

# Prospective

Volume 14, Issue 1, Fall 2014



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## Programs and Events at the Prospect Road Community Centre

By Jessica Morrissey

June 17th 2014 marked Prospect Road Community Centre's 4th anniversary and since opening our doors in 2010 PRCC has become the true 'hub' of our community. From weddings and special events to soccer programs and after school child care, we have had many great successes thanks to the overwhelming community support that continues to help us grow each and every day.

Taking some time to reflect on our past successes is a strategy we use to help with our growth in the future. Programs, events and rentals are essential to the success of the PRCC. Below you will find some examples of all of the excitement and growth we have experienced thus far...

*Continued on Page 2*

**PRCC FALL  
PROGRAMING INFO  
INSIDE!**

*See Page 16*



## Programs and Events at the PRCC - Continued

**Community Events** – Each year since our opening we have been overjoyed to host traditional community events. Examples include: New Years Eve Adult Dance, Easter Egg Hunt, Floor Hockey Tournaments, Seniors Garden Party, Halloween Adult Dance, Christmas Tree Lighting and Breakfast with Santa; just to name a few. These events act as a time of gathering for our community members, to socialize, connect and enjoy time spent together.

**Fitness Programs** – PRCC strives to assist in achieving a healthy, physically active community. Our Fitness Centre has a membership of almost 2000 card holders and continues to grow membership each day. Our fitness classes continue to grow and change with the latest trends in the fitness world thanks to our incredible instructors! Did you know PRCC has hosted over 2000 hours of fitness and yoga classes since January 2011!



**Recreational Programs** – With each season comes a new set of recreational programs for all age groups. These programs offer a place for community members to come together and enjoy various sports and physical activities in a non-competitive, recreational manner with a focus on inclusion for all skill levels and fun! Keeping up with the latest trends and community needs is always a goal when offering these programs and we're happy to offer a successful blend of traditional programs while continuing to try new programs along the way. Some examples of these programs are: Senior Pickleball, Soccer 3-4yrs, Youth Floor Hockey Drop In, Adult Line Dancing and more!

**Child Care** – One of PRCC's largest programs and greatest successes has been



our Before and After School Program. Beginning in September 2010 the program offered child care to a mere 22 participants. In the past 4 years we have grown this program exponentially and are on track to having over 85 participants for the 2014-15 school year. This program is open to all students in Grade Primary to Five and transportation is provided for students attending Prospect Road Elementary for both before and after school. Transportation is provided from Atlantic Memorial Terence Bay School for the after school program only. Students attending school within the Conseil Scolaire Acadien Provincial are also able to have transportation arranged to attend this program. Our program offers nutritional snacks daily, physical, passive, social and emotional development along with caring and skilled instructors. Another successful children's program has been our morning Preschool program. Since joining us in 2010 this program has become a lovely addition to our program offerings, bringing with it exceptional, experienced instructors. Each year our Preschool Program fills to capacity serving 36 children per year. Watching these children grow and learn before moving on to elementary school has been a complete joy.

**Rentals** – As a multi-use facility we are able to assist you with just about any celebration, program, meeting or event you are looking to host. Our reasonable rental prices make it affordable for community members to make use of all our unique spaces. Whether it's a monthly meeting for a local community organization, a baby or wedding shower, funeral reception, Tae Kwon Do or Karate program, basketball or baseball practice or public meetings we have the experience and space available to assist you with all your rental needs.

**Parties and Celebrations** – From children's birthday parties, anniversary events, milestone adult birthdays to wedding celebrations PRCC has a package to help you with any special event you are looking to host. Our staffed children's birthday party packages have been very popular within our community. Parents enjoy the ease of having a staff member facilitate fun, inclusive programming for the party guests along with the simplicity of having a large enough space, tables and chairs for all guests on site for their use. Many families and friends have come together for milestone celebrations for their loved ones in our Multi-purpose room, large enough to host 220 guests. With a fully licensed cash bar on site, tables and chairs, linens, dishes along with many more additional items available to rent, the PRCC creates a one-stop-shop experience for all your special event needs.

As we move forward into our 4th year of operation we remain hopeful for our success in the future. Many of the above programs and offerings are continuing to gain popularity, becoming traditional in the lives of our community members. For us we will continue to research the latest trends, change with the needs of our community and grow to serve each and every one of our members.

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 to you. I welcome all program suggestions at any time and am open to new ideas for rental options, event packages and more!



## Message from the Executive Director of the ROC/PRCC



*Patricia Ullman*

I am happy to have this opportunity to greet all of you in the Prospect Road area community. I feel very fortunate to be able to serve and be a part of a community that has so much vibrancy and spirit.

Since I was selected as the first Executive Director for the 'Resource Opportunities

Centre Community Development Association' and began work on April 1, I have had the pleasure of meeting many of you through the various events, meetings and other gatherings that happen in and around the PRCC. The mandate of the ROC includes overseeing the management and growth of this beautiful community centre, and working with HRM and the local community to continue to enrich and expand the accessibility and variety of the centre's offerings and support our many community groups and efforts. Thanks to many of you, the ROC gathered information about community needs and wishes last year at the 'Community Conversations' (see article on pg 4), and the follow-up gathering this past June 8 is getting the ball rolling on some of these exciting projects.

I especially want to acknowledge and thank the Board and staff of the ROC, who are dedicated, inspirational and effective. We also have strong support from our District 11 Councillor, Stephen Adams, our great HRM liaisons, and many of you as volunteers and participants in activities here. Our immediate priorities are to see

how we can build on the already strong programs here, and to connect with all of you more to see how we can increase the variety of offerings to include more educational, cultural, social and technology-related offerings. We are thrilled that Stock Transportation has agreed to pick up children from Atlantic Memorial and Terence Bay Elementary Schools for our 'After School' program starting in the fall! We are also moving forward on 'Phase 2' of development, which includes an outdoor 'multi-sports pad' and skateboard park. We also see community gardens in our future, and I would love to hear from you if you have a special interest in helping with that.

Please continue to let us know your ideas and 'wishes.' We can all work together to make the PRCC the best it can be.

[executivedirector@prospectcommunities.com](mailto:executivedirector@prospectcommunities.com)



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72 Northcliffe Drive  
Brookside, NS, B3T 1S7  
Canada

### 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. 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 **Tuesday** and **Thursday** mornings from 9-12 and is **FREE**.

Call Coordinator Deborah Ratcliffe at 225-6320.



## Community Conversations

**Victoria Horne**  
Secretary, ROC Board

Last spring the ROC Board hosted a series of community conversations in Dover, Terence Bay and at the Community Centre with the goal of connecting with individuals and groups along the Prospect Road to hear their concerns, passions and ideas for the area and to learn how the ROC could support these goals.

In the spring of 2014, the ROC welcomed our new Executive Director, Patricia Ullman, who was eager to continue the dialogue of the conversations held last year with the Board. On June 8 "Community Conversations, Part Two" was held at the Community Centre to determine interest at the community level and identify opportunities for specific action items, as determined by those in attendance.

The conversations, facilitated by Shirley Jollimore, narrowed to five specific topic areas:

A multi-sport outdoor pad at the PRCC

Expansion of the current trail system behind the PRCC

A Junior Leadership program and discussions on engaging youth Activities and classes that allow parents and children of all ages to participate together

Fostering art and creativity in the community

Great discussion was had within each group around existing opportunities, past experiences and identifying champions for each particular item. We are happy to report that there is forward motion on the outdoor sports pad. Planners from Halifax Regional Municipality have since conducted a site visit and have selected their preferred site. They are now working on estimates and working with



Patricia and the staff at the PRCC to advance this item.

If you are interested in any of the above topics and were unable to attend the community conversation on June 8th, email Patricia Ullman ([executivedirector@prospectcommunities.com](mailto:executivedirector@prospectcommunities.com)) to learn more and get connected with others in the community that share your interests.



## Prospect Road & Area Lions Club

**Looking to make a difference in 2014 in your community?  
Consider giving some of your time!**

The Prospect Road Lions Club is looking for community-minded individuals who are interested in making a difference. We hold monthly meetings so please feel free to drop in and see what the Lions are all about:

- Date: 2nd Monday of the Month
- Place: Prospect Road Community Centre
- Time: 7:30 pm

If you are interested and would like more information about The Lions Club please check out the website <http://www.lionsclub.org/>

You may also call King Lion Blaine MacDonald, 876-8521; or Lion Lisa Ferguson, 852-3909.

## Continue your lifelong learning with the Seniors' College Association of NS

The Seniors' College Association of Nova Scotia, SCANS, a growing organization, is a vital part of this region's lifelong learning programs, providing academic-oriented programs for the 50+ generation. Centered in Halifax, SCANS has branches in Chester, Mahone Bay, Liverpool, and Truro.

Are you wondering about the history of some of the most prominent stories in today's news? Did you always want to study more when you were younger but never had the chance because the kids took all your time and, besides, money was tight? Well, here's your chance.

SCANS provides a wide variety of courses: from history to literature to science to writing. Here are just some of the courses offered in the past and being offered in our upcoming fall term: modernism in literature, glimpses of Georgian and Victorian England, the operas of Mozart, Maritime folklore, the old school tie, Japanese history, Japanese film, Roman art and architecture, eight Russian portraits, aboriginal peoples of Canada's Arctic, Chinese culture, Shakespeare.

There are more – check out our website [www.theSCANS.ca](http://www.theSCANS.ca) and select the section on courses – to get all the details. Our Instructors are long-time scholars in the fields, for the most part, retired professors with long and distinguished careers as teachers. Some have moved back to Nova Scotia. Others came here to visit and are still here. Now they are focusing their teaching on seniors and using that lifetime of experience to share ideas and discussions. Questions and discussions are a favourite part of class, often followed by a stop at a coffee shop or café on the way home.

There are no exams and no assignments, although some of the writing courses, of course, ask you to write as well as talk about writing. And some courses provide reading lists in case you want to delve more deeply into the subject. Just come to class, listen, learn, ask questions if you want to, and always enjoy. That's what lifelong learning is all about – enjoyment. That's what SCANS provides.

A Geography of Nova Scotia class included a field trip. Members of a Poetry class formed their own writing group that still meets to



compare their work and to share ideas. Some members of a Russian history course went to St. Petersburg and Moscow.

Annual membership is \$135, which includes participation in any or all courses at all locations, and all SCANS activities.

So, 50+? Want to add a little interest and enjoyment to your life? Make the Seniors' College part of your life. Check our website [www.theSCANS.ca](http://www.theSCANS.ca). Our fall course schedules will be posted in mid-August. Find one or two you like.

Then register at our Information and Registration Sessions which will be held in all four of our locations in early September.

### Contacts:

- » Web: [www.theSCANS.ca](http://www.theSCANS.ca)
- » E-mail: [info@theSCANS.ca](mailto:info@theSCANS.ca)

The Seniors' College Association of Nova Scotia is a registered non-profit organization dedicated to providing non-credit academic courses to seniors (age 50+) in Nova Scotia.

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**DISTRICT 11**  
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PO Box 1749, Halifax, NS B3J 3A5  
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[www.halifax.ca](http://www.halifax.ca)

Council Constituency Coordinator - Christine Newson:  
902.490.7184

**HALIFAX** **halifax.ca** **311**

## SS Atlantic Heritage Park - A Great Place to Visit

SS Atlantic Heritage Park has had a busy summer with visitors from all over the world partly thanks to tour operators who bring cruise ship passengers to the site. Whereas our season used to end in early September we are now open daily from 10:00 am to 5:00 pm until the end of the cruise ship arrivals on October 31st. Visitors are intrigued by the story of the sinking of the luxury liner SS Atlantic in 1873 off the coast of Lower Prospect and have many questions when they view the exhibits in the museum part of the site. A hot cup of coffee or tea and goodies baked on the site are always welcome especially after a brisk walk in the park. Near the end of the season the well stocked craft shop of Made in Nova Scotia goods offers 20% discount which makes it an ideal time and place to shop for Christmas presents.

Our two summer students Julianne Robinson and Jodi Miles have been busy arranging tours and events at the Centre. Before school was out, three large groups of school children visited us and learned about the history of the sinking of the SS Atlantic. On July 20th the Blessing of the Boats took place with many residents, visitors and dignitaries attending. Talks by historians, genealogists and divers are taking place in August and we are really privileged that Sheree Fitch – the author of the book *The Gravesavers* for young people about the disaster - has agreed to do a workshop on August 22nd.

Visit us often - you will be welcomed at our site and will marvel at the peace and beauty of the park overlooking Terence Bay. There



are lots of benches where you can sit and enjoy the view or eat your picnic lunch. At times there have been opportunities to see a whale in the bay.

We are located on 180 Sandy Cove Rd. next to St. Paul's Anglican Church. Large groups can call ahead and book a tour at 902 852-1557.

Follows us on Facebook, Twitter and look at our calendar on our new Website [www.ssatlantic.com](http://www.ssatlantic.com) for more information.

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## Iain Rankin, MLA

### Timberlea – Prospect Constituency Office

1268 St. Margaret's Bay Rd, Suite 100,  
Beechville, N.S. B3T 1A7

**t 902-404-7036 : f 902-404-7056**

[info@iainrankin.ca](mailto:info@iainrankin.ca)

[www.iainrankin.ca](http://www.iainrankin.ca)

The Timberlea Prospect constituency office is here to assist constituents with issues involving the provincial government. If you are having a problem with a provincial department please contact my Constituency Office. Constituency Assistant Barb Allen and I are happy to work with you to review your matter and do our best to have it resolved.

Please call ahead to make an appointment.

#### **Constituency Office Hours**

**Monday, Wednesday, Thursday**

**9am – 4:30pm**

***Tuesday office hours at the Prospect Road Community Centre from 3pm – 7pm***

**Friday**

**9am – 12 noon**



## District Update from Councillor Stephen Adams



At a Regional Council meeting held on June 24th, Councillor Reg Rankin and I put forward a motion to defer any decision on changes to the Otter Lake Landfill, as well as changes with regard to exporting waste outside of the municipality. We were successful in our efforts, which will give time for your Community Monitoring Committee to work with our community to determine the

best approach in dealing with our waste management challenges.

Councillor Rankin and I committed to bringing back recommendations to Council by November so that Council can decide on how to proceed. As we are in the preliminary stages at this point in time, it is difficult to predict how the process will unfold; however, we will do our very best to ensure transparency and community inclusion.

In keeping with solid waste management, all communities in the municipality will have weekly green bin pick-up for the months of July and August. This was a commitment I had made and I am pleased that it has been implemented.

Finally, by the time you receive this newsletter the work to upgrade the former Terence Bay Fish Plant site will have been started, and possibly completed. The work will include upgrades to the horseshoe pits, sodding, benches and planters. We will also take steps to ensure vandals cannot enter with ATVs to destroy such a beautiful area. I am quite excited to see how this will look.

Stephen Adams represents District 11 Spryfield – Sambro Loop – Prospect Road.

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## **"MONEY IS A TERRIBLE THING TO WASTE"**

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# What's Cookin' in the PRCC Kitchen?



## FRIDAY NIGHT CANTEEN

Every Friday Night at the PRCC

Opens at 5:00pm

We are expanding the  
canteen offerings in September.  
Healthy. Fresh. Eat-in. Take-out.

Expanded hours.

Send your feedback/requests to  
[kitchen@prospectcommunities.com](mailto:kitchen@prospectcommunities.com)

**\*\* BBQ Friday August 15th \*\***

## RENT THE PRCC KITCHEN

Commercially Certified  
State of the Art

Commercial Equipment:

- Dishwasher & Triple Sinks
- Ice Machine
- Stove & Oven

## TECH TREK STARTING THIS FALL

Think - Learn technology/computer skills, tackle the internet, ask questions  
& receive help with your computer.

Eat - Enjoy fresh delicious healthy food.

Play - Get active, fitness classes, walking, yoga, tai chi, stay fit, stay healthy,  
stay mobile.

Socialize - chat, have fun!

Pay what you can. (Suggested \$5 donation)

*Pam Burke*

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## Terence Bay Lighthouse - Save Our Light!

### Michelle Forrest

On July 8, 2014 Terence Bay community members gathered to clear the historic Coast Guard Access Path to the Terence Bay Lighthouse. Machines whirled and camaraderie prevailed as neighbours cut and collected grass and bushes for recycle day.

The Terence Bay Lighthouse is part of Nova Scotia's coastal heritage. Following the horrific loss of life in the sinking of the S.S. Atlantic in 1873, a temporary light was erected as a beacon until the Terence Bay Lighthouse (TBL) was built in 1903. In 2000, community members founded the Terence Bay Lighthouse Committee, committed to preserving this important piece of Nova Scotia's built heritage for future generations.

In 2001 the first Lighthouse Day celebration was held to commemorate the building of the TBL, its role in saving lives, and the community spirit that it symbolizes. When the federal Heritage Lighthouse Protection Act came into effect in 2010 and Canadian lighthouses were declared surplus to navigational needs, the TBL Committee gathered signatures for a petition to formally establish the TBL as a heritage lighthouse. In 2012 the TBL Committee took the next steps codified in the Act by formally applying to the federal government to divest the TBL to the community for preservation as a public trust. That application is still in process.

If you are concerned about saving Canadian lighthouses, if you enjoy viewing or visiting the pepper-pot Lighthouse at Terence Bay, and if you want it to stand as a navigational beacon for the safety, education and pleasure of future generations, please come to the 13th annual Lighthouse Day on Sunday Sept 7, 2014, 1-3pm (in case of rain, Sept 14). Eat a piece of birthday cake with friendly folks, enjoy our coastal heritage, and celebrate the 111th birthday of the Terence Bay Lighthouse!



Orange Dome training facility, 401 Bluewater Road, Bedford, Nova Scotia  
No experience necessary. Ongoing registration also accepted.

Visit [www.westhalifaxcheer.com](http://www.westhalifaxcheer.com) for more information and to pre-register









# Advertising Rates and Options

## print

Spring/Fall Prospective Newsletter  
Summer/Winter Brochures

**Prospective**

The "**Prospective**" is a semi-annual community published newsletter that is delivered directly to all residents in the Prospect Area.

The "**PRCC Program Flyer**" is published quarterly in black and white.

9,000 potential customers and clients from Goodwood to West Dover. Available around the community and online.

Business Card (2x3.5)	\$80
Half-Page (4.75x7)	\$135
Full Page	\$225

( \*\* All prices include HST \*\* )

## on - screen

Digital screens at the PRCC.  
All public access computers (10)  
Main PRCC "Street Area" digital screen.

3 Months	\$80
6 Months	\$135
12 Months	\$225

### File Requirements:

#### Ad size (pixels)

1920 x 1080

#### Resolution:

150 pixels / inch or greater

#### File Types:

jpg, pdf, png, psd, eps, ai

#### Design Fees:

\$25 (depending on the extent of work)

## online

Rotating banner ads  
prospectcommunities.com  
PRCC website & other community sites.

3 Months	\$80
6 Months	\$135
12 Months	\$225

### File Requirements:

#### Banner Ad size (pixels)

420 x 65

#### Resolution:

150 pixels / inch or greater

#### File Types:

jpg, pdf, png, psd, eps, ai.

#### Design Fees:

\$25 (depending on the extent of work)

Phone 852-2711 to place an ad



PROSPECT  
**RUN**  
**CLUB**

ARE  
YOU A  
RUNNER?

Being a runner in Prospect Communities isn't easy. The lack of sidewalks and tiny road shoulders can be daunting for any runner. **It's time for a RUN CLUB!** Running in groups is a safer and more enjoyable way to hit the road. It's also a great way to meet new people who love to run.

### Rules

There are no rules! If you like to run than you are welcome in the run club. Everyone from seasoned marathoners to beginners. This is a club where people can have fun while enjoying our beautiful community and stay fit doing what they love.

If you're interested in joining please contact [runclub@prospectcommunities.com](mailto:runclub@prospectcommunities.com)  
(provide your name, email and phone number)

## Receptions

## Meetings

## Celebrations

- Wedding Receptions
- Milestone Birthdays
- Anniversaries
- Funeral Receptions
- Conferences



Photo's courtesy of Candace Berry Photography - [www.candaceberry.com](http://www.candaceberry.com)

## Book The Prospect Road Community Centre!

Contact Jessica for further details about what PRCC can offer to your special event!

Jessica Morrissey - Program Coordinator - 852-2711

[jessica@prospectcommunities.com](mailto:jessica@prospectcommunities.com)



**Registration begins for all  
Fall Programs  
Wednesday, August 20<sup>th</sup> at 9am.  
Register by phone or simply stop by!**

### **Fitness Centre Information**

	<b>1 Month</b>	<b>3 Months</b>	<b>6 Months</b>	<b>1 Year</b>	<b>10 Visits</b>	<b>20 Visits</b>
<b>Youth (Age 15-18)</b>	\$34.00	\$87.00	\$146.00 \$25/mth	\$213.00 \$20/mth	\$27.00	\$44.00
<b>Adult 19+</b>	\$44.00	\$114.00	\$193.00 \$35/mth	\$287.00 \$25/mth	\$34.00	\$57.00
<b>Senior 55+</b>	\$34.00	\$87.00	\$146.00 \$25/mth	\$213.00 \$20/mth	\$27.00	\$44.00
<b>Partners (2 adults, same address)</b>	\$73.00	\$188.00	\$315.00 \$60/mth	\$458.00 \$45/mth		
<b>Family (2 adults/ 3 youth)</b>		\$317.00	\$416.00 \$75/mth	\$536.00 \$50/mth		

### **Birthday Party**

#### **Options**

<b>Type of Party</b>	<b>With/Without Staff</b>	<b>Cost</b>
<b>Sports</b>	With Staff	\$97.00
<b>Girls - Nails/Lip gloss</b>	With Staff	\$138.00
<b>Craft</b>	With Staff + Supplies	\$138.00
<b>Baking</b>	With Staff + Supplies	\$138.00
<b>Dance</b>	With Staff	\$97.00

Bounce Inflatable Party Packages also available.

### **Halloween Events at PRCC**



**Teen dance – gr. 6-9  
Friday, October 24  
6:30-9:30pm**

**\$6.00 per student  
Students must show id**

**Adult dance – 19yrs+  
Saturday, October 25  
9pm-1am**

**\$10.00 per person  
Get your tickets in advance!**

Entertainment for these events provided  
By Nitelife dj services!



Stay up-to-date on our website for all the details regarding online registration as they become available.

[www.centre.prospectcommunities.com](http://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>
3-4 yrs	Monday	6-6:45pm	10	\$41	Sept 8	Oct 13
	Tuesday	6-6:45pm	10	\$41	Sept 9	Nov 11
	Thursday	6-6:45pm	10	\$41	Sept 11	
5-6yrs	Monday	6:45-7:30pm	10	\$45	Sept 8	Oct 13
Co-Ed Adult *NEW*	Wednesday	9-10pm	13	\$50	Sept 10	Dec 3

## 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>
Adult	Thursday	7-8:30pm	14	\$79	Sept 11	

## Floor Hockey - \*NEW – program description online for men's program\*

<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>
5-7 yrs	Wednesday	6-6:45pm	10	\$54	Sept 10	
8-10 yrs	Wednesday	6:45-7:30pm	10	\$54	Sept 10	
Men's	Tuesday	8:30-10pm	13	\$74	Sept 9	
	Thursday	8:30-10pm	14	\$79	Sept 11	

## 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>
Adult	Monday	8:30-10pm	13	\$74	Sept 8	Oct 13

## 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	\$41	Sept 17	
Ballet	4-6yrs	Wednesday	6:15-7pm	10	\$41	Sept 17	
Jazz & HipHop	6-9yrs	Wednesday	7-8pm	10	\$45	Sept 17	

## Karate

<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	10	\$46	Sept 17	

## Pickleball

<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	Monday	8:30-10pm	13	\$74	Sept 8	Oct 13

## 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>
Early AM Bootcamp	Monday	6-6:45am	11	\$40	Sept 8	09/22, 09/29, 10/13
	Wednesday	6-6:45am	13	\$47	Sept 3	09/24, 10/1
	Friday	6-6:45am	12	\$44	Sept 5	09/19, 09/26, 10/3
Cardio and Core	Monday	7-8pm	10	\$47	Oct 20	
Older Adult Fitness	Monday	11am-12pm	13	\$44	Sept 8	Oct 13
	Friday	12-1pm	14	\$48	Sept 12	
Cardio Blast	Tuesday	6:15-7:15pm	13	\$62	Sept 9	Nov 11
Zumba	Tuesday	7:15-8:15pm	13	\$78	Sept 9	Nov 11
High Intensity Interval Training	Tuesday	5:30-6:15pm	13	\$59	Sept 9	Nov 11
Cardio Ball Training	Wednesday	11am-12pm	14	\$84	Sept 10	
All-In-One Fitness	Thursday	6:30-7:30pm	14	\$67	Sept 11	
Cardio/Strengthening	Friday	10-11am	14	\$66	Sept 12	
Fitness Kickboxing Teens 14yrs+ / Adult *NEW*	Saturday	10-11am	6	\$50 includes hand wraps	Oct 25	

### Yogalates

<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	Wednesday	12-1pm	14	\$84	Sept 10	

### Yoga

<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/Hatha	Monday	12-1pm	13	\$78	Sept 8	Oct 13
	Friday	11-12pm	14	\$84	Sept 12	

### CoreYoga

<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	Monday	8-9pm	10	\$60	Oct 20	

### Yogafit

<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	5:30-6:30pm	14	\$84	Sept 11	

## 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	10-12pm	10	\$56	Sept 11	

## Art Program – Pastels in Brilliant Colour – See website for details – all major supplies included

<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	Wednesday	7-9pm	6	\$90	Sept 24	

## Specialty Programs

### Mom and Me – Fitness Program for Mom + Baby!!

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. Go at your own pace workout, tend to your baby when needed and nutrition chats to help make you feel like you again.

Best age for baby – 6 months to 2 years

Tuesday – 9:30-10:30am

5 weeks @ \$54

Begins October 14<sup>th</sup> – excludes Nov 11

### Understanding Yourself and Managing Your Career Path Myers-Briggs Type Indicator Workshop

Are you just starting your career and looking for guidance in choosing the best path for you? Or, are you looking to change or manage your current career to find a better fit for your preferred working style? This three-hour course will help you to understand your personality type and how it relates to managing your career. You will learn about your strengths and challenges in exploring career paths, as well as the kind of jobs that are usually most satisfying for your personality type. For more information visit our website.

Course dates: Sept 18, Sept 30, Oct 16, Oct 28, Nov 13 or Nov 25

Time: Each course will run from 6-9pm

Fee: \$70 – pre-registration is required.

### First Aid Course

Emergency First Aid and CPR Level C + AED

Date: Sept 28<sup>th</sup> 2014 Time: 9am-5pm

Price: \$77 per person

30 minute lunch break + 2 – 15 minute breaks

You must bring your own lunch and snacks

Register at PRCC Front Desk by Sept 22<sup>nd</sup>

Full course details online

### Babysitting Course 11yrs+

BLAST – Babysitting Lessons And Safety Training

Date: Oct 19<sup>th</sup> 2014 Time: 9am-5pm

Price: \$46 per person

You must bring your own lunch and snacks

(beware of food allergies)

Register at PRCC Front Desk by Oct 13<sup>th</sup>

Full course details online

### Parent/Tot Playgroup \*NEW\*

Open to children 9-30 months and their parents, this drop-in program will promote socialization, connectivity and physical activity for parents and their little ones!

Drop-in, bring a snack and your toys and come together!

Tuesdays – 1-2pm

\$3.00 per family

Begins September 9<sup>th</sup> 2014

### Floor Hockey Drop-in Program Co-Ed - Ages 18-25yrs

Join us Sunday evenings from 7-9pm for a floor hockey drop-in program geared for 18-25 year olds! Bring your own stick (no tape please) and any other safety gear you deem necessary!

\$5.00 per person

Begins September 7<sup>th</sup> 2014

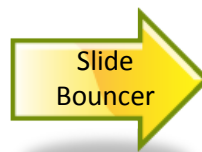
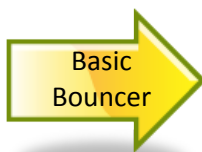
<p><b>Senior Washer Toss Social</b></p> <p>Come out and play indoor washer toss! Play in tournaments or just for fun. Coffee, Tea and Refreshments Available! Spectators Welcome! <u>Fall Washer Toss Dates:</u> Sept 11 &amp; 25 Oct 9 &amp; 23 Nov 6 &amp; 20 Dec 4 &amp; 18 1-3pm \$3 per participant!</p>	<p><b>Senior Pickleball Drop-in</b></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>Thursdays – 10-12pm \$3.00 per participant Begins Sept 11<sup>th</sup> 2014</p>
<p><b>Book Club</b></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 7:00 pm beginning Sept 21<sup>st</sup> 2014.</p> <p>For more information call Joy Murdock at 902-850-2519</p>	<p><b>Hobby Night</b></p> <p>Have you been looking for a place with good lighting, friendly people and lots of space to work on your special project? Whether it's a scrapbook, card making, lesson planning or knitting PRCC is happy to offer a place to bring your project and work amongst friends. Join others on the first Sunday of each month for Hobby Night!</p> <p>Drop-in fee : \$3 – 6-9pm Begins Sept 7<sup>th</sup> 2014</p>
<p><b>Teen Dances – Grade 6-9</b></p> <p>PRCC is happy to be able to offer the youth of our community a social event per month! Mark your calendars!</p> <p>August 20 – 7:30-10pm - \$6.00 September 19 – 7:30-10:30pm - \$6.00 October 24 – 6:30-9:30pm - \$6.00 November 21 – 6:30-9:30pm - \$6.00 December 21 – 6:30-9:30pm - \$6.00</p> <p>Students are required to show ID – Student ID or Health Card as proof of age.</p> <p>These events are chaperoned by adult volunteers from our community!</p>	<p><b>In-service Day Camps at PRCC</b></p> <p><u>Full Day Camps – 7am-6pm</u> <u>Fee: \$28 per day</u></p> <p>Sept 29, Oct 24, Nov 17, Dec 1</p> <p>These camps are open to all students from Grade Primary to Five. Children must bring lunch and 2 snacks.</p>
	<p><b>Youth Sport Drop In</b></p> <p>BJHS students are invited to join us for Youth Sport Drop In 5 days a week for FREE! Monday-Friday 2:15-3:15pm</p>
<p><b>Youth Floor Hockey Drop In</b></p> <p>Students in Grade 10-12 are invited to come play Floor Hockey for FREE!</p> <p>Fridays – 6:30-8pm *NEW TIME*</p> <p>Some excluded dates apply.</p>	<p><b>Comments and Suggestions</b></p> <p>PRCC 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 Coordinator <a href="mailto:Jessica@prospectcommunities.com">Jessica@prospectcommunities.com</a></p>



### Bounce Inflatable Birthday Parties!

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

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



**Questions? Want to book a party?**

**Contact Jessica - 852-2711 or [jessica@prospectcommunities.com](mailto:jessica@prospectcommunities.com)**

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

### 2<sup>nd</sup> Annual Shopping Fair

Are you a direct seller, independent consultant or local business owner? If you have a product to sell, we have an opportunity for you!

PRCC will be hosting our 2<sup>nd</sup> Annual Shopping Fair on November 8<sup>th</sup> 2014!

Exhibitor Criteria:

- Direct seller or local business owner with a product to offer. You have product available to purchase the day of the event or may take orders. Examples: Scentsy, Avon, Regal, Jockey, etc.
- Only 1 independent consultant from each company will be accepted.

Applications are available online at: [www.centre.prospectcommunities.com](http://www.centre.prospectcommunities.com)

Please note: This event is first come, first serve with a limited amount of tables/space available. We will accept all applications until the end of the day on Friday, October 24<sup>th</sup> 2014. Following the deadline, we will notify all successful applicants. Applications will be accepted via email to [Jessica@prospectcommunities.com](mailto:Jessica@prospectcommunities.com)

If you are unsure if your business qualifies or have any questions regarding the event, please contact Jessica!

Jessica Morrissey – 852-2711 – [Jessica@prospectcommunities.com](mailto:Jessica@prospectcommunities.com)

### Donor Recognition Sculpture

Would you like to make a financial contribution to your community centre and have your donation recognized on our Donor Recognition Sculpture? A 1,000 lb, forged iron sculpture has been placed in PRCC's "main street" area for everyone to see and enjoy. It includes 200 metal nameplates that can be inscribed to recognize your financial generosity.

The gift amounts are three-tiered: \$100+, \$500+ and \$1,000.

Pledge forms can be picked up at the PRCC Front Desk.

**Room Rentals Available!**

PRCC has many different rooms available to rent by the hour for any sort of event, program or meeting!  
 Prices displayed are effective April 1<sup>st</sup> 2014.  
 Wedding and Special Event packages also available! More information available online!

Room	½ Room/hour	Full Room/hour
Meeting Room	\$10.00	\$13.00
Kitchen (without use of Centre supplies)	N/A	\$41.00
Multi-purpose	\$18.00	\$35.00
Gym – with equip.	\$23.00	\$42.00
Gym – w/o equip.	\$20.00	\$39.00
Art Room	N/A	\$13.00

**\*\* 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 - \$14 per hour OR full gym - \$26 per hour  
 All rentals are subject to availability.

**Advertise with Prospect Communities!**

**Online:** Banner ads will be displayed on Prospectcommunities.com and the Prospect Road Community Centre website:

- 3 months - \$80
- 6 months - \$135
- 12 months - \$225

**On-Screen:** Your ad will be seen in the most travelled public building in the community! Your ad will be rotated on all the public access computers (6) and 40-inch digital display. All screens are located in heavy traffic areas

- 3 months - \$80
- 6 months - \$135
- 12 months - \$225

[advertising@prospectcommunities.com](mailto:advertising@prospectcommunities.com) – 852-2711

**Items Available for Community Use!**

PRCC has items which are available for community groups, clubs or individuals to borrow and use.

1. Snow Shoes – We have a variety of snow shoes available for use. Sizes available for both children and adults. We have approximately 30 children pairs and 15 adult pairs (great for group outings!)

2. Nordic Walking Poles – We have 12 pairs of Nordic Walking Poles available to use.

These items are free of charge to borrow however should any break while in your care, you or your group will be responsible to replace them. You will be required to sign a borrowing contact agreeing to these rules.

If you or your group are interested in booking these items for use, please contact:

PRCC Front Desk – 852-2711

**Before and After School Program**

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 provided for students attending Atlantic Memorial Terence Bay School for our After School program.

**Hours:**

Before School: 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)

After School: 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)

**Fees:**

- 1 child – Before Only - \$82.00/month
- 1 child – Afternoon Only - \$225.00/month
- 1 child – Before and After - \$291.00/month

\*\* Multiple children pricing available

**Contact Information**

Front Desk – 852-2711

Patricia Ullman – Executive Director

[executivedirector@prospectcommunities.com](mailto:executivedirector@prospectcommunities.com)

Jessica Morrissey – Program Coordinator

[Jessica@prospectcommunities.com](mailto:Jessica@prospectcommunities.com)

Jason Bungay – Technology Coordinator

[Jason@prospectcommunities.com](mailto:Jason@prospectcommunities.com)

David Thomas – Facility Maintenance Manager

[davethomas@prospectcommunities.com](mailto:davethomas@prospectcommunities.com)

**Regular Hours**

Monday-Friday – 8:30-10pm

Saturday and Sunday – 8am – 9pm

**Fitness Centre Hours**

Monday-Friday – 6am-10pm

Saturday and Sunday – 8am-9pm

(6am-8:30am available for cardholders only)

General Policies and Procedures	Snow Storm Policy
<p><u>Payment</u></p> <ul style="list-style-type: none"> <li>➤ Payment is due upon registration for any program or upon booking for room rentals.</li> <li>➤ Payment via credit card is required for all registrations made over the phone.</li> <li>➤ Cash, cheque, credit and debit will be accepted for any registration completed in person.</li> </ul> <p><u>Refunds</u></p> <ul style="list-style-type: none"> <li>➤ 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.</li> <li>➤ In the event that PRCC cancels a program, a full refund or credit on account will be issued for the full amount paid.</li> <li>➤ 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.</li> <li>➤ Refunds or credit on accounts will not be issued in the event a program registrant loses interest in the class or program.</li> <li>➤ 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.</li> </ul>	<ol style="list-style-type: none"> <li>1. If school is closed in the morning our Preschool Program will also be cancelled.</li> <li>2. If school is closed in the morning, we will offer a full day camp for our Before and After School children, including students not enrolled in that program depending on availability. Please call the front desk at 8:30am to confirm availability. The cost is \$28 per day for non-B&amp;A participants.</li> <li>3. For evening programs, we will update our voicemail and website by 3pm if we are cancelling programs. If snow starts after 3pm, please call front desk to confirm if programs are running.</li> </ol> <p>If a program is cancelled due to inclement weather we will attempt to add an additional class to the end of the session. If we are unable to do so, a credit to account will be given for the value of that class upon request.</p> <p><b>Holiday Hours</b></p> <p>Oct 13 &amp; Nov 11 CLOSED</p> <p><b>** Please ensure you check the excluded dates column next to your program.</b></p>
<p align="center"><b>Adult Sport or Fitness Class Drop-in Procedures</b></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"> <li>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.</li> <li>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.</li> <li>3. Present the "proof of payment" ticket to the instructor/volunteer and have fun!</li> </ol> <p 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 align="center"><b>Fees:</b></p> <ul style="list-style-type: none"> <li>• 45 minutes or 1 hour Adult Sport/Fitness Drop-in – \$5 (Early AM, All-In-One, Cardio Blast, Cardio Strengthening, Older Adult Fitness, Cardio&amp;Core, HIIT, )</li> <li>• Specialty Fitness/Yoga - \$7 (Yoga, Yogalates, Yogafit, Zumba, CoreYoga, Line Dancing, Mom and Baby, Cardio Ball Training)</li> <li>• 1.5 hour Adult Sport - \$7</li> <li>• Fitness Kickboxing - \$9</li> </ul>	



## 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

**Contact:** Prospect Road Community Centre  
2141 Prospect Road  
Hatchet Lake, Nova Scotia B3T 1S1  
Phone: 902 852 2711  
Fax: 902 852 2867  
Email at: [admin@prospectcommunities.com](mailto:admin@prospectcommunities.com)  
Visit us at: [www.centre.prospectcommunities.com](http://www.centre.prospectcommunities.com)

**902-852-2711**

**or visit**

**[centre.prospectcommunities.com](http://centre.prospectcommunities.com)**

### ROC Staff:

**Patricia Ullman - Executive Director**  
[executivedirector@prospectcommunities.com](mailto:executivedirector@prospectcommunities.com)

**Jessica Morrissey - Program Coordinator**  
[jessica@prospectcommunities.com](mailto:jessica@prospectcommunities.com)

**David Thomas - Facilities Manager**  
[davethomas@prospectcommunities.com](mailto:davethomas@prospectcommunities.com)

**Jason Bungay - Technology Coordinator**  
[jason@prospectcommunities.com](mailto:jason@prospectcommunities.com)

**Dawn Langille - Kitchen Manager**  
[kitchen@prospectcommunities.com](mailto:kitchen@prospectcommunities.com)

## Terence Bay C@P Hours of Operation

To be determined: Check Website for Fall hours.

**Contact:** Terence Bay C@P  
1714 Lower Prospect Rd  
Terence Bay, NS B3T 1Y6  
Phone: 902-852-2622  
Fax: 902-852-2867  
Email: [jason@prospectcommunities.com](mailto:jason@prospectcommunities.com)  
Visit us at [www.roc.prospectcommunities.com](http://www.roc.prospectcommunities.com)

**902-852-2622**

### Our current Board of Directors are:

- » Jeff Ripley - Chair
- » Barb Allen - Past Chair
- » Liz Amyoony - Vice Chair
- » Victoria Horne - Secretary
- » Kathryn Herbert - Treasurer
- » Christina Masluk - Director
- » Kelly Carlton - Director
- » Courtney Blackburn - Director
- » Lisa Ferguson - Director
- » Lynette Richards - Director
- » Jennifer Bell - Director
- » Iain Rankin, MLA - Director
- » Patricia Ullman - Ex Officio

**Newsletter Editor:** Patricia Ullman & Barb Allen  
**Design / Layout:** Jason Bungay



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