

# Prospective

Volume 17, Issue 1, SPRING 2016



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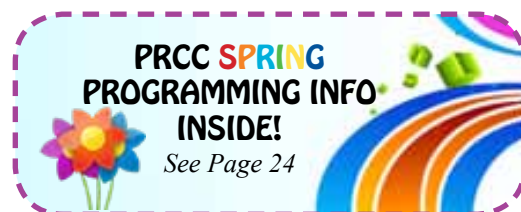
## News from the ROC Executive Director

**By Patricia Ullman**

In the English poet Shelley's *Ode to the West Wind*, he asks, "If Winter comes, can Spring be far behind?" Nova Scotians know that the answer to this is, "Yes."

By the time this issue of the *Prospective* is in your hands, I hope we will be seeing some signs of spring. Right now, though, it's just mid-February and we are having alternating warm and freezing weather, with a couple of decent snow storms. By the time we were able to purchase our new family skating rink with a grant from the Chebucto West Community Health Board, the weather was too nasty to get it set up. So we'll have fun with that next year when we're able to get an earlier start...

*Continued on Page 3*





## PRCC Hours of Operation

### Front Desk

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

### Fitness Centre

Monday - Friday 6:00am - 10pm  
(6:00am - 8:30am Existing Members Only)  
Saturday - Sunday 8:00am - 9:00pm

*Please see attached program flyer for seasonal/holiday hours*

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Visit us at: [www.centre.prospectcommunities.com](http://www.centre.prospectcommunities.com)

**902-852-2711**

**or visit**

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

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Visit us at [www.roc.prospectcommunities.com](http://www.roc.prospectcommunities.com)

### Board of Directors:

- » Nicole Slaunwhite, Chair
- » Scott Guthrie, Vice Chair
- » Cara Lynn Garvock, Secretary
- » Jennifer Bell
- » Caralee Blackburn
- » Lisa Ferguson
- » Al Goodyer
- » Brad Knight
- » Karen Lowery - HRM Liaison
- » Bronwyn MacKinnon - HRM Board Advisor
- » Patricia Ullman - Executive Director (*Ex Officio*)

**Design, Editing & Layout**  
By the Resource Opportunities Centre



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

**Patricia Ullman**  
**Executive Director**  
**Resource Opportunities Centre**

We've been meeting over the winter with the Ecology Action Centre to evaluate the first year of our community garden and to plan its second launch in the spring. Last June, volunteers built 12 raised beds, which, even though we got a late start in the season, were all planted and yielded bushels of wonderful fresh vegetables. There will be a few beds available for new members, so stay tuned for news from this community-run group.

Activities at the Prospect Road Community Centre continue to grow and expand, with more and more people of all ages finding opportunities that interest them. We always invite the community's input for ways in which we can make the centre as helpful and accessible a place as possible. The bi-weekly seniors "Lunch & Learn" program continues to gather 30-40 people who also come to play pickle ball and washer toss each week, and the monthly "Friday Feast" is growing by leaps and bounds. Both of these community meal events are offered for a suggested offering or "pay-what-you-can," so that no one is excluded. Our aim is to increase our ability to offer fresh

foods for purchase and more community meals.

None of these things would be possible without the support of many volunteers from the community. See inside for details about our second annual "Volunteer of the Year" awards, where we recognize outstanding volunteers who provide the services essential for a thriving community.

Among these generous volunteers are the members of the Resource Opportunities Centre Board of Directors, who attend meetings once a month and are currently engaged in a strategic planning process for the organization, along with the staff, community and other engaged stakeholders. It's a pleasure to work with this group who came on board last June and are receiving guidance from HRM's Volunteer Services division.

In January we held a community meeting at our Terence Bay C@P Site to gather ideas for its use, since its original purpose has been outgrown by improved accessibility to technology. We have decided to maintain the space in the TB Elementary School,



but we require more input from anyone who sees ways in which this space might serve Terence Bay and the surrounding communities.

We are also thrilled to be supporting the new "Route 333 Refugee Sponsorship Association," which is meeting at the PRCC weekly and raising the funds required to sponsor refugee families. There is an article about this effort inside this Prospective, along with many other articles about the wonderful things going on in this community. The PRCC is truly "a place for everyone"—all are welcome here.

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



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## News from the Programs & Events Manager

Jessica Morrissey

### Opportunities for Seniors at the Prospect Road Community Centre



Each season we take pride in the number of programs and events we are able to offer for the senior population in our community. From fitness classes to social gatherings, information sessions or bi-weekly meals, these offerings have enriched the lives of those who attend and bring with them many moments of joy and lots of laughter.

Physical activity plays an important role in our programming along with keeping our community active while having fun! In 2013 we received a grant from the Chebucto West Community Health Board to begin a Senior Pickleball program, and within the last year our weekly drop-in has truly gained momentum. We began with one day per week, Thursdays, from 10am-12pm, and recently we have expanded to Monday mornings as well. This drop-in is offered at an accessible rate of \$3.00 per participant and all the equipment is provided. In the Fall of 2015 we hosted our first Pickleball tournament and have plans to host three tournaments per year.

Another important physical activity is our Older Adult Fitness class with instructor Heatheranne Bratty. Offered twice per week on Monday and Friday mornings, this program has been a part of our line-up since our opening in 2010 and has been very well attended. A lighter version of your traditional aerobic class, these sessions offer a cardio and strengthening workout, and Heatheranne strives to add the personal touch of understanding each participant's limitations and abilities.

We have been able to integrate physical activity with social gatherings and bi-weekly meals in our Senior Lunch & Learn program, which has also been made possible thanks to a grant we received from the Chebucto West Community Health Board in 2014. Beginning as a monthly offering, we quickly recognized the need for this program on a bi-weekly basis. On the scheduled Thursday, we begin with one hour of light physical activity or workshop at 11am. Activities have included Nordic Pole Walking, Fitness Centre introductions, Tai Chi, Fall Prevention workshops, and Chair Yoga, to name a few. At 12pm, a nutritious, home-made meal is offered thanks to many volunteers and the hard work of our Kitchen Rep, Dawn Langille. Following lunch, our Technology Coordinator, Jason Bungay, offers help with typing, email, tablets, laptops, cell phones, etc. This

program is offered on a pay-what-you-can model, with a suggested donation of \$5.00 for lunch and activities.

When we aren't hosting our Senior Lunch & Learn, we offer an afternoon of indoor Senior Washer Toss from 1-3pm on every-other Thursday. This social gathering costs \$3.00 per participant to play and includes refreshments.

Lastly, we are proud to be a part of the Prospect Road Jammers community, a grass-roots group that began as a very small group of musicians who came together once a week on Friday evenings to play and sing together. They rapidly gained popularity and have grown to be a large part of the social community for seniors along the Prospect Road. Using PRCC as their main location, the group sees upwards of 80-90 people on any given Friday night and is solely volunteer-organized and funded through donations from the audience members.

All of these opportunities are unique in their own way but similar in the way they bring people of all ages together at the community centre, changing the lives of many. Friendships have been made, and people have been inspired to volunteer and help ensure these offerings continue to grow, or have assisted in the creation of new opportunities. We often hear heart-warming stories of people who, until attending a program or event at the PRCC, rarely left their home and now attend on a weekly or bi-weekly basis, as well as becoming more involved in other opportunities around the community. We are open to all options and are always looking for ways to grow and adapt our opportunities to what captures our community, at any age.

If you would like more information on any of our senior opportunities, please contact any one of our knowledgeable staff.





## Partnering for Success

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

Over the last year we have had the opportunity to support many amazing initiatives happening in our very own communities. We have been fortunate enough to partner with or offer in-kind support to the following local community groups and initiatives:

- » Prospect Road Recreation Association
- » Prospect Road Business Association
- » Prospect Peninsula Residents Association
- » Prospect Old Church Association
- » Council of Community Organizations
- » Route 333 Refugee Sponsorship Association
- » Halifax Regional C@P Association
- » 1st Timberlea Pathfinders & Rangers
- » Prospect Road Crafters Market
- » The Shorelines Project
- » Breastfeeding Support
- » Prospect Road Elementary School PTA
- » Rockingham Refugee Support Group
- » Route 333 Refugee Sponsorship Association
- » Atlantic Memorial Terence Bay School Christmas Fair
- » New Life Community Church
- » Halifax Dunbrack Soccer

- » Chebucto Minor Hockey
- » Nova Scotia Lacrosse
- » ALS Society
- » Caleb J. Doary Memorial Bursary Fund
- » 6th & 7th Annual Purple Day
- » St. Timothy's Food Share Program
- » Salvation Army Angel Tree
- » Prospect Road Community Garden
- » Brookside Community Homeowners Association
- » Community Justice Society of Nova Scotia



### The ROC's 2nd Annual Volunteer Awards

**The date has been set: June 11, 2016 will be the Resource Opportunities Centre's 2nd Annual Volunteer Awards at the Prospect Road Community Centre.**

**With the help of your nominations we will recognize the many volunteers from throughout the Prospect communities.**

**Nomination forms are available online at  
[www.prospectcommunities.com/volunteerawards](http://www.prospectcommunities.com/volunteerawards)**

**Deadline for nominations is Sunday, May 8, 2016.**

**For further information, please email  
[volunteerawards@prospectcommunities.com](mailto:volunteerawards@prospectcommunities.com)**

## Volunteer Opportunities at the Prospect Road Community Centre

As a not-for-profit organization, the **Resource Opportunities Centre** relies on volunteers not only to help facilitate events but also for day-to-day operations. Our volunteers spend countless hours assisting at our Teen Dances, Friday Feasts, Lunch & Learn, seasonal events and community gatherings, performing front desk or custodial duties, and more!

**To all our volunteers, we thank you for your hard work and commitment.**

Without your assistance, the success of many of our programs, events, and daily offerings would not be possible.

If you are interested in applying to become a volunteer at the PRCC, please contact Jessica Morrissey, Programs & Events Manager, at 902-852-2711 or [jessica@prospectcommunities.com](mailto:jessica@prospectcommunities.com).



## Big NEW Things Planned for the St. Margaret's Bay Seniors Association!

The Seniors Association of St. Margaret's Bay is gearing up for a big year. The Association has been busy planning new activities to meet the needs of seniors in the community, and to do what it can to make St. Margaret's Bay a great place to live for all!

"The Bay Treasure Chest Community Fundraiser has created many new opportunities for our organization. We now have a budget for things we had only previously hoped to do," says President Doug Poulton. "We will continue with existing programs and services like monthly meetings, newsletters, the Information Center and the Community Services Database, but will add some new things in hopes of supporting and engaging more seniors."

One of the new initiatives, "Neighbours Helping Neighbours," is the result of discussions and presentations from one of the member meetings held in the fall. The program will look to reach out to homebound seniors in the community. The Association is currently recruiting volunteers to provide assistance. If you have an interest in helping with this program, or know of someone who would benefit, please contact the Seniors Information Center.

Another recent initiative, the Shingles Vaccine Program, has been a great success. The program provided financial assistance to members who receive the Guaranteed Income Supplement (GIS) and do not have a prescription drug plan to cover the cost of the vaccine. The association is looking to expand the program to make it available to more members.

The social committee remains very active. In addition to the regular monthly meetings and Tai Chi classes, a new low impact aerobics class has been started. The class is Friday mornings at the Bay Community Center where Unicorn Theater is located. Also new this year, the association has some excursions in the works. Based on member feedback, planning is underway for



day trips to the Annapolis Royal Historical Gardens, Pier 21, the new Halifax Central Library, and Hope for Wildlife. The Seniors Association will coordinate transportation free of charge for members.

Mark your calendars for the 2016 Bay Expo, Saturday, May 14 at Giant Steps on French Village Station Rd. The event is shaping up to be even bigger and better than last year, a showcase of all that the Bay has to offer including local businesses and services, family activities, arts and crafts, a silent auction, and entertainment. Stay tuned for more details.

For more information on the Seniors Association of St. Margaret's Bay, to register for a program or become a member or volunteer, visit the website: [www.bayseniors.ca](http://www.bayseniors.ca), email: [info@bayseniors.ca](mailto:info@bayseniors.ca), stop by or call the Information Center (902) 820-3334, 5181 St. Margaret's Bay Road, Upper Tantallon (next to the old Pharmasave store at the Crossroads).

## Community Involvement - Girl Guides of Canada

Girl Guides of Canada, known for its contributions to the community as an organization for young girls and women, is very much alive in the Prospect communities and throughout the city of Halifax. From small unit meetings to large-scale group events and fundraising efforts, the Prospect Road Community Centre has established a special connection with the local groups from the Timberlea-Prospect district, and beyond.

Since the PRCC opened in 2010 the 1st Timberlea Pathfinders and Rangers (participants are 12-18 years old) from the Timberlea-Prospect District have contributed countless volunteer hours to many different seasonal events including our annual Christmas Tree Lighting, Breakfast with Santa, and Easter Egg Hunt, just to name a few. This group, lead by Jessica Morrissey, Kim Cormier, Peggy Hennessy and Gillian Morrissey has established this special connection with the Resource Opportunities Centre as a part of their program requirements to serve the community, volunteer, and spread the word about Guiding.

Most recently, the 1st Timberlea Pathfinders and Rangers partnered with the ROC to host the Yuk Yuk's Comedy Show as a fundraiser for their upcoming trip to Switzerland and Iceland in the summer of 2017. Planning began in the Fall of 2014 for this once-in-a-lifetime opportunity to travel internationally, to a World Association of Girl Guides and Girl Scouts (WAGGGS) World Centre in Adelboden, Switzerland. The group, composed of 17 girls and 4 leaders, will travel for a 10-day adventure where they will be immersed in the culture, meet other girls and women from around the world who share their passion for Guiding, and learn many new things about the world around them. The group has spent many hours fundraising, selling cookies, offering services, and hosting events much like the Yuk Yuk's Comedy Show. There is lots of work left to



do, but the group always puts their best foot forward and genuinely appreciates every contribution to their efforts.

The Pathfinders and Rangers aren't the only group who has created connections with the PRCC. Whether you are a Sparks unit visiting for a fun evening in the gymnasium or a large group of over 150 girls and leaders hosting a city-wide sleepover event, to a small group of leaders working on plans for their upcoming meetings and events, the girls and women of our community are up to some amazing things and work diligently to create the best experiences for all who are involved.

Keep your eye out for the next time you see a group of Girl Guides in our community and check out the incredible work they do!



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## Prospect Road Business Association

There are many people who live in the Prospect Road area who have established thriving businesses. We've created the Prospect Road Business Association (PRBA) to connect these local business owners together to provide assistance to one another and strengthen the local business community.

Our mission is to promote and support local businesses and to be a collective voice and advocate for those businesses and the Prospect Road communities. Membership has its benefits! Joining the PRBA gives you access to networking events, admission to the Community Business Directory on our website <http://www.prba.ca/>, an active Facebook page, training sessions on subject matter important to businesses and their owners, and multiple benefits from the Resource Opportunities Centre/Prospect Road Community Centre such as reduced rates on advertising and table rental fees. Membership is \$50 per year.

We are also very pleased to introduce our new logo!



Thank you to Lynette Richards for her hard work on creating our logo design, and Jason Bungay of the Resource Opportunities Centre for digitizing Lynette's creation. Lynette is a local Terence Bay area artist of stained glass. <http://rose-window.com/>

We are always looking for new members, so come and check us out on the 3rd Tuesday of each month at 7:00 p.m. at the Prospect Road Community Centre. Meetings always provide an opportunity for introductions and networking, and we attempt to host experts regularly for learning opportunities and training sessions.

For more information check out our PRBA Facebook page or our website ([www.prba.ca](http://www.prba.ca)) or contact Deb Muise, [debra.muise@f55f.com](mailto:debra.muise@f55f.com).

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

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

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

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

Yes, there will be homework—but the homework is selected to meet your needs not an entire class' agenda. You get it, you move forward—if not—you review. We can help you if you want to help yourself. The class is on Monday from 6-9pm and Thursday from 9am-12pm  
Call Coordinator Deborah Ratcliffe at 225-6320  
or [whrmcln@gmail.com](mailto:whrmcln@gmail.com).





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## Constituency Report

### **Power rates in Nova Scotia are now at their lowest level since 2013.**

Residential customers are seeing their rates reduced by just under one per cent, and rates for small businesses have decreased by more than two per cent. As the MLA for Timberlea-Prospect, I am pleased with this announcement. It is consistent with government's position to implement the province's electricity plan, introduced through legislation in December 2015. With this legislation, we are keeping our commitments to Nova Scotians' and executing a new vision for the province's electricity plan.

**Since taking office I have been advocating in every meeting with the Dept. of Transportation to include improvements for the Prospect Road in the 5 year plan.** Specifically there are areas of increased traffic where the addition of turning lanes would enable a safer flow of traffic.

Understanding that there are many competing demands throughout the Province, I am pleased to inform the community that this project will begin this year adjacent to the Irving gas station on the Prospect Road. I am also encouraged to see the signage by-law now enforced and standardized signs in place, thanks to Councillor Adams.

Local volunteers have set up a 'Community Challenge' clothesline at Prospect Road Community Centre. Stop by and choose a donation amount from the line. Challenge your friends and neighbours to match your contribution! Or visit the Go fund me site <https://www.gofundme.com/rt333refugeeassoc> Every little helps, please show your generosity to our future neighbours and friends.



It was my great pleasure to join members of the Prospect Road Fire Department, the Air Cadets, Councillor Adams and other volunteers to serve at the Whites Lake Legion Annual Seniors Christmas Dinner. Great food, great company, great entertainment and a fabulous turn out!

My satellite office, regularly held on a Tuesday afternoon/evening at the Prospect Road Community Centre, will be closed February 23<sup>rd</sup> for four (4) weeks, reopening March 29<sup>th</sup>. I will be visiting the doors along the Prospect Communities during this time and I am available for individual appointments either at the PRCC or another location. Please call my office to set up a meeting **902-404-7036**

## Breakfast Program at Prospect Road Elementary School

*My name is Melissa Verge, better known as Austin and Addisyn's Mom.*

Each day in my childhood would begin with a healthy breakfast – regardless of whether my sister and I wanted to eat it or not! My favourite was to wake up to tomato and cheese sandwiches. I loved them and my sister hated them! But my dad giving us a good start to our day is a value that I hope I instill in my children today. There are lots of reasons why kids might be hungry in the morning—our lives are so busy and mornings are so rushed. At PRES, we get to slow down a little, share some healthy food, and start the day right, together.

In September I started talking about it with some moms, and school admin were excited about our enthusiasm. A few dedicated moms and their children slowly grew in numbers. We're just at the beginning of the program, and so far we are serving breakfast on Monday, Tuesday, and Wednesday mornings and the kids are already asking when it might expand. Some students are involved in delivering the trays to the classes, where the children all eat together while teachers use this time to read or give the day's instructions.

This is very much a *community project*. Sometimes I can't believe that I had this little idea and so many people have come to the table to support it. We were very fortunate to

have received about half the funding needed from community bridge organizations—a grant of \$2,500 from 'Nourish N.S.' and an additional grant of \$3,000 from Chebucto West Community Health Board. That goes a long way! For the rest, we've asked for support from the community. We would like to thank all the local businesses for continuing to support us by proudly putting our 'Change Buckets' at their cashes. Holt's Take Out continues to donate juice packs, and the Petro Canada in Bayers Lake donates bananas for our banana muffins every week. One family sponsored a breakfast for the school as a thank you gift for their children's teachers at Christmas time. We also have been holding fundraisers in conjunction with school events such as 'BINGO' night, 'Me to We' had a huge 'cereal drive' for the Breakfast Program, and the parents at PRES have been very generous in donating baking ingredients and gift certificates for purchasing perishable items. Fundraising will continue to be an on-going necessity for a project like this one.

We run a year-round vegetable garden at PRES, organized by parent and teacher volunteers. We do three harvests a year and are able to incorporate our beautiful school-grown vegetables into healthy breakfasts! We made 242 'Latkas' for the first day of Hanukkah, all out of potatoes and onions the students grew in the School Garden. The winter harvest will give us carrots and kale



for our various muffin recipes—planted, grown, baked and eaten at PRES by the school community.

We have started a 'Bake with Us' group on Wednesday nights from 6:00-8:30 p.m. at the school with five volunteers. It's a way to give back to our community that's also a lot of fun. I've met so many great people, and we are always looking for help—'many hands make light work.'

My vision at the beginning isn't quite the same as how it all turned out. It's become bigger than just me and my idea, and that's my favourite part. I get to collect little smiles and little questions following me down the halls: "What's for breakfast?" "Thanks for being awesome!" "My favourite are the smoothies!" "Can you make those muffins again?"

I feel honoured to be part of something so wonderful. Thank you so much to everyone who has helped make this a reality.

## Spryfield Farmers' Market Launching in April!

We're excited to announce that Spryfield will be hosting a bi-weekly farmers' market starting this Spring! After the chill of winter passes, Sunday April 17th will see the Walker Golden Age Centre on Herring Cove Rd. alive and bustling with market goers and vendors.

This community market will host a range of vendors, offering fresh produce, meats, baked goods, desserts, coffee, soaps, sewing, and other handmade items. The market will run on Sundays from 12:30-4:30pm every other week until mid-December. It will occasionally play host to musical performers, and plans for short workshops are also in store.

Markets are always a welcoming place to gather, meet the makers, and support sustainable agriculture. With its central location, available parking and accessible facility, as well as ample room for tables indoors and outdoors, this will be a great community space to come chat with new friends and old for years to come.



We are very eager to involve volunteers, so please get in touch to be part of this exciting community event. For more information, check out our website [SpryfieldMarket.ca](http://SpryfieldMarket.ca) or contact [spryfieldmarket@gmail.com](mailto:spryfieldmarket@gmail.com) or (902) 719-8389. Market Steering Committee

*Notes for the communities of Bayside, East Dover & West Dover  
from your MLA Denise Peterson-Rafuse*



**SENIORS BE AWARE!**

The deadline for this message to you was Feb 12, 2016, but you may be reading this several weeks later. I understand that the Minister of Health is considering changes to the recently announced new subscription rates for the seniors' pharmacare program. I hope that some facts which are true while I write this note for you are no longer the case. Contact my office if you have any questions.

On January 15th, 2016, the Nova Scotia provincial government announced that big changes will be made on April 1<sup>st</sup>, 2016 to the Seniors' Pharmacare Program. It is said the new program is a good thing for thousands of seniors. As in most contracts, watch out for the fine print! Like the old saying goes: *"if it sounds too good to be true, then it probably isn't true."*

**FACTS YOU SHOULD KNOW**

**Single people & the GIS**—you will still not pay Pharmacare annual premiums.

**Couples & the GIS**—couples must now pay on a sliding scale, even if one or both are receiving the GIS. If your joint income is over \$26,817 per year, both partners will now pay a pharmacare annual premium.

**Couples penalized under the new system**—a single person with an annual income of \$30,000 will pay \$281 per year; two people living together each with an annual income of \$30,000 will pay \$1,442 per year.

**Thousands of middle income senior couples** will now pay up to \$2,400 per year.

**Many drugs are not covered** under the Seniors' Pharmacare Program. Thousands of senior couples will now pay not only their \$2,400 premiums and their \$764 annual co-pay, but they will also pay for drugs not covered by the program.

**Income used to calculate** Pharmacare Premiums are based on Gross Annual Income, not Taxable Annual Income, which would allow for reasonable deductions such as extraordinary medical costs, spousal nursing home fees, ex-spousal support costs, etc.

A Canada Revenue Consent form has been mailed out but did not specify a return date. Note: if you don't return the form before April 1<sup>st</sup> you may receive an invoice for \$1,200 per year per person.

If you are a senior, soon to be a senior, or a family member of a senior you will be affected by these increases to senior pharmacare costs. I encourage you to tell the Minister of Health ([Health.Minister@novascotia.ca](mailto:Health.Minister@novascotia.ca)) that you do not agree with this increase. Please send me a copy at [denisepetersmla@bellaliant.com](mailto:denisepetersmla@bellaliant.com)

*Thanks to Charlie Zwicker & Georgina Wamback for speaking with me about their concerns of the Senior's Pharmacare Program.*



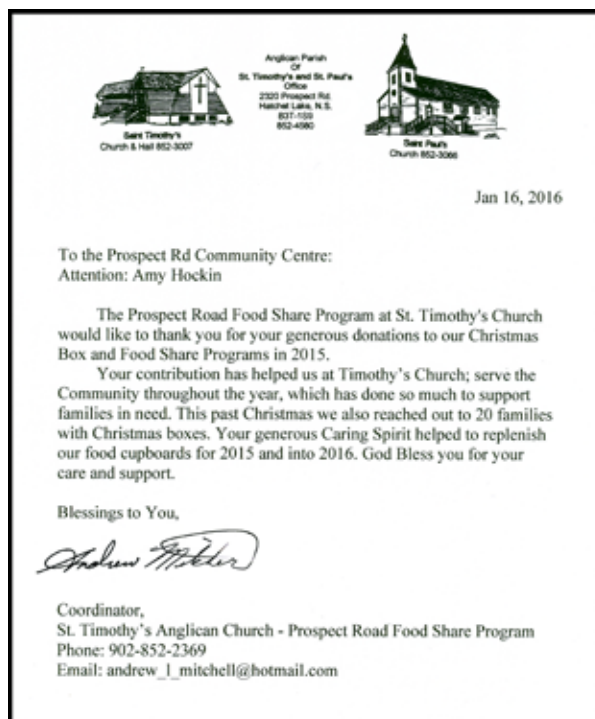
## Prospect Road Food Share

The Resource Opportunities Centre (ROC) was approached early in the holiday season by local resident Travis Humphrey to see if we would be interested in having the Prospect Road Community Centre serve as a drop-off location for non-perishable food items. Travis was initiating a food drive for the local Prospect Road Food Share, the emergency food share program managed by St. Timothy's Church.

We were more than willing to jump on board and support Travis and his family in this very important initiative, and we welcomed them at many of the events held at the Centre throughout the month of December.

On December 17th we made the short trip together to St. Timothy's Church to meet with Rev. Cheryl and drop off the many generous donations the community brought through our doors.

We were so inspired by Travis and his family and the work that Rev. Cheryl and the St. Timothy's parish have been doing with the food share that we are happy to announce that the PRCC will serve as a drop-off location for food donations year-round.



[www.westhalifaxcheer.com](http://www.westhalifaxcheer.com)  
[info@westhalifaxcheer.com](mailto:info@westhalifaxcheer.com)

## March Break Camp Registration NOW OPEN!

WHC also has:

Learn to Cheer & Tumble

Private and Group Lessons

Competitive & Recreational  
All-Star Cheer





## Addicted to sugar? Try this!

**Michelle MacLean**  
Wellness Coach & Nutrition Consultant

I know what it's like to feel addicted to sugar. The constant thoughts about where your next sweet fix is coming from. The energy highs and lows. Daily mood swings. Incessant cravings. And withdrawal symptoms, like headaches, if you try to stop. I spent about 20 years of my life feeling like this and most of my clients tell me this is how they feel.

Many studies have now proven that sugar is in fact an addictive substance, similar to tobacco and illegal drugs. Sugar stimulates the pleasure centre in your brain. When you eat sugar, it triggers the release of dopamine and you experience those good feelings and pleasurable sensations.

But the more and more sugar you eat, the more desensitized the brain gets to it, and you can develop a tolerance. In order to keep getting those same pleasurable feelings, you need to eat more and more. This is how the cycle of cravings and withdrawals happens and you may become addicted.

**The good news is, you can break this addictive cycle. Here's how you do it: Go cold turkey.**

Yup. I know it sounds extreme, but just like other drugs and addictive substances, trying to wean yourself off it slowly is a painful, frustrating and hopeless process. I recommend you pick a date, clean out your pantry and remove all sugars and starchy foods for a period of time. These are the first foods to remove:

1. Candy, soda, and processed junk food
2. Baked goods like cookies, cakes and pies
3. Bread, pasta and grains
4. Alcohol



Some people can break the cycle within a couple of weeks. Others could take between two and three months. But it's so worth it, when your energy starts to come back, your moods balance out, the cravings are gone and you feel in control of your relationship with sweets.

And once you've broken the sugar cycle, you'll likely be able to handle some sugar in moderation. This means saving sugar for special occasions, using better quality or sugar alternatives, and learning to make homemade treats where you control the type and amount of sweetener.

**How does that sound? Do you think it's worth trying?**

I shared this strategy plus a few more success factors for breaking up with sugar, when I spoke to a lovely group of about 30 at the PRCC back in January. Keep your eye out for future free sessions this spring.

## Breastfeeding Support Group

Over the last few months, the Prospect Road Community Centre has been working to ensure we are a family and breastfeeding friendly facility by partnering with Laura MacDougall from Helping Hands Doula. Laura is a birth and postpartum doula and breastfeeding specialist and is offering free breastfeeding support at the Centre.

Laura is there to support new parents and give them the confidence and guidance they need to be successful at breastfeeding. She develops, implements and tracks parents with various breastfeeding plans to meet their unique needs. She provides parents with evidence-based information and the latest skills and techniques on breastfeeding. Most importantly, Laura is there to listen

and support new parents in the postpartum transition.

Not breastfeeding? No problem! We provide a welcome space to all parents with young children to connect with and support one another.

For more information, you can visit the Centre's website, or you can contact Laura directly at 902-448-7226 or visit [www.helpinghandsdoula.ca](http://www.helpinghandsdoula.ca).



## Prospect Road Community Garden a Great Success!

The new community garden at the PRCC had a great first year. Even though we started late, we built 12 beds, bought a shed, and grew things! This was all thanks to many volunteers and funding from the Prospect Road Recreation Association and Councillor Stephen Adams.

This winter we have been meeting with the Ecology Action Centre to organize ourselves for this coming season.

There will be some beds available, so stay tuned for applications! Contact [garden@prospectcommunities.com](mailto:garden@prospectcommunities.com).



## Community Snap Shots



# WANTED

## Previously Loved Computers

( Windows Vista Capable + )



The Resource Opportunities Centre in partnership with Gregory Davis of Brookside Tech Services is soliciting donations of used computers to be refurbished and offered to the community at large.

Now accepting donations for drop-off at the  
Prospect Road Community Centre at 2141 Prospect Road.

*\*\* Computers will be available by application process in order to match a machine to the proper person. Note that there may be a small investment required to purchase accessories such as keyboards & mice.*

*Applications available at the Prospect Road Community Centre and online at: [www.centre.prospectcommunities.com](http://www.centre.prospectcommunities.com) \*\**





## Route 333 Refugee Sponsorship Association

By Allison Lawlor

The generosity of people in the Prospect communities is humbling.

After the Route 333 Refugee Sponsorship Association was formed in January to bring a refugee family from war-torn Syria to the Clayton Park area, we've raised thousands of dollars and are on our way to reaching our fund-raising goal.

Like Canadians across the country, the Route 333 Refugee Sponsorship Association was organized after concerned community members gathered to figure out how they could personally respond to the humanitarian crisis taking place in Syria.

The sponsorship of the refugee family will be a lot of work, but the rewards are immense. By uniting our dispersed Prospect Road community around a central goal and working together, we can give a family, whose life has been shattered by war and terror, a chance at starting a new life in this beautiful and safe part of the world that we call home.

But in order to make that happen, we need to first raise a lot of money! It will take about \$30,000 to cover the living expenses for the family of four during their first year in Canada; this amount includes housing, food and clothing.

As a registered non-profit association, we are working in partnership with the Convention of Atlantic Baptist Churches to apply to sponsor our refugee family through the federal government's refugee sponsorship program.

Our hope is that each community group, school, church and business in the Prospect Road area will unite around this cause. If we do, we think we can achieve amazing things. We hope to raise the money as quickly as possible so we can bring the family to Nova Scotia before this summer.

At the Prospect Road Community Centre, we have created a "giving clothesline" to encourage everyone to give what they can. You can



select the amount you wish to contribute by taking a donation card off the clothesline. (We're hoping for an empty clothesline!)

Contributions can be made online through our GoFundMe site at <https://www.gofundme.com/Rt333RefugeeAssoc> (GoFundMe donations are not eligible for tax receipts), or by cheque made out to the "New Life Community Church - In Trust to the Route 333 Refugee Sponsorship Association," sent c/o Doug Pass, 1600 Prospect Bay Road, N.S., B3T 2B2. Please also include your name and address so that a receipt can be sent to you. Tax receipts can be issued for individual donations over \$25 that are made by cheque.

Thank you, from all of us at the Route 333 Refugee Sponsorship Association. Together we can make a world of difference for one family.

***This issue of Prospective reaches about 3,500 homes between Goodwood and West Dover. If every home gave \$10 to the Route 333 Refugee Sponsorship Association we would achieve our fundraising goal and then some.***

If you'd like to know more, email us at: [route333refugee@gmail.com](mailto:route333refugee@gmail.com).

# Effective & Affordable Print & On-Screen Advertising

Phone 902-852-2711  
or email: [admin@prospectcommunities.com](mailto:admin@prospectcommunities.com)





## Brief History of the Five Bridges Wilderness Heritage Trust

The Five Bridges Wilderness Heritage Trust (FBWHT) was created in 2001 when residents objected to the potential acquisition of Crown Land by a developer. A public meeting was held, and the community voted in favour of retaining the Crown Land in its original state.

Dr. Tom Musial was asked to be the Chair of the new organization, and in 2002 the FBWHT began meeting under the umbrella of the “Council of Community Organizations” (see article following). Over the ensuing years, Dr. Musial and the Board of Directors put together several proposals trying to engage the Department of Natural Resources (DNR) in a dialogue that would see the land protected. A number of community groups with an interest in seeing the Crown Land protected formed a coalition then known as the “Chebucto Peninsula Coalition.” This included numerous communities and special interest groups with a variety of concerns about creating a wilderness area in their backyard.

In 2006 the name of the organization was officially changed to “Five Bridges Wilderness Heritage Trust,” a non-profit registered charitable organization. Membership is \$10 a year and \$15.00 for a family membership.

In 2011, some ten years after beginning our work to keep the public lands in their natural state for public use, the province recognized the Five Bridge Lakes Wilderness Area (FBLWA) which resulted in more than 20,000 acres of Crown Land on the Chebucto Peninsula, bounded by Highways 333 and 103, being protected in perpetuity under the Nova Scotia Wilderness Protection Act.

After the declaration of the FBLWA, the Five Bridge Lakes Wilderness Stewardship Coalition with representatives of the Department of Environment and five member groups (Five Bridges

Wilderness Heritage Trust, St. Margaret's Bay Stewardship Association, Beechville Lakeside Timberlea Rails to Trails, Wooden's River Watershed Environmental Association, and Safety Minded ATV Association) was set up to establish a stewardship plan for the FBLWA. This plan might well be the model that will serve as a template for the stewardship of other wilderness areas throughout the province. Future generations have been provided with an opportunity to enjoy a wilderness area experience within the shadow of the largest metropolitan area in Atlantic Canada. Dr. Musial continues to be actively involved as Chair of the Coalition.



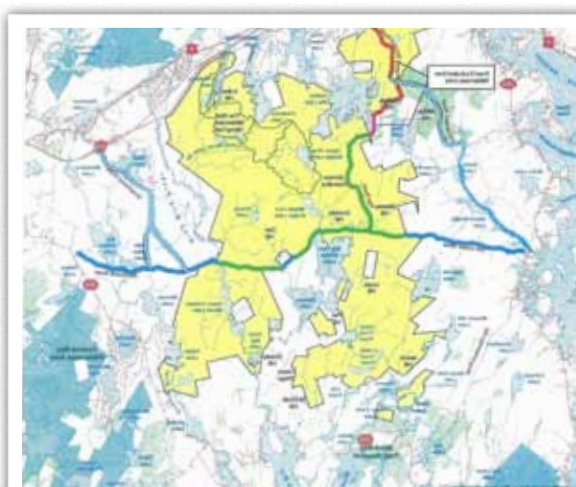
Keeping the public apprised of the attributes of these public lands has resulted in the publication of several pamphlets as well as a film about the FBLWA, information sessions on a variety of topics, and a number of community meetings to update people on matters such as “Buy Back the Mersey.” Through the years we have conducted water studies on several river systems including the Prospect River system and more recently the Nine Mile River. We publish a newsletter called “The Bridge” at least twice a year, which is posted on our website.

Please see updates about our continuing work on the trails at [www.fivebridgestrust.ca](http://www.fivebridgestrust.ca), and on our Facebook page.

## Council of Community Organizations (COCO)

During the early years when the Five Bridges Wilderness Heritage Trust (FBWHT) and others worked to have the Five Bridge Lakes Wilderness Area protected, we believed strongly that we must involve the communities around the Highway 333 loop and those along Hwy 3 and 103. To keep community residents informed of the ongoing discussion with government and others, and to be gaining their input about environmental and planning issues, we began meeting in March 2002 under the umbrella of the Council of Community Organizations (COCO). We now meet in the months of January, March, May, September and November.

COCO meetings are open to everyone and are designed to provide a forum for community group representatives and interested residents to share information about their group's activities, and to discuss environmental and planning issues in their communities. COCO meetings are hosted by different community groups and move from community to community depending on who the host group is. Sometimes there is a speaker, and often our Municipal and Provincial representatives join our meetings. There are no bylaws or other organizational structures but notes are kept and are posted at [www.fivebridgestrust.ca](http://www.fivebridgestrust.ca).



## Prospect Road Recreation Association - Message from the Chair



The Prospect Road Recreation Association has been busy working with groups to finish up community projects and move forward with new ones. We have also welcomed our new Vice Chair, Greg Skelhorn, and have appreciated his dedication to keeping our records up to

date as he is learning procedures with HRM. We also have been assigned a new HRM Accountant due to the retirement of our long time Accountant, Joanne. We wish her well and thank her for her many years of servicing our group and community projects in a very professional manner. We would also like to wish Doug, our HRM Advisor, well wishes on his recent retirement.

We welcome community groups to apply for funding by way of our grant application process no later than April 1st, 2016. Please note that no applications will be accepted after that date, other than youth applications. You can visit [www.prospectcommunities.com](http://www.prospectcommunities.com) to view our updated applications and criteria for applying. We will hold our grants presentation meeting on Wednesday, April 6th, at 7:00 p.m. sharp at the Prospect Road Community Centre.

In the upcoming months we will work through our grant process and move forward with our mowing tender application process.

We invite community groups / members to be added to our email list for meeting updates by messaging [kelly@prospectcommunities.com](mailto:kelly@prospectcommunities.com), and our Secretary will add you.

The Prospect Road Rec Association AGM will be held Monday, May 30th at 7:00 p.m. at the Prospect Road Community Centre.

We thank all community volunteers who dedicate their time and efforts to improving recreation in our community, and we look forward to a successful year ahead!

**Kelly Carlton**

## “Borrow By Mail” – Halifax Library Service available in Prospect Area

‘Borrow by Mail’ is a free service offered by Halifax Libraries to community members in the Prospect area who are eligible for Home Delivery service OR who have no access to transportation in order to visit a library branch. Home Delivery service is offered to anyone with a disability that prevents them from using a branch regularly. Disabilities may include a visual disability, severe arthritis, a heart condition that prevents the client from carrying materials, or caregiver responsibilities. The service can also be used on a temporary basis by someone recovering from an illness or suffering from a medical issue.

Material is mailed in a reusable mailing pouch with a pre-paid postage label that can be used to return the items. There are no overdue fines on anything sent from Borrow by Mail, but customers are responsible for lost or damaged material.

Material is available in regular or large print, DVD, and CD formats. Once customers have registered for the service, there are several ways to select material:

- » Place your own requests on the library’s online Discover catalogue at [discover.halifaxpubliclibraries.ca](http://discover.halifaxpubliclibraries.ca) and select Borrow by Mail as your pickup location
- » Contact staff directly and they will make the requests for you
- » Complete the request form sent to you with each delivery



non-fiction titles mailed to Borrowby Mail clients every two months

- » Staff can select material for you, based on your interests

To find out more about this service or to register, please contact Borrow by Mail at (902) 490-5599 (Long distance: 1-800-565-4414). The office is staffed Monday-Friday, 8:30am – 4pm. You can also contact Borrow by Mail by email at [bxm@halifax.ca](mailto:bxm@halifax.ca)

## Historic Prospect T-Shirts Available by Donation

### Proceeds to support the Prospect Old Church Association (POCA) in buying former church.

The village of Prospect and the surrounding area was settled 250 years ago and stands as a testament to the hard work and stamina of the original settlers and the generations that followed. Yet today the heart and soul of Prospect Village is in jeopardy – our last community gathering place, the former Our Lady of Mount Carmel Church (OLMC) and community hall is listed for sale.

Founded in 1754, Prospect has thrived and struggled over the years, but its residents always persevered as strong as the granite on which they live. In the mid-1800s, Prospect was a booming fishing village and supplied salt and ice to fishing fleets from near and far. In the 1890s, the village was home to nearly 1000 people and had stores, bars and dance halls. There were as many as 40 tall ships in Prospect harbour at the peak of fishing season, and the canneries and fish factories were some of the most advanced along the shore.

Over the years the population of the village dwindled, like so much of rural Nova Scotia, leading to a decline in services. Our young people often have to leave the province, seeking economic security in other areas of Canada. As outlined in the *One Nova Scotia Report*, this presents a stark future unless immediate action is taken to reverse this trend.

Local action is key to the restoration of our province's future. The OLMC property is not only the heart and soul of our village, it can also be a catalyst to ensuring a brighter economic and social environment that will retain and attract new residents and visitors. The Prospect Old Church Association was formed in response to the closure of the church and its imminent sale. We are a group of young professionals living in Prospect and Halifax – the very demographic that the One Nova Scotia Commission calls upon to build the future of Nova Scotia – and we are eager to do so.

We have been working within the local community to discover whether there is the need, desire, and financial capacity to purchase and manage the property. We have found overwhelming support: 96% of residents surveyed want to see the property maintained for community use and to restore and preserve this site.

Please consider donating to save this culturally, historically and environmentally important space. For donations of \$30, you



will receive a free Prospect t-shirt; donors of \$50 will receive two t-shirts. T-shirts are 100% cotton and printed using a stencil "Prospect" that fishermen actually used to mark their fish-boxes in the 1800s!

**Donations can be made by cheque payable to:  
Prospect Old Church Association  
2176 Robie Street, Apt. 2  
Halifax, NS B3K 4M6**

If you would like a t-shirt, please include contact information so that we can contact you to confirm order details.

You may also contact Laura at 902-719-6809 or [prospectvillagers@gmail.com](mailto:prospectvillagers@gmail.com) to discuss other ways to donate.





## News From the PRCC Kitchen

It has been great for the ROC to have the opportunity to offer new healthy eating options for the Prospect Road communities. Since implementing our 'Healthy Eating Plan' last year, we have been challenging ourselves to create and offer delicious, nutritious food that supports local farmers, encourages economical & environmental sustainability - AND celebrates fun & community!

Through the 'Thrive! Healthy Eating Grant' from the Provincial Dept. of Health & Wellness, we were able to add useful equipment to our kitchen inventory. The addition of valuable supplies has profoundly affected our kitchen's functionality and has allowed us to create some really great meals that bring our community together.

Friday Feasts, which typically occur on the first Friday of every month, have been such a great success! Once a month we prepare and serve a tasty, healthy meal made from scratch with real ingredients! The Friday Feasts kicked off last June during the community centre's 5-year anniversary celebrations. Thanks to our many hard-working volunteers, we have hosted a fantastic meal for the community every month since then and look forward to keeping the momentum going. Dinner is served from 5:00-6:30 p.m., and guests are invited to eat-in or take their meals 'to-go.'

The Feast operates on a pay-what-you-can model, with a suggested donation of \$7.00 per serving to cover the costs of ingredients and supplies. If that amount is not within your budget, that is A-okay, and we would love for you to come join us regardless.

As well as our monthly Friday Feasts, every second Thursday we prepare a delightful lunch for our 'Lunch & Learn' program at the Centre. See our "Message from the Programs and Events Manager" on Page 4 for details.

Our other major culinary & nutritional undertaking has been offering healthy meal and snack options from our new Fridge & Freezer. Every day of the week you have access to healthy food to support your healthy living choices. Take a peek at our set-up by the reception desk at our main entrance! You will find a variety of fresh and frozen goods to tickle your tastebuds and satisfy your appetite. Two great local entrepreneurs are offering their goods from our rental shelves - check out Boathouse Bakeshop and Organo Gold and give them a try! \*

\* Other consignors are welcome. Contact [admin@prospectcommunities.com](mailto:admin@prospectcommunities.com) for more information.



## Nova Scotia "Heating Rebate Program"

The Heating Assistance Rebate Program (HARP) provides help to lower-income Nova Scotians with the cost of home heating. You can receive a rebate of up to \$200 if you pay a heating bill at your current address and meet ONE of the following criteria:

- » Live alone with an income of \$27,000 or less;
- » Live with others and have a combined income of \$42,000 or less;
- » Receive Income Assistance from the Department of Community Services, OR;
- » Receive the Guaranteed Income Supplement from Service Canada.

Applications are due by March 31, 2016.

For more information and application forms, see the link below, or come by the **Prospect Road Community Centre** to pick up an application.



<http://www.novascotia.ca/sns/access/individuals/consumer-awareness/heating-assistance-rebate-program.asp>





Light Exercise ~ Nutritional Lunch  
Computer / Gadget Help

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.

**Up Coming Dates:**

April 14th & 28th  
May 12th & 26th  
June 9th & 23rd

**Schedule:**

10am-12pm - Activity  
12pm - Lunch  
12:30 - 2pm - Tech Help

All Ages Welcome - By Donation  
Bring your gadgets!

# *Friday Feast*



***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 suggested donation of \$7 per person or  
pay what you can.

**Spring Feast Dates:**

April 8  
May 6  
June 3











**Registration begins for  
Spring Programs  
Wednesday, March 30 at 9am.  
Register by phone or simply stop by!**  
\*\*Registrations will not be taken via voicemail\*\*

### **Fitness Centre Information**

\*Prices are effective April 1, 2016

	1 Month	3 Months	6 Months	1 Year	10 Visits	20 Visits
Youth (Age 15-18)	\$40.00	\$94.00	\$154.00 \$28/mth	\$222.00 \$23/mth	\$33.00	\$50.00
Adult 19+	\$50.00	\$121.00	\$202.00 \$38/mth	\$298.00 \$28/mth	\$40.00	\$63.00
Senior 55+	\$40.00	\$94.00	\$154.00 \$28/mth	\$222.00 \$23/mth	\$33.00	\$50.00
Partners (2 adults, same address)	\$80.00	\$197.00	\$326.00 \$63/mth	\$472.00 \$48/mth		
Family (2 adults/ 3 youth)		\$328.00	\$429.00 \$80/mth	\$552.00 \$53/mth		

### **Birthday Party Option**

\*Prices are effective April 1, 2016

Type of Party	With/Without Staff	Cost
Sports	With Staff	\$105.00
Dance	With Staff	\$105.00

Bounce Inflatable Party Packages  
also available!



**Lots of exciting events are happening  
at PRCC this Spring!  
Mark your calendars – Save the dates !**

**May 14, 2016 - 5th Annual Floor Hockey  
Tournament**

**June 11, 2016 - The ROC's 2nd Annual Volunteer  
Awards**

**Friday Feast!  
Monthly Community Meal  
Information Inside**

**Stay up-to-date by visiting  
[www.centre.prospectcommunities.com](http://www.centre.prospectcommunities.com)**

**SUMMER  
CAMP  
INFO  
INSIDE!**



## Soccer

<u>Age Group</u>	<u>Day</u>	<u>Time</u>	<u># of weeks</u>	<u>Price</u>	<u>Start Date</u>	<u>Dates Excluded</u>
3-4yrs	Tuesday	6-6:40pm	10	\$43	April 12	
	Thursday	6-6:40pm	10	\$43	April 14	

## 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	13	\$77	April 7	

## 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	\$56	April 13	
8-10yrs	Wednesday	6:45-7:25pm	10	\$56	April 13	
Men's (19yrs+)	Tuesday	8:30-9:55pm	13	\$77	April 5	
	Thursday	8:30-9:55pm	13	\$77	April 7	

## 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	Monday	6-7:25pm	10	\$60	April 11	May 23

## 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+)	Wednesday	7:30-8:55pm	11	\$65	April 13	

## 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	10	\$48	April 13	

## 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	9	\$43	April 18	May 23

## Tai Chi

<u>Age Group / Level</u>	<u>Day</u>	<u>Time</u>	<u># of weeks</u>	<u>Price</u>	<u>Start Date</u>	<u>Dates Excluded</u>
Adult/Beginner	Thursday	1-2pm	8	\$49	April 21	May 26, June 9
Adult/Intermediate	Thursday	2-3pm	8	\$49	April 21	May 26, June 9

## 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	\$43	April 13	
Ballet	4-6yrs	Wednesday	6:15-7pm	10	\$43	April 13	
Jazz & Hip hop	6-9yrs	Wednesday	7-8pm	10	\$47	April 13	

## Belly Dance Lessons - \*Free Trial\* - Wednesday, March 23 - 8-9pm - Registration Required

<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>
16yrs & Up	Wednesday	8-9pm	7	\$60	April 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>
Older Adult Fitness	Monday	9:30-10:30am	9	\$37	April 11	May 16, May 23
	Friday	9:30-10:30am	9	\$37	April 15	May 13, June 3
Cardio & Core	Monday	7-8pm	9	\$45	April 11	May 23, May 30
Barre Fitness	Monday	6-6:45pm	10	\$63	April 11	May 23
High Intensity Interval Training (HIIT)	Tuesday	5:30-6:15pm	11	\$55	April 12	
Cardio Dance	Tuesday	6:15-7:15pm	11	\$55	April 12	
Cardio Kickbox	Thursday	6:30-7:30pm	9	\$56	April 14	May 13, June 2
Step & Pump	Friday	10:30-11:30am	9	\$45	April 14	May 13, June 3
Stroller Fit *NEW*	Friday	9-10am	10	\$85	April 15	

## \*Stroller Fit Free Trial - Friday, March 18 - 9-10am - Registration Required\*

## 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 Yoga	Monday	10:30-11:30am	9	\$57	April 11	May 16, May 23
	Monday	8-9pm	8	\$50	April 18	May 23, May 30
	Friday	11:30-12:30pm	9	\$57	April 15	May 13, June 3
Power Flow Yoga	Tuesday	7:15-8:15pm	11	\$68	April 12	
Supported Yoga	Wednesday	10-11am	10	\$62	April 13	May 11
Yogalates	Wednesday	11am-12pm	10	\$62	April 13	May 11
Yogafit Flow	Thursday	5:30-6:30pm	9	\$57	April 14	May 12, June 2

## 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	9	\$52	April 28	

## FREE Workshops from the Chebucto Community Health Team! Call 902-487-0690 to register

<b>Ready, Set, Move! 4 week program</b> You will learn about the components of a physical activity program and practice skills in stretching, strengthening, and aerobic exercise. <u>Date:</u> March 30, April 6, 13 & 20 <u>Time:</u> 1:30-3:30pm	<b>My Child is Anxious - Should I Worry? 2 week program</b> Learn how to identify early signs of anxious feelings in your children and skills to help them manage everyday anxiety. <u>Date:</u> April 5 & 12 <u>Time:</u> 6-8pm
<b>Discover Your Best Weight - 4 week program</b> Explore strategies to help you to achieve your best weight while living the healthiest lifestyle you can truly enjoy. <u>Date:</u> May 24, 31, June 7 & 14 <u>Time:</u> 6:30-8:30pm	<b>Weight Management &amp; Physical Activity - 2 week program</b> Learn the role that physical activity plays in losing weight and keeping it off. <u>Date:</u> June 21 & 28 <u>Time:</u> 6:30-8:30pm

## Specialty Programs & Events

<p><b>Baby Led Weaning Workshop</b></p> <p>This hour-long workshop will provide an introduction to the theory and implementation of the "Baby Led Weaning" method of food introductions. Instructed by Dr. Jennifer Salib Huber, the workshop will cover the following topics:</p> <ul style="list-style-type: none"> <li>-What is BLW?</li> <li>-Benefits and Risks</li> <li>-Overview of Nutritional Considerations (ie. iron)</li> <li>-How to get started</li> <li>-Discussion around choking and allergies</li> <li>- Open Discussion &amp; Questions</li> </ul> <p><u>Date:</u> April 10, 2016 <u>Time:</u> 10:30-11:30am  <u>Fee:</u> \$15.00 per person  Registration required - Space is limited</p>	<p><b>Infant Massage</b></p> <p>Connect with your baby through nurturing touch! Learn how babies communicate through cues and touch &amp; foster your parenting confidence, allowing you to help your baby relax and sleep, ease physical discomforts such as gas, and build a secure attachment with you. Parents and caregivers are welcome to join us for these new infant massage classes for 4 sessions, 60 minutes in length. All you need to bring is a receiving blanket and your baby.</p> <p>Classes are best for babies ages 6 weeks to pre-crawling.</p> <p>Tuesdays - 9:30-10:30am  4 weeks @ \$75  Begins April 12, 2016</p>
<p><b>Parent and Tot Playgroup</b></p> <p>Open to children up to 5yrs and their parents, this drop-in program will promote socialization, connectivity and physical activity for parents and their little ones!</p> <p>Bring a snack, some toys and stop by with your friends. This is a self-led, drop-in program and participants will have access to our gymnasium equipment.</p> <p>Fridays - 10-11:30am  Drop-in fee: \$3.00 per family  Begins April 8, 2016  Some excluded dates will apply - please check at the PRCC Front Desk for information</p>	<p><b>FREE Breastfeeding Support</b></p> <p>This program, offered in partnership with Laura MacDougall from Helping Hands Doula, brings moms together to get support, advice and learn about breastfeeding. Not breastfeeding? No problem! You are welcome to join &amp; share your experiences and connect with other moms from your community.</p> <p>Mondays - 9:30-11:30am in the PRCC Art Room</p> <p>Laura is a Birth and Postpartum Doula and Breastfeeding Specialist with many years of experience.</p> <p>For additional information, contact Laura at <a href="tel:902-488-7226">902-488-7226</a></p>
<p><b>Youth Sport Drop In</b></p> <p>BJHS students are invited use our gymnasium for unsupervised play during our Youth Sport Drop In 5 days a week for FREE!</p> <p>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 use our gymnasium to play Floor Hockey for FREE!</p> <p>Fridays – 6:30-8pm  Some excluded dates apply</p>
<p><b>Senior Lunch &amp; Learn</b></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!</p> <p>Supported by Chebucto West Community Health Board.  11am-12pm – Physical Activity (varies from week-to-week)  12pm – Lunch  12:30-2pm – Technology help – bring your gadgets!</p> <p><u>Spring Lunch &amp; Learn Dates:</u>  April 14 &amp; 28  May 12 &amp; 26  June 9 &amp; 23</p> <p>Suggested donation of \$5 or pay what you can for the day!</p>	<p><b>Friday Feast - Community Meal</b></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.</p> <p>A suggested donation of \$7 per person or pay what you can.</p> <p><u>Spring Feast Dates:</u>  April 8  May 6  June 3</p>

<p align="center"><b>First Aid Course</b> <b>Emergency First Aid and CPR Level C + AED</b></p> <p align="center"><u>Date:</u> May 28, 2016 <u>Time:</u> 9am-4pm <u>Fee:</u> \$85 per person</p> <p align="center">30 minute lunch break + 2 – 15 minute breaks Lunch &amp; snacks are not provided Bring your own or purchase from our consignment offering (please beware of food allergies)</p> <p align="center">Register at PRCC Front Desk by May 22, 2016</p>	<p align="center"><b>Babysitting Course 11yrs+</b> <b>BLAST – Babysitting Lessons And Safety Training</b></p> <p align="center"><u>Date:</u> April 23, 2016 <u>Time:</u> 9am-4pm <u>Price:</u> \$45 per person</p> <p align="center">30 minute lunch break + 2 – 15 minute breaks Lunch &amp; snacks are not provided Bring your own or purchase from our consignment offering (please beware of food allergies)</p> <p align="center">Register at PRCC Front Desk by April 17, 2016</p>
<p align="center"><b>Senior Washer Toss Social</b></p> <p align="center">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. 1-3pm - \$3 per participant <u>Spring Washer Toss Dates:</u> April 7 &amp; 21 May 5 &amp; 19 June 2, 16 &amp; 30</p>	<p align="center"><b>Senior Pickleball Drop-in</b></p> <p align="center">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. Play at your own pace – make your own teams! All equipment is provided.</p> <p align="center">Mondays &amp; Thursdays – 10am-12pm \$3.00 per participant</p>
<p align="center"><b>Book Club</b></p> <p align="center">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.</p> <p align="center">The Prospect Road Community Centre Book Club meets on the third Sunday of the month at 7:00pm (April 17, May 15, June 19)</p> <p align="center">For more information call Joy Murdock at 902-850-2519</p>	<p align="center"><b>In-service Day Camps at PRCC</b></p> <p align="center"><u>Full Day Camps – 7am-6pm</u> <u>Fee: \$29 per day</u></p> <p align="center">Apr 1, Apr 14, May 13, June 28</p> <p align="center">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 align="center"><b>Teen Dances – Grade 6-9</b></p> <p align="center">The ROC is happy to be able to offer the youth of our community a social event every month! Students are required to show Student ID or Health Card as proof of age. \$6.00 per student - Advance tickets only</p> <p align="center">April 1, 2016 – 7:30-10pm April 29, 2016 – 7:30-10pm May 27, 2016 – 7:30-10pm June 17, 2016 – 7:30-10pm</p> <p align="center">These events are chaperoned by adult volunteers from our community!</p> <p align="center">Please visit our website for full event details, ticket purchasing procedures and more.</p>	<p align="center"><b>FREE Adult Ed Upgrading/GED Classes</b></p> <p align="center">The Western HRM Community Learning Network is happy to be offering FREE classes sponsored by the Dept. of Labor and Advanced Education. Classes take place on Monday evenings from 6-9pm and Thursday mornings from 9-12pm at PRCC – Conference Room.</p> <p align="center">Adults 19 years of age and up have individualized programs developed based on their needs and then are taught in a classroom format. Improve reading, writing, math skills or work on getting a GED---whatever your goals; we are here to help you meet them.</p> <p align="center">For more info call Deborah Ratcliffe @ 225-6320. Registration is on-going.</p>



<p align="center"><b>Before and After School Program</b></p> <p>This program is open to all children in Grade Primary to Five. Transportation is provided for students attending Prospect Road Elementary and children attending school within the Conseil Scolaire Acadien Provincial for both our Before and After School program. Transportation is also provided for students attending Atlantic Memorial Terence Bay School for our After School program.</p> <p align="center"><b>Hours:</b></p> <p><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)</p> <p><u>After School:</u> 2:30-6pm (children are picked up at appropriate dismissal time and escorted to PRCC by program instructors via Prospect Recreation Connector Trail or dropped off by bus for those students attending Atlantic Memorial Terence Bay School or school within the Conseil Scolaire Acadien Provincial)</p> <p align="center">Afternoon snack is provided</p> <p align="center"><b>Fees for 2016/2017:</b></p> <p align="center">1 child – Before Only - \$90.00/month  1 child – Afternoon Only - \$235.00/month  1 child – Before and After - \$302.00/month  ** Multiple children and part-time pricing available**</p> <p align="center"><b>Registration for 2016/2017 begins Monday, May 2, 2016</b></p>	<p align="center"><b>Preschool Program</b></p> <p>This program is open to children ages 3-5yrs who are fully potty-trained. Children will enjoy a structured play environment which will include learning opportunities that will prepare children for Elementary School. Physical activity opportunities are also made available with both indoor and outdoor play. Program runs from September – June.</p> <p align="center"><b>Hours/Days:</b></p> <p align="center">Tuesday AND Thursday  OR  Wednesday AND Friday  9am-12pm</p> <p align="center"><b>Fee for 2016/2017:</b></p> <p align="center">\$105.00/month (2 days per week)</p> <p align="center"><b>Registration for 2016/2017 begins Monday, May 2, 2016</b></p> <p align="center"><b>Donor Recognition Sculpture</b></p> <p>A 1,000 lb, forged iron sculpture by local master blacksmith John Little has been placed in PRCC's "main street" area for everyone to see and enjoy. It includes 200 metal nameplates that can be inscribed in memory of a loved one or in recognition of your contribution. The gift amounts are three-tiered: \$100+, \$500+ and \$1,000. Pledge forms can be picked up at the PRCC Front Desk.</p> <p align="center">Your gifts support our activities for the community.</p>
<p align="center"><b>Advertise with Prospect Communities</b></p> <p><b>In-Print:</b> Your ad will be printed and circulated to over 3,500 homes in throughout the Prospect Communities! Available 4 times per year.</p> <p>Sizing and Price options:</p> <ul style="list-style-type: none"> <li>- Business Card - \$130</li> <li>- 1/2 Page - \$225</li> <li>- Full Page - \$335</li> </ul> <p>Online, on-screen and high visibility options are also available. Coming soon; on-site banner advertisements!</p> <p>For more information contact Amy Hockin – 902-852-2711  <a href="mailto:admin@prospectcommunities.com">admin@prospectcommunities.com</a></p>	<p align="center"><b>Technology Help and Services</b></p> <p>The ROC is happy to offer technology help and IT services to the community.</p> <p align="center">We are able to assist you with:</p> <ul style="list-style-type: none"> <li>- Website development</li> <li>- Computer and technology problems and troubleshooting</li> <li>- Advertisement design</li> <li>- Social media assistance</li> <li>..and MORE!</li> </ul> <p align="center">Prices start at \$35.00 per hour</p> <p>For more information or to book an appointment with our Technology Coordinator, contact Amy Hockin 902-852-2711 or <a href="mailto:admin@prospectcommunities.com">admin@prospectcommunities.com</a></p>

<p style="text-align: center;"><b>Summer Day Camps 2016</b></p> <p>These day camps will be open to all children in Grade Primary to Five (2015/2016 school year)</p> <p style="text-align: center;">Monday to Friday - 8:30am-4:30pm</p> <p style="text-align: center;">July 4 - September 2</p> <p>Children will enjoy many sorts of different daily activities including games, sports, crafts, art, outdoor play and much more!</p> <p><u>Things your child will need for camp:</u></p> <ul style="list-style-type: none"> <li>- Lunch and 2 snacks (peanut free)</li> <li>- Water Bottle</li> <li>- Sun Screen</li> <li>- Bathing Suit/Towel (for sprinkler)</li> <li>- Hat</li> <li>- Change of clothes</li> <li>- Sneakers</li> </ul> <p style="text-align: center;"><b>Fees:</b></p> <p style="text-align: center;">\$119 per week</p> <p style="text-align: center;">\$15 for 7-8:30am (Early Drop off)</p> <p style="text-align: center;">\$10 for 7:30-8:30am (Early Drop off)</p> <p style="text-align: center;">\$10 for 4:30-5:30pm (Late Pick up)</p> <p>Each week will have a different theme which will be available online at a later date.</p>	<p style="text-align: center;"><b>Preschool Summer Day Camp 2016</b></p> <p>These morning camps will be open to all children age 3-5 yrs who are fully potty-trained</p> <p style="text-align: center;">Monday to Friday - 9am-12pm</p> <p style="text-align: center;">July 4 - September 2</p> <p>Children will enjoy many sorts of different daily activities including games, sports, crafts, art, outdoor play and much more!</p> <p><u>Things your child will need for camp:</u></p> <ul style="list-style-type: none"> <li>- Snack (peanut free)</li> <li>- Water bottle</li> <li>- Sun Screen</li> <li>- Hat</li> <li>- Change of Clothes</li> <li>- Sneakers</li> </ul> <p style="text-align: center;"><b>Fee:</b></p> <p style="text-align: center;">\$51.00 per week</p> <p>Each week will have a different theme which will be available online at a later date.</p>
<p style="text-align: center;"><b>Speciality Summer Camps 2016</b></p> <p>We also have plans to offer various Specialty Camps throughout Summer 2016. Details about these camps will be available online at a later date.</p> <p>Visit : <a href="http://www.centre.prospectcommunities.com">www.centre.prospectcommunities.com</a> or Prospect Communities on Facebook frequently for updates.</p> <p style="text-align: center;"><b><u>Registration for all Summer Day Camps will begin on May 2, 2016</u></b></p>	

## Rentals and Bounce Inflatable Birthday Parties

<b>Room Rentals Available</b>  The PRCC has many different rooms available to rent by the hour suited for a variety of events, programs or meetings.  *Prices are effective April 1, 2016	Room	½ Room/hour	Full Room/hour
	Meeting Room	\$14.00	\$20.00
	Kitchen (without use of Centre supplies)	N/A	\$41.00
	Multi-purpose	\$25.00	\$45.00
	Gym – with equip.	\$29.00	\$48.00
	Gym – w/o equip.	\$26.00	\$45.00
	Art Room	N/A	\$20.00

### Wedding and Special Event Bookings

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

#### Wedding Package - \$1150.00

Includes:

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

#### Special Event Packages

Includes:

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

Tier 1 Special Event Package - Up to 75 guests - \$250.00

Tier 2 Special Event Package - Up to 150 guests - \$400.00

Tier 3 Special Event Package - Up to 220 guests - \$550.00

For more information please contact Jessica - 902-852-2711 - [Jessica@prospectcommunities.com](mailto:Jessica@prospectcommunities.com)

### Bounce Inflatable Birthday Parties!

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

<u>Castle Options</u>	<u>Base Package</u> Includes: 1 hour w/castle – 2 hours party room	<u>Use of equipment room</u> Without Staff	<u>Use of equipment room</u> With staff – 1 hour
<u>1 castle – Basic Bouncer</u>	<u>\$175</u>	<u>\$30</u>	<u>\$45</u>
<u>1 castle – Slide Bouncer</u>	<u>\$200</u>	<u>\$30</u>	<u>\$45</u>
<u>2 castles Slide + Bounce</u>	<u>\$350</u>		

\*Prices are effective April 1, 2016

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

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

<p style="text-align: center;"><b>General Policies and Procedures</b></p> <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> </ul> <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;"><b>Holiday Hours</b></p> <p style="text-align: center;">March 25, 2016 - CLOSED March 27, 2016 - CLOSED March 28, 2016 - Open 8:30-5pm May 23, 2016 - Open 8:30-5pm July 1, 2016 - CLOSED</p> <p style="text-align: center;">** Please ensure you check the excluded dates column next to your program.</p> <hr/> <p style="text-align: center;"><b>Comments and Suggestions</b></p> <p style="text-align: center;">The ROC welcomes all comments and suggestions from community members. Do you have a new program you'd like to suggest or teach?</p> <p style="text-align: center;">Please contact Jessica – Program Manager <a href="mailto:Jessica@prospectcommunities.com">Jessica@prospectcommunities.com</a></p> <hr/> <p style="text-align: center;"><b>For more information, contact:</b></p> <p style="text-align: center;">Front Desk – 852-2711</p> <p style="text-align: center;">Patricia Ullman – Executive Director <a href="mailto:executivedirector@prospectcommunities.com">executivedirector@prospectcommunities.com</a> Jessica Morrissey – Program and Events Manager <a href="mailto:Jessica@prospectcommunities.com">Jessica@prospectcommunities.com</a> Amy Hockin – Operations and Finance Manager <a href="mailto:admin@prospectcommunities.com">admin@prospectcommunities.com</a></p>
<p style="text-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 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;"><b>Fees:</b></p> <ul style="list-style-type: none"> <li>• Older Adult Fitness Drop-in – \$5</li> <li>• 45 minute or 1-hour Fitness Class Drop-in - \$6 (Cardio&amp;Core, HIIT, Cardio Dance, Step&amp;Pump)</li> <li>• Line Dancing, Specialty Fitness, Yoga &amp; 1.5 hour Adult Sport - \$7 (Tai Chi, Barre, Cardio Kickbox)</li> <li>• Stoller Fit - \$9</li> </ul> <p style="text-align: center;">*Drop-ins are not available for the Belly Dance Lessons*</p> <p style="text-align: center;">*Prices are effective April 1, 2016</p>	





**COUNCILLOR STEPHEN ADAMS  
DISTRICT 11**

Spryfield - Sambro - Prospect Road

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Home: 902.477.0627

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**HALIFAX**

[halifax.ca](http://halifax.ca)

**311**