters' Market membership. So, mark your calendar, and come for the day to see what your community has to offer. See you there!

Submitted by the Prospect Road Crafters'



First Annual ROC “Volunteer of the Year Awards”

As a non-profit organization, the Resource Opportunities Centre relies on the skills and generosity of volunteers to help with the many programs, events and community functions at the Prospect Road Community Centre and in the greater community. On May 30, 2015, the ROC was honoured to sponsor and host the first annual Volunteer of the Year Awards for all of the volunteers and organizations in the communities between Good Wood and West Dover. It was a wonderful evening that allowed us to celebrate 22 people and local groups for outstanding service to the community.

The highlight of the night was the unveiling and presentation of our Barb Allen Volunteer of the Year Award. Barb, who has been contributing her time, skills and care to the community for over 30 years was honoured at this ceremony as a mentor and inspiration to countless people of all ages. The first Barb Allen Volunteer of the Year Award was presented to Shirley and Jim Little. Both Shirley and Jim are actively involved in the annual Blessing of the Boats, the S.S. Atlantic Society, the Prospect Road Seniors Group, St. Paul's Church in Terence Bay, and many other volunteer activities.

The ceremony was attended by officials from all three levels of government: The Honourable Geoff Regan MP; The Honourable Iain Rankin MLA; and Councillor Stephen Adams, Halifax District 11.

The twenty-two recipients of the 2015 award are:

Mike Beamish, Kevin Bezanson, Susanne Bishop, Tim Bradbury, Kelly Carlton, Scott Guthrie, Kathryn Herbert, Shirley Jollimore, Karl Keddy, Linda Landymore, Jim and Shirley Little, Ryan MacDonald, Jean McKinnon, Joy and Joe McPherson, Rob Naylor, Michaela Peters, Jennifer Veres, Valerie Wilson, Monday Seniors, Wednesday Seniors, Student Volunteers at Halifax West, The Prospect Road Jammers.

Rita Mae Schwartz and **Peter Jollimore** received honorary awards for outstanding volunteer service including organization of this landmark event for the community.



Councillor Stephen Adams, Barb Allen, Shirley Little and Jim Little, at our official ceremony to hang the new plaque during the PRCC's 5-Year Anniversary Festival on June 6.



Jim and Shirley Little, first recipients of the “Barb Allen Volunteer of the Year” Award



The Stained Glass Window at the PRCC was created by the Shorelines Project.

For more information about this project visit:
www.shorelines.prospectcommunities.com

Coming Soon: First Ever Prospect Road Youth Council

DEMOCRACY 250

The ROC, in partnership with Nicole R. Slaunwhite of Two Certainities Law, is pleased to announce its recent award of a \$10,000 grant from the Democracy 250 Youth Engagement Legacy Trust. These funds will be used to establish the first ever Prospect Road Youth Council.

Starting in September 2015, the ROC will invite applications from junior high and high school-aged youth in the Prospect Road area who are interested in becoming members of the Prospect Road Youth Council. The activities of the Council will focus on learning about various levels of government and engaging students in community involvement and volunteerism. Youth will be supported in bringing about social change by way of petitions, letter-writing campaigns, and media literacy training.

Benefits to participating students include mentorship, skills

development, volunteer experience, and the ability to work with elected officials, community organizations, and the public to pursue change in our community. In addition, Iain Rankin, MLA for the electoral district of Timberlea-Prospect, has committed to putting forward a resolution in the House of Assembly to formally recognize the program and student participants.

The Democracy 250 Youth Engagement Legacy Trust was established on the occasion of Canada's 250th birthday for the purpose of supporting youth organizations which encourage young Nova Scotians to become active, engaged citizens who vote. You can learn more about the trust at www.nslegislature.ca/index.php/about/history/democracy_250

Nicole Slaunwhite is a local lawyer with a background in advocacy and social justice work. She enjoys using these skills to serve clients and volunteer with community organizations.



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**6th Annual
Prospect Road
Crafters Market**
Saturday October 17th
10am - 4pm

**You will find many gifts for all ages from woodworking,
Christmas cakes, Paintings, Designer Pins, Ornaments,
Photography, Jewellery and much more.**



Prospect Road Community Center
2141 Prospect Road, Hatcher Lake
www.craftmarket.prospectcommunities.com
Bring this coupon with you to receive an extra entry for the door prize.



Benefit of Team Sports for Youth

Submitted by the Prospect Bulls Basketball Association

Team sports such as basketball, baseball, soccer, and hockey help youth learn important life lessons and give them a healthy perspective on competition. Any time a child is being physically active a good thing, especially with obesity in children is on the rise in North America.

Below are many great skills and benefits that youth gain from their involvement in team sports:

Communication Skills

One of the most important skills developed in team sports is the ability to communicate effectively.

Teamwork

Competing in sports with peers is a great way to learn the benefits of working effectively as a team and in the development of social skills - great skills that will benefit the 21st century workforce.

Learning how to compete

Competing is an important part of life, especially as youth begin to compete in the real world. As they grow older they will face competition in school, in the workforce and in other areas of life. But these competitions don't have to be negative or unhealthy. Playing sports can help kids understand how competition works in a friendly environment, and that if you try your hardest, you have a better chance of succeeding.

In his article *Youth Sports as Serious Leisure: A Critique*, Jonas Siegenthaler indicates that sports provide youth "an opportunity to experience a sense of belonging and identification with a team." He also contends that "children build confidence through participation in sports, and that this confidence carries over into all aspects of life." (Siegenthaler, 1997)

Increasing Self-Esteem

Improved self-esteem is another benefit of competitive youth sports. When children win a game with their team, they feel accomplished and recognized. Even when they don't win, they can learn a valuable lesson: that you can't win every time. Losing with a team can also increase self-esteem, as children learn to hold their heads high and feel proud for trying their best.

Reducing Risky Behaviour

Youth sports can help deter negative behaviour because competitive sports provide an outlet for expression, friendship and controlled aggression. Teens who have positive influences and friends feel less need to participate in risky behaviors.



According to Rochelle Eime, "Sport participation versus no sport participation was found to be significantly associated with enhanced self-concept," as well as "positively associated with positive adjustment (e.g. social skills and self-esteem) for children and that sport played a uniquely protective role for shy children." (Eime, 2013)

Encouraging your children to be part of sports they enjoy is crucial. Parents play an important role in their children's development, because encouraging them to be involved in team sports brings so many benefits that help their emotional and physical well-being now and in the future.

Prospect Bulls

In the Prospect Road area, we are very fortunate to have the Prospect Bulls, our local basketball association for youth in this area. Having practices in our own community is a great benefit to parents, who are busy juggling the demands of home and work.

Registration is Tuesday Sept 15, 7-9 pm at Prospect Road Community Centre.

Questions or Additional Information

prospectbasketball@hotmail.com

Stewart Malloy, President, stmalloy@gmail.com, or (902) 293-6374

Marc Davignon, Vice-President, marcjjdavignon@gmail.com, or (902) 233-3369

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www.ValleyTire.ca



**Registration begins for
Fall Programs
Wednesday, August 26 at 9am.
Register by phone or simply stop by!**
****Registrations will not be taken via voicemail****

Fitness Centre Information

	1 Month	3 Months	6 Months	1 Year	10 Visits	20 Visits
Youth (Age 15-18)	\$35.00	\$89.00	\$149.00 \$26/mth	\$217.00 \$21/mth	\$28.00	\$45.00
Adult 19+	\$45.00	\$116.00	\$197.00 \$36/mth	\$293.00 \$26/mth	\$35.00	\$58.00
Senior 55+	\$35.00	\$89.00	\$149.00 \$26/mth	\$217.00 \$21/mth	\$28.00	\$45.00
Partners (2 adults, same address)	\$75.00	\$192.00	\$321.00 \$61/mth	\$467.00 \$46/mth		
Family (2 adults/ 3 youth)		\$323.00	\$424.00 \$77/mth	\$547.00 \$51/mth		

Birthday Party Options

Type of Party	With/Without Staff	Cost
Sports	With Staff	\$99.00
Girls - Nails/Lip gloss	With Staff	\$141.00
Craft	With Staff + Supplies	\$141.00
Dance	With Staff	\$99.00

Bounce Inflatable Party Packages
also available!



**Lots of exciting events are happening
at PRCC this Fall!
Mark your calendars – Save the dates !
Check inside for full event details**

**** Glo-Fit Bash ****

**Coming this Fall join us for a 2-hour fitness extravaganza;
IN THE DARK!**

**Put on your best neon-colored workout clothes and come party under
black-light at this fun, energizing fitness experience.**

Full details coming soon!

Keep up-to-date on our website at:

www.centre.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	Monday	6-6:40pm	9	\$38	Sept 14	Oct 12, Oct 19
	Tuesday	6-6:40pm	10	\$42	Sept 15	
5-6yrs	Monday	6:45-7:25pm	9	\$50	Sept 14	Oct 12, Oct 19

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	14	\$81	Sept 10	

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	\$55	Sept 16	Nov 11
8-10yrs	Wednesday	6:45-7:25pm	10	\$55	Sept 16	Nov 11
Men's (19yrs+)	Tuesday	8:30-9:55pm	14	\$81	Sept 8	
	Thursday	8:30-9:55pm	14	\$81	Sept 10	

Badminton

<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>
Youth – Gr. 6-9	Thursday	6-6:55pm	13	\$66	Sept 17	
Adult (19yrs+)	Monday	8:30-9:55pm	11	\$64	Sept 14	Oct 12

Volleyball

<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 (19yrs+)	Monday	8:30-9:55pm	11	\$64	Sept 14	Oct 12

Karate – In partnership with Prospect Road Karate Dojo

<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>
5-9yrs	Wednesday	6-6:30pm	11	\$52	Sept 16	Nov 11, Dec 2

Tae Kwon Do – In partnership with Prospect Road Tae Kwon Do

<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	11	\$52	Sept 14	Sept 28, Oct 12

Archery - *NEW* - In partnership with Osprey Archery Club – See website for full details.

<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>
Youth - 10-18yrs	Sunday	3-4:55pm	10	\$95	Sept 20	Oct 11

Dance Classes

<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	\$42	Sept 16	Nov 11
Ballet	4-6yrs	Wednesday	6:15-7pm	10	\$42	Sept 16	Nov 11
Jazz & Hip hop	6-9yrs	Wednesday	7-8pm	10	\$46	Sept 16	Nov 11
Hip hop	9-12yrs	Wednesday	8-9pm	10	\$51	Sept 16	Nov 11

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	12	\$48	Sept 14	Oct 12
	Friday	9:30-10:30am	13	\$52	Sept 18	
Cardio & Core	Monday	7-8pm	11	\$54	Sept 14	Sept 28, Oct 12
Barre Fitness *NEW*	Tuesday	6:15-7am	13	\$64	Sept 15	
	Thursday	6:15-7am	13	\$64	Sept 17	
High Intensity Interval Training	Tuesday	5:30-6:15pm	13	\$64	Sept 15	
Cardio Dance *NEW*	Tuesday	6:15-7:15pm	13	\$64	Sept 15	
Step & Pump *NEW*	Thursday	6:30-7:30pm	13	\$64	Sept 17	
Cardio Strengthening	Friday	10:30-11:30am	13	\$64	Sept 18	

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>
Hatha	Monday	10:30-11:30am	12	\$73	Sept 14	Oct 12
	Monday	8-9pm	11	\$67	Sept 14	Sept 28, Oct 12
	Friday	11:30-12:30pm	13	\$79	Sept 18	
Yin&Yang *NEW*	Tuesday	7:15-8:15pm	13	\$79	Sept 15	
Supported Yoga *NEW*	Wednesday	11am-12pm	12	\$73	Sept 16	Nov 11
Yogalates	Wednesday	12-1pm	12	\$73	Sept 16	Nov 11
Yogafit	Thursday	5:30-6:30pm	13	\$79	Sept 17	

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	12	\$69	Sept 17	

***Barre Fitness* - FREE Trial Class – August 22, 2015 – 9:15-10am – Registration Required!**

Specialty Programs & Events

<p>Mom and Me – Fitness Program for Mom + Baby!!</p> <p>This post-natal workout, designed for new moms, has a relaxed atmosphere that gives you the social outlet for you and your baby along with the workout you need. A ‘go at your own pace’ workout, tend to your baby when needed and nutrition chats to help make you feel like you again.</p> <p>Best age for baby – 6 months to 2 years Tuesday – 9:30-10:30am 8 weeks @ \$86 Begins September 15, 2015</p>	<p>FREE Workshop!</p> <p>Toddlers at the Table – Tips for Healthy and Happy Meals</p> <p>Are you a parent who struggles with feeding your child at meal times? Do you consider your child to be a “picky eater”? Learn practical strategies to make family meals more enjoyable for everyone. Offered in partnership with Chebucto Community Health Team.</p> <p><u>Date:</u> Thursday – October 8, 2015 <u>Time:</u> 9:30-11am</p> <p><u>To Register:</u> Call the Chebucto Community Health Team at 902-487-0690 on-line at www.communityhealthteams.ca</p>
<p>Youth Sport Drop In</p> <p>BJHS students are invited to join us for Youth Sport Drop In 5 days a week for FREE!</p> <p>Monday-Friday 2:15-3:15pm Begins September 3, 2015</p>	<p>Youth Floor Hockey Drop In</p> <p>Students in Grade 10-12 are invited to come play Floor Hockey for FREE!</p> <p>Fridays – 6:30-8pm Some excluded dates apply</p>
<p>Senior Lunch & Learn</p> <p>Join us for this unique program which includes light exercise, a nutritional lunch and computer/gadget help all while having fun and socializing! Supported by Chebucto West Community Health Board.</p> <p>11am-12pm – Physical Activity (varies from week-to-week) 12pm – Lunch 12:30-2pm – Technology help – bring your gadgets!</p> <p><u>Fall Lunch & Learn Dates:</u> Sept 3 & 17 Oct 1, 15 & 29 Nov 12 & 26 Dec 10</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, local-made meal – Enjoy it with neighbours, friends or family. Take out option also available. A suggestion donation of \$7 or pay what you can per person.</p> <p><u>Fall Feast Dates:</u> Sept 4 Oct – TBD Nov 6 Dec 4</p>
<p>Senior Washer Toss Social</p> <p>Come out and play indoor washer toss twice per month! This social event includes a light snack and lots of laughter. Spectators are always welcome.</p> <p>1-3pm - \$3 per participant</p> <p><u>Fall Washer Toss Dates:</u> Sept 10 & 24 Oct 8 & 22 Nov 5 & 19 Dec 3 & 17</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! All equipment is provided.</p> <p>Thursdays – 10am-12pm \$3.00 per participant Begins September 10, 2015</p>
<p>Book Club</p> <p>Would you like a chance to discuss the books you love to read? Joining a book club is a great way to expand your typical reading boundaries, enjoy interesting conversation and make new friends. The Prospect Road Community Centre Book Club meets on the third Sunday of the month at 7:00pm beginning September 20, 2015</p> <p>For more information call Joy Murdock at 902-850-2519</p>	<p>In-service Day Camps at PRCC</p> <p><u>Full Day Camps – 7am-6pm</u> <u>Fee: \$29 per day</u></p> <p>Oct 23, Nov 13, Nov 25, Nov 26, Apr 1, Apr 14, May 13, June 28</p> <p>These camps are open to all students from Grade Primary to Five with daily themes and engaging programming and activities. Children must bring lunch and 2 snacks</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!</p> <p>Students are required to show Student ID or Health Card as proof of age - \$6.00 per student</p> <p>Sept 25, 2015 – 7:30-10pm Oct 23, 2015 – 7:30-10pm Nov 27, 2015 – 7:30-10pm Dec 18, 2015 – 7:30-10pm</p> <p>These events are chaperoned by adult volunteers from our community!</p>	<p>FREE Adult Ed Upgrading/GED Classes</p> <p>The Western HRM Community Learning Network is happy to be offering FREE classes sponsored by the Dept. of Labor and Advanced Education.</p> <p>Classes take place on Monday evenings from 6-9pm and Thursday mornings from 9-12pm at PRCC – Conference Room.</p> <p>Adults 19 years of age and up have individualized programs developed based on their needs and then are taught in a classroom format.</p> <p>Improve reading, writing, math skills or work on getting a GED---whatever your goals; we are here to help you meet them.</p> <p>For more info call Deborah Ratcliffe @ 225-6320. Registration is on-going.</p>
<p>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>Hours: <u>Before School:</u> 7am – 8:30am (children are escorted to school by program instructors via Prospect Recreation Connector Trail or by bus for those students attending school within the Conseil Scolaire Acadien Provincial) <u>After School:</u> 2:30-6pm (children are picked up at appropriate dismissal time and escorted to PRCC by program instructors via 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>Fees for 2015/2016: 1 child – Before Only - \$85.00/month 1 child – Afternoon Only - \$230.00/month 1 child – Before and After - \$297.00/month ** Multiple children and part-time pricing available**</p> <p>Registration for 2015-2016 is on-going.</p>	<p>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. Program runs from September – June.</p> <p>Hours/Days: Tuesday AND Thursday OR Wednesday AND Friday 9am-12pm</p> <p>Fee for 2015/2016: \$97.00/month (2 days per week)</p> <p>Registration for 2015-2016 is on-going. Space is limited.</p>
<p>Advertise with Prospect Communities</p> <p>On-Screen: Your ad will be seen in the most travelled public building in the community! Your ad will be on rotation on all public access computers (5) and 40-inch digital display. All screens are located in heavy traffic areas.</p> <ul style="list-style-type: none"> - 3 months - \$105 - 6 months - \$180 - 12 months - \$300 <p>Online and in-print options are also available. For more information contact Amy Hockin – 902-852-2711 admin@prospectcommunities.com</p>	<p>3rd Annual Shopping Fair “Small Business Saturday”</p> <p>Are you a direct seller, independent consultant or local business owner? If you have a product or service to sell, we have an opportunity for you!</p> <p>November 14, 2015, 10am-2pm</p> <p>Fee: Prospect Road Business Association Members - \$20 / table Non-Members - \$30 / table</p> <p>Exhibitor Criteria:</p> <ul style="list-style-type: none"> - Direct seller or local business owners with a product or service to offer. You have product available to purchase the day of the event or may take orders. - Only 1 independent consultant from each company will be accepted. <p>Applications will be available online at www.centre.prospectcommunities.com beginning September 1, 2015 Deadline for applications: October 14, 2015. Please note: This event is first come, first serve with a limited amount of tables/space available. Questions? Contact Jessica – 902-852-2711</p>

Holiday Events

<p>4th Annual Christmas Tree Lighting</p> <p>Please join us for our annual open-house event as we light our indoor Christmas tree and kick-off the holiday season.</p> <p>A fun-filled evening with hot chocolate, cookies, entertainment and more!</p> <p>Wednesday, December 2, 2015 – 7pm</p>	<p>Breakfast with Santa</p> <p>Come join us and our special guest for a pancake breakfast, served with sausage, fruit and drinks!</p> <p>Saturday, December 12, 2015</p> <p>Tickets available for 9am OR 10am</p> <p>\$6 per person</p> <p>OR</p> <p>\$5 per person with a food bank donation</p> <p>Tickets available at the PRCC Front Desk beginning Nov 16</p> <p>Please bring food bank donation at time of ticket purchase.</p>
<p>Christmas Eve Open House</p> <p>Come by and share a mug of warm cider or hot cocoa with our staff from 1pm - 4pm. There's no better way to spend Christmas Eve than toasting with friends in our communities!</p>	<p>Christmas Break Day Camp</p> <p><u>Full Day Camp – 7am-6pm</u></p> <p><u>Fee: \$29 per day</u></p> <p>December 21, 22, 23, 28, 29, 30</p> <p>These camps are open to all students from Grade Primary to Five with daily themes and engaging programming and activities.</p> <p>Children must bring lunch and 2 snacks</p>

Rentals and Bounce Inflatable Birthday Parties

Room Rentals Available!

The PRCC has many different rooms available to rent by the hour for any sort of event, program or meeting!

Wedding and Special Event packages also available! More information available online!

**** Non-Prime time Gymnasium Rentals – Effective**

immediately PRCC will offer a non-prime time rate for gymnasium rentals between 8:30am-1pm Monday-Friday – ½ gym - \$17 per hour OR full gym - \$29 per hour. All rentals are subject to availability.

Room	½ Room/hour	Full Room/hour
Meeting Room	\$12.00	\$18.00
Kitchen (without use of Centre supplies)	N/A	\$41.00
Multi-purpose	\$22.00	\$40.00
Gym – with equip.	\$26.00	\$45.00
Gym – w/o equip.	\$23.00	\$42.00
Art Room	N/A	\$18.00

Bounce Inflatable Birthday Parties!

**** All pricing includes your basic price option and any add-ons are additional to the initial price.**

Castle Options	Basic	Basic +	Basic ++	Use of equipment room	Use of equipment room	Use of equipment room
	Includes: 1 hour w/castle – 2 hours party room	Includes all basic items & 1 extra hour w/castle	Includes all basic + items & 1 extra hour party room	Without Staff	With staff – 1 hour	With staff – 2 hours
<u>1 castle – Basic Bouncer</u>	<u>\$250</u>	<u>\$100</u>	<u>\$120</u>	<u>\$30</u>	<u>\$45</u>	<u>\$60</u>
<u>1 castle – Slide Bouncer</u>	<u>\$325</u>	<u>\$120</u>	<u>\$140</u>	<u>\$30</u>	<u>\$45</u>	<u>\$60</u>
<u>2 castles Slide + Bounce</u>	<u>\$475</u>	<u>\$120</u>	<u>\$140</u>			

Questions? Want to book a party?

Contact Jessica - 852-2711 or jessica@prospectcommunities.com

****Other Birthday Party options available – see website for full details****

<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. ➤ 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>Sept 7, 2015 – CLOSED Oct 12, 2015 – CLOSED Nov 11, 2015 – CLOSED Dec 24, 2015 – Close at 5pm Dec 25, 2015 – CLOSED Dec 26, 2015 – Open 8:30-5pm Dec 31, 2015 – Close at 5pm Jan 1, 2016 - CLOSED</p> <p>** Please ensure you check the excluded dates column next to your program.</p> <hr/> <p style="text-align: center;">Comments and Suggestions</p> <p>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>Please contact Jessica – Program Manager Jessica@prospectcommunities.com</p> <hr/> <p style="text-align: center;">Contact Information</p> <p>Front Desk – 852-2711</p> <p>Patricia Ullman – Executive Director executivedirector@prospectcommunities.com Jessica Morrissey – Program and Events Manager Jessica@prospectcommunities.com Amy Hockin – Operations and Finance Manager admin@prospectcommunities.com Jason Bungay – Technology Coordinator Jason@prospectcommunities.com David Thomas – Facility Maintenance Manager davethomas@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"> 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. 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. 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 Drop-in – \$5 • 45 minute or 1-hour Fitness Class Drop-in - \$6 (Cardio&Core, Barre Fitness, HIIT, Cardio Dance, Step&Pump & Cardio Strengthening) • Line Dancing, Yoga & 1.5 hour Adult Sport - \$7 	



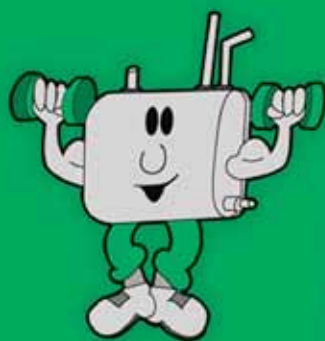
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