

# Prospective

Volume 22, Issue 1, FALL 2018



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## News from the ROC Executive Director

By Shirley Jollimore

Another summer has flown by, and we're back to our regular routine. The ROC Board took a well-deserved break this summer following our annual general meeting in June, and we resume our meeting schedule in September.

We have space on the board for new members! We'd love to see some representation on the board from our local business community, the Goodwood area, or anyone with an interest in the ROC. Our board is advisory in its nature, assisting in strategic planning and governance, and is not an operational board. We meet monthly on the fourth Monday.

If you are interested, please drop in to the PRCC and speak with me; I'd be happy to give you an overview.

...

*Continued on Page 3*





## PRCC:

Prospect Road Community Centre  
2141 Prospect Road  
Hatchet Lake, Nova Scotia B3T 1S1  
Fax: 902 852 2867  
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(6:00am - 8:30am Existing Members Only)  
Saturday - Sunday 8:00am - 9:00pm  
Please see attached program flyer for seasonal/holiday hours

## ROC Staff:

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## About Our Advertising:

*The advertisements and community articles printed within this publication in no way reflect the views of our organization.*

*Paid advertising allows the ROC, a not for profit, community development organization, to offset some of the production costs of the publication, and allows us to connect the Prospect Communities from Goodwood to West Dover and beyond.*

*Community articles, of a non-advertising nature, are accepted free of charge and supports our vision, mission and strategic plan.*

*Please reach out to [admin@prospectcommunities.com](mailto:admin@prospectcommunities.com) to be added to our community organization list or advertising list to ensure you are notified of future opportunities.*

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

We received some wonderful news this month that the Prospect Communities will receive the Community Spirit Award from the Lieutenant Governor on October 29. The application included the entire Prospect Road area, and was submitted in the spring, with input from a number of local organizations and individuals. The Prospect Road Recreation Association, the S.S. Atlantic Heritage Society, the Route 333 Refugee Association, The Village Green Recreation Society, the ROC staff and Barb Allen all contributed content for the application, and the provincial review committee selected ours as one of four successful entrants from across the province. Plans are underway for a celebration that will showcase some of the great things the Prospect Communities have to offer. Save the Date: October 29, early evening at the PRCC! Stay tuned for more information!



One of the activities I'm most excited for this fall is the launch of our Prospect Communities Roundtable. We've heard from many local organizations that they wish they had more information about what other groups had planned, so that they could avoid double-booking and duplication, or even work together on common projects or events. Starting in September at the PRCC, we'll host a monthly opportunity for local community groups and non-profits to come together and share what they are working on, if they have ideas that could use some partnership, or they need a sounding board to get feedback on activities they have planned. This will be a great way to learn about other organizations in our community and what events are planned. In the interest of space, we'd ask that only one representative from each group attend, and come prepared to

share your planned activities and events. We've booked a couple of dates to start, and the group can decide from there how they wish to continue. Mark the following dates in your calendar, and join us at the RoundTable: September 17, October 15 and November 19. 6:30-8 PM in the Art Room at PRCC. Space will be limited, so please email [executivedirector@prospectcommunities.com](mailto:executivedirector@prospectcommunities.com) to RSVP!

Finally, we're thrilled to have broken ground on the outdoor multisport court next to the path to Prospect Road Elementary School. Funded through multi-year contributions from the Prospect Road Recreation Association and a generous grant from Communities, Culture and Heritage through the provincial government, we're expecting the work to be completed in early to mid September. We've waited a long time to have this phase of development completed, and we can't wait to see it in use!

Cooler nights, beautiful fall colours, and community. It's my favorite combination. I can't wait for the fall harvest season, to see the bounty our Nova Scotian farmers bring to our market, and to learn about all the great things other organizations have underway. Happy fall and a safe 'back to school' season to everyone in our community!



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Canadian Mental  
Health Association  
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## **20<sup>th</sup> Annual Mosaic for Mental Health Art Exhibition and Sale “Celebrating Art and Community”**

Now in its 20th year, our Mosaic for Mental Health Art Exhibition and Sale, promotes mental health for all and supports the resilience, recovery and well-being of people living with mental illness. Artists of all ages and skill levels are invited to donate 6” x 6” works of art. The artwork is put on display and sold to raise awareness and support the social programs of CMHA Halifax-Dartmouth Branch.

Artists can drop by our Storefront Office at 2020 Gottingen Street, Halifax to pick up art tiles (Monday-Friday, 9:30 am - 5:00 pm). The deadline for submissions to be included on our annual poster is September 17<sup>th</sup>, 2018 and October 3<sup>rd</sup> is the final deadline for submissions. The theme this year is “Celebrating Art & Community” but artists do not have to respond to the theme.

Opening Night of the 2018 Mosaic for Mental Health takes place on October 11<sup>th</sup>, 2018 at The Craig Gallery, Alderney Landing, Dartmouth Waterfront. You are invited to enjoy a reception featuring a wide array of art created by artists who care about mental health and mental illness. There will be hundreds of Mosaic Art Tiles on sale for \$25. The Mosaic tiles will continue to be on display and sold up until October 28<sup>th</sup>, 2018, including Nocturne, October 13<sup>th</sup>, 6 pm - midnight. We will also have silent auction pieces on display during the Exhibition.

CMHA Halifax-Dartmouth Branch is a champion for mental health. We support the resilience and recovery/well-being of people living with mental illness through our social programs, our support services, and through the provision of information, resources, referrals and advocacy in a space that is inclusive, safe, and respectful. We strive to create an environment of hope, to reduce stigma, and to promote mental health for all. Our social programs include; Sharing and Caring Social Club, Among Friends Social Club, Building Bridges Program and Mental Health Community Coffee House. Our CMHA Vision is “mentally healthy people in a healthy society”.

Check out our website at <http://www.cmhahldart.ca> for more details. You can also find us on social media @CMHAHalDart or call our office @ 902 455-5445.

# PROSPECT VILLAGE GHOST WALK

Back by popular request for a second year, the Prospect Players are presenting the Prospect Village Ghost Walk. Last year more than 160 brave souls formed the audience and wandered from haunting tale to the next, in search of an evening with a touch of fun and fright.

This fall, the Ghost Walk is September 7 and 8, at the corner of Prospect Bay Road and Cove Road from 7:00-9:00. It is staged under the evening and night sky, and proceeds along a comfortable walking route to various locations where you will hear history, haunting, horror and humour.

Tickets are available at the performance for \$10. Dress for a cool evening. Wear comfortable shoes. Bring a flashlight. Performances are "weather permitting". Rain dates are September 14 and 15. If in doubt, or if you have questions, contact us through email or our website for updates.

Prospect Players are an informally organized group of theatre aficionados. Plays, variety shows, storytelling, puppet shows, and concerts have been popular in Prospect as long as The Village has existed. These have brought neighbouring community members and people from away to the small village and created a family of those who enjoy community theatre.

Community theatre offers the audience an opportunity to look beyond their lives, to visit unexpected places, to laugh, to cry, to ponder and to imagine. It offers the participants an opportunity to unleash their artistic spirit in creating a work of art for the enjoyment of others, as well as for themselves.

**Contact:**

[prospectplayers@hotmail.com](mailto:prospectplayers@hotmail.com)  
[prospectplayers.weebly.com](http://prospectplayers.weebly.com)



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## HALIFAX RAGGED LAKE COMPOSTING FACILITY COMMUNITY LIAISON COMMITTEE

The Ragged Lake Source Separated Organics Composting Facility at 61 Evergreen Place (Facility) is owned by the Halifax Regional Municipality and is operated by AIM Environmental Group (AIM). In the operation of the Facility, both the Municipality and AIM strive for the Facility to be a good neighbour in the community.

The Facility itself has been designed to minimize potential operational impacts such as odour, noise, dust and traffic. While the Municipality is currently evaluating future long-term options for managing its organic waste materials, it is important the existing Facility be operated safely, compliantly and efficiently; all while minimizing impacts to residents and other stakeholders.

Both the Municipality and AIM recognize the value of residents', businesses' and the general community's participation on Committees and have established a Community Liaison Committee (CLC) to allow for information transfer related to the on-going operations of the Facility. This committee has been active since November 2017.

The purpose of the Committee is to act as an advisory body to AIM by providing input on existing or potential concerns of the community with respect to the Facility's activities; and to represent the community's interest by providing an avenue for the mutual exchange of information between the Municipality, AIM and the community with respect to any existing or potential environmental effects of the Facility or its activities.

The CLC is currently made up of eight representatives from the local community, HRM and AIM. The active CLC Members are:

Public: Maureen Yeadon, Frank Johnston, Bob Dooley.

HRM: HRM Councillor Steve Adams, Matt Keliher and Krista Flanagan.

AIM: Dennis Perlotto and Darren Evans.

The CLC meets quarterly and documentation related to the CLC can be found at the following link:

<http://aimgroup.ca/en/community-liaison-committee-documents/>

To contact any member of the CLC and/or to provide feedback regarding the facility and its operations to AIM Environmental Group, the Municipality, or the CLC, please email [raggedlakeclc@aimgroup.ca](mailto:raggedlakeclc@aimgroup.ca) or call 902-876-5185.

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## The Prospect Communities Farmers Market Update!

*Produce grown in Prospect and beyond, breakfast sandwiches, eggs benny, gourmet coffee – oh my!*

Market season is in full swing and the fall harvest is upon us bringing even more fruits, veggies and amazing products to the Prospect Communities. This year we have been lucky to have Higbee's Berry Farm and Forties River Farm return, and have added Mount Denson Blueberry Farm and Edible Earth Farm (who grows produce right here in the Prospect Communities!) join our vendor team. Between these farmers we have an amazing assortment of berries, fruit, veggies, eggs, and meats every second Sunday. In addition to the amazing samosas, butter chicken and other hot tasty meal options Brother K has to offer we have also opened the kitchen window, just ahead of opening the market, from 10:30 am-1pm to serve homemade breakfast sandwiches (\$4) and Eggs Benedict (\$6.50) - we even have gluten free options! The only way to make it better is to grab a gourmet coffee from the Raven Espresso Boutique's mobile coffee truck on your way inside (or a sample from Stone Poste Cidery), and grab a seat in the café area and listen to some amazing live music.

Season 2 of the Prospect Communities Farmers Market, which began in May, has been a year of reflection, transition and growth. You may have spotted our dedicated road sign at the PRCC which indicates the date of each upcoming market, our interior sign above the multi-purpose room, our social media posts or one of the many online profiles through the various organizations who support farmers markets such as Select Nova Scotia.

Earlier this year, Amy Hockin, ROC Operations and Finance Manager, was accepted into the Community Food Leader Program offered by the Ecology Action Centre. The program has provided many tools and supports to help us grow and improve the market. Our goal is to bring even more locally grown produce to the Prospect Communities and to provide an opportunity for residents to develop relationships directly with farmers, producers and local crafts people.

Without the support of the community, projects such as the Farmers' Market can't be successful. We want you to come and shop at the market, meet local growers, producers and craftspeople and enjoy the market experience. In order to do that we need to ensure we are meeting the needs of the community, we need your help to improve the market experience and have launched an online and paper survey, which is available at the market, to collect feedback and inform our decisions.



We also want to express our gratitude to Marian Munroe. Marian was instrumental in getting the farmers' market off the ground, and worked as our Market Coordinator in season one and two. At the end of July Marian decided to step back from coordination, and has worked to train and support our new Market Coordinator, local resident, Erin Poorooshasb. We are so grateful for all that Marian has done for our market in the Prospect Communities. We wish Marian luck on her next adventure (but don't be surprised if you see her as a vendor on occasion at our market!) and extend a warm welcome to Erin as she transitions into the Market Coordinator role.

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

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

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

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

Yes, there will be homework--but the homework is selected to meet your needs not an entire class' agenda. You get it, you move forward--if not--you review. We can help you if you want to help yourself. The class is on Monday from 6-9pm

Call Coordinator Deborah Ratcliffe at 225-6320

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**9th Annual Prospect Road Crafters Market**

**Saturday, October 20th, 2018**  
**10am to 4pm**

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

Prospect Road Community Centre  
2141 Prospect Road, Hatchet Lake  
www.craftersmarket.prospectcommunities.com

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## An Update from the PRCC Kitchen

*Turkey layered with gravy, homemade eggrolls covered in homemade plum sauce, fajitas sizzling with flavour and chicken skewers hot off the grill;* these are just a few examples of what we have tasted in the past year during our Friday Feast community meals. But, let's not forget the shepherd's pie, turkey soup, spaghetti & meatballs or BLT sandwiches that we've tasted during our Lunch & Learn program either. And should we mention the breakfast sandwiches and homemade eggs benney now being served during the bi-weekly Farmers Market? It's without a doubt that our kitchen is flourishing and bellies are filling with hearty, homemade meals fit for a King or Queen.

Many hands make light work when it comes to preparing, serving and cleaning up from these exciting events. Without the help of some amazing community volunteers, serving over 1500 meals per year would not be possible. From slicing & dicing, to scrubbing & stacking and everything in between, our team of volunteers have spent countless hours in our kitchen and we are thankful for each and every one of them. Preparing meals for the community is a special task and one met with such joy & pleasure that we encourage anyone looking for a rewarding volunteer experience to get involved. There are lots of laughs, challenges and celebration when a meal is so successful that we sell out in a mere 15 minutes (our apologies to anyone who missed out on the Chinese-themed feast - we'll be back this Fall with much, much more food on hand!)

Starting this Fall we are happy to announce we will add one more meal event to our line up; stay tuned for Savour Saturdays. Once per month we will host a 50yrs+ event with a meal, live music and cash bar. This idea came to life following our large Easter Dinner for seniors that was hosted in March 2018. Once the meal was over, participants were hoping for something more; a chance to relax, enjoy the music and continue on with their conversations and laughter. We surveyed the crowd and the idea of Savour Saturdays came to life.



**Mark your calendars because you won't want to miss this:**

- ✓ Saturday, September 22 - Menu: Shepherd's Pie
- ✓ Saturday, October 20 - Menu: Chicken Pot Pie
- ✓ Saturday, November 24 - Menu: Ham & Scalloped Potatoes

**If you are interested in becoming a volunteer for either Friday Feast, Lunch & Learn or Savour Saturdays events, please contact Jessica, Programs & Events Manager, at [jessica@prospectcommunities.com](mailto:jessica@prospectcommunities.com). Volunteer opportunities are available during the day or evenings.**



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## The Terence Bay Fire Hall – Surplus? Or Something Spectacular?

Together, we have taken a major step towards obtaining community ownership of the Terence Bay Fire Hall – to transform it into our own Community Hall!

The municipality has declared that the Hall located at 80 Sandy Cove Road is “surplus” and is offering non-profit groups the first option to buy it, before selling it at market value.

The Terence Bay Community Hall Association has submitted a request to take it over and the decision now rests with HRM.

The submission to HRM was thoughtfully prepared based on outcomes from the Annual General Meeting in May (check out the photo!), informed by a community survey, and involved many committee meetings and consultations over the summer.

In the submission, we described many of the activities that we could organize together as a community to serve the needs of the community and to raise the money needed to operate and maintain the Hall. These events and programming will all rely upon the help of volunteers – perhaps someone like you!

The Fire Hall has an amazing history. It was built through community fundraising, on land donated by a community member, and has been lovingly maintained. It is a part of many memories and is an important part of the lives of many community members today.

We are hopeful the municipality will announce their decision before Christmas. We hope so because we have a New Year’s Party to plan! And a grand opening...and a bingo...and bi-monthly bingos...and dances... What activities might you like to take part in bringing to life? Put yourself in the picture!

*Excerpt from our submission:*

“The communities of Terence Bay, Lower Prospect, and surrounding areas are alive with vibrant activity that’s contributing to the life of area residents in very positive ways; a true spirit of volunteerism, collaboration and community pride is present here. The Terence Bay Community Hall Association is excited about its



potential to build on that spirit in our work within the community, and in collaboration with the municipality.”

The Community Hall will only thrive if the community uses it and volunteers continue to step forward and make things happen, as they have for so many years. It will need our time, and lots of positive energy. Its success is up to all of us!

Let us know what excites you about the Hall and how you may like to participate.

[Tbcha2018@gmail.com](mailto:Tbcha2018@gmail.com)

*Thank you everyone!*  
 Terence Bay Community Hall Association

## 4th Annual ROC Volunteer Awards

On June 20th the ROC celebrated our 20th anniversary with an ice cream social and making the occasion even more special we handed out our Annual Volunteer Awards to some very deserving members of the Prospect Communities.

The following community members were nominated and received formal recognition from ROC Chair Al Goodyer, ROC Executive Director, Shirley Jollimore, and Councilor Stephen Adams:

- » Village Green Recreation Society
- » Friday Feast Community Meal Volunteers - Theresa Connors, Gerri Hamilton, Corinne Umlah, Gale Esbaugh, Kathrine Ingram, Mary Lou Veinott & Colin Veinott
- » Terence Bay Community Hall Volunteers - Gail Slaunwhite, Jean Slaunwhite, Alice Ryan, Cheryl Harrie & Heather Wilcox
- » Prospect Bulls Basketball - Myra Hum

### The Barb Allen Volunteer of the Year

This year the award was presented to a community-minded individual who has been described as having “the most positive attitude & can see the best in everybody & every situation; she is a mover & shaker. She is enthusiastic, upbeat, open, welcoming & appreciative “.

As a mom, she has become a keen & passionate advocate for the Terence Bay Site of Atlantic Memorial Terence Bay School. She is responsible for convincing the powers that be to give Terence Bay School the exterior improvements it needed & is currently working on improvements to the playground at the same site. The call to leadership was great & she responded in a massive way for the community.

She is now the Chair of the newly elected Terence Bay Community Hall Association Board of Directors, who have recently submitted their proposal to HRM to take ownership of the Terence Bay Fire Hall. It is with great pride that we formally announce that Carol Anne Smith is the 2018 recipient of the Barb Allen Volunteer of the Year Award.

### The Wayne Hamilton Above & Beyond Community (ABC) Award

This year the award was presented to someone who saw an opportunity and took the bull by the horns for the betterment of our community. Among many other commitments in her life, she found the time to volunteer her talents to ensure the community meals, hosted at the PRCC, continued to be available for all to enjoy. From January 2017 to March 2018, she spent



countless hours volunteering to help prepare and serve meals, playing a key role in volunteer recruitment and organization. Over this 14 month period, she went Above & Beyond for our community, creating exciting menus like our holiday Turkey Dinner, Mexican Friday Fiesta and Chinese Food buffet that only lasted 20 minutes before selling out!

It is with great pleasure that we presented this award to Kelly Carlton in 2018, for her leadership, enthusiasm and dedication to the Prospect Communities.

We extend our heartfelt thanks and appreciation to all of the recognized individuals. You make the Prospect Communities the BEST place!



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## What is the Village Green Recreation Society?

The Village Green Recreation Society is a 20 year-old registered charity, set up by folks in the McGrath's Cove/East Dover/Scotts Point area of the Prospect Road to provide recreational and social activities for community residents. It helps care for HRM's Village Green Park and also has ownership of the East Dover Community Hall. "How does it do that?", you ask. Well, anyone can join the team of volunteers who meet once-a-month to plan activities and find ways to keep the park and hall maintained and functioning. Right now, the team has members from East Dover, Black Duck Run, Scotts Point, West Dover and Indian Harbour too! We have lots of laughs and fun exchanging ideas at our two-hour meetings, and accomplish a few things too.

We aim for events and activities that bring community members together and increase pride in the area. The spring litter pick-up was attended by 30 residents, young and old, who bonded nicely while walking the roads, finding and picking up lots of horrid items! Through assistance from the ROC and a federal grant they were awarded, our hall hosted luncheons during the duller days of April – one offering first aid instruction, another with the lively toe-tapping sounds of "The Bedford Fiddlers". St Paddy's Night Out and the Prospect Jammers jam session, with bbq food canteen, were all opportunities for residents to meet and celebrate right in their own community.

The community hall has provided the area with a much-needed gathering space. Library afternoons have partially helped fill the gap left when the Bookmobile stopped visiting, and Rosary afternoons give residents comfort now that there's no village church. Our

MLA Hugh MacKay uses the hall for Community Connections meetings to update residents on happenings in the Legislature. Then there are evening card games, guitar lessons, yoga, birthday parties, and other activities that keep us connected.

Out on the Park, the society was fortunate in the spring to obtain grant money and have new picnic tables built. A proper flagpole was installed too. During the 21st annual Park Day event in June, our councillor Stephen Adams and our MP Bernadette Jordan raised both the Canada flag and the youth-designed Village Green flag on the new pole to signal the grand opening of this day-long community celebration. Food and fun prevailed, with entertainment by the musical quartet "Put the Kettle On", amazing gymnastics by "West Halifax Cheer", face painting by Heidi, and of course a bouncy "Mickey Fun Park" to keep the youngsters expending lots of energy!

Back inside the hall, now that fall is here, there are lots of upcoming events – stay tuned!



## PRCC Teen Dances

For many years the Prospect Road Community Centre has hosted monthly Teen Dance events for youth in grade 6 to 9. We have grown these events from small crowds of less than 50 participants to over 200 during some of our largest events. Over the last few years we've discovered a need to tighten policies and procedures to ensure the youth in attendance have a safe environment and best experience possible.

These events are open to youth not only from the Prospect Communities but beyond as well. The camaraderie that appears when youth from all different schools come together in one place is electric; giving youth the chance to spread their wings and meet new people from outside their own school community. The dynamic of having youth from grade 6 to 9 in the same space, enjoying music they love is also heartwarming; especially when you see a grade 9 student teaching a grade 6 student this month's latest dance moves.

Teen dances are not without their challenges; we have a zero-tolerance policy for any disruptive or inappropriate behaviour, inappropriate displays of affection, disrespectful behaviour as well as underage intoxication. When a rule is broken, any of the following may occur: parents

will be contacted, incident reports may be completed, parents/guardians will be contacted to come collect the individual and/or the individual may not be permitted to attend future teen dance events. We ask teens to follow a modest dress-code and visible undergarments will not be permitted. These rules are in place to ensure the safety and security of all youth in our care during these events and are taken very seriously by our staff and volunteers.

Due to the popularity of these events, we have instituted a strict procedure for event ticket sales. We have set a maximum capacity for these events, again with the safety and security of all youth in our care in mind. Ticket sales open a minimum of 7 days prior to each event and the deadline for ticket sales is always the Thursday prior to the event at 10pm. Tickets will not be sold the day of the event and tickets are not transferable. This procedure allows for the accurate collection of information about each ticket holder and allows us time to prepare for the event according to the number of tickets sold.

These events would not be possible without the dedicated volunteers who help make these events a great success. Our volunteers take time from their Friday evenings to



ensure youth have a safe space to be themselves and we are very thankful for the guidance they provide. We are always looking for additional helping hands during these events, so, if you're 19yrs+ with a passion for helping youth we'd love to hear from you. Sorry parents/guardians for Jr. High students, we keep this space parent/guardian free! Email Jessica, Programs & Events Manager at [jessica@prospectcommunities.com](mailto:jessica@prospectcommunities.com) for more details.

For the full list of details regarding the policies/procedures in place for these events, please visit our website at: [www.centre.prospectcommunities.com/events/teen-dance](http://www.centre.prospectcommunities.com/events/teen-dance)

## PRCC - Youth Sport Drop-In

As school returns so does our Youth Sport Drop In (YSDI) program at the Prospect Road Community Centre. Since its inception, this program has seen a growth in popularity due to the convenience of youth being able to walk to the PRCC after school. Monday through Friday we open the gymnasium to youth for 1 hour, from 2:15-3:15pm, as an unsupervised play space, where they will have access to balls and equipment to create their own teams and games. Excluded dates do apply, where the program will not be available for youth, on a bi-weekly basis due to other programs being offered and are posted monthly on the gymnasium doors for the youth to view.

Once 3:15pm arrives, youth are asked to clean up their equipment as we prepare for the arrival of our large After School Program. In the past, youth have used the time following the YSDI program as a social opportunity to hang out with friends at the

PRCC. This has not been without its fair share of challenges for the PRCC staff. We have experienced on several occasions large messes of food wrappers being left behind by youth using our street area, along with loud conversations involving inappropriate language and content being over heard by the many young children using our facility at the same time. In some cases, fights, arguments and rough housing has taken place, along with running in and out of the facility, all of which are not acceptable behaviours in our public space. If youth are found acting inappropriately or disrespecting our space, they may be asked to leave the facility and/or parents/guardians may be contacted regarding their behaviours.

As the ROC/ PRCC is operated as a not-for-profit community organization, we do not have the day-time staff capacity to offer supervision to the youth who visit during the after-school hours. These youth are left to

use the facility on their own accord and we understand that in some instances this is the first time youth are being left to their own devices, away from parental supervision. We are prepared to offer guidance and ensure youth are aware of our expectations, however, we ask that parents/guardians explain to their youth that the PRCC is a public space to be enjoyed by the entire community and must be respected as a place of business.

We are proud to be a space that the youth enjoy; we will continue to offer the YSDI program and youth are welcome to use the public space as long as it is used in a respectful manner.



**PRCC 2018/2019  
AFTER SCHOOL PROGRAM  
&  
PRESCHOOL PROGRAM**

**NEW! PRESCHOOL NOW AVAILABLE 5 DAYS PER WEEK**



**LIMITED SPACE AVAILABLE  
CALL (902)852-2711 TO REGISTER**

## Historical Beginnings - 9th Annual Prospect Road Crafters' Market

It all began with the Prospect Road Craft Crawl, where local crafters opened their homes for 15 years to offer handmade products for sale in the fall of every year. We felt it was important to have the event to draw people and tourists to our communities, to see our villages with the breathtaking views, and to experience the hospitality of our people.

When we heard that we were going to have our own Community Centre in 2010, the community was all abuzz! We discussed the concept of having everyone under one roof! The friendship of the crafters, and the welcoming of citizens and guests are important to us. Every year, the committee makes a donation to the Community Centre, as well as other volunteer organizations that have contributed to the success of the Market. What better way to give back to the community, our community.

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

In the spirit of cooperation with the Prospect Road Community Centre, our organizing team has been working hard to making our Crafters' Market the success that it is today. Over the past couple of years, we have been lucky to receive the following accolades: Prospect Communities Volunteer Award 2016, Commendation

from the Nova Scotia House of Assembly in 2016 & 2017, and a Congratulatory Message from the House of Commons. Needless to say, we thrive on serving our communities through craft.

We even have our own website:

[www.craftersmarket.prospectcommunities.com](http://www.craftersmarket.prospectcommunities.com)



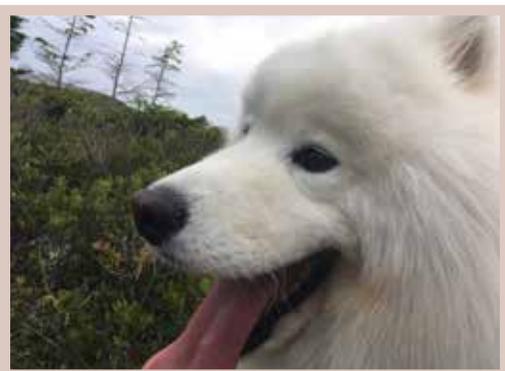
This year, we are holding the Crafters' Market on October 20, 2018, from 10:00am to 4:00pm. Admission and parking are free.

While at the Market, sit a while to enjoy the music of the "Jammers," and stop to have some lunch prepared by members of St. Timothy's Church. There is a bank machine on the premises, and there is a door prize with craft donations from the committee membership. So, mark your calendar, and come for the day to see what your community has to offer.

*See you there!*



### An Evening Hike at Polly Cove



# PRCC BACK TO SCHOOL FITNESS SPECIALS

STOP BY THE PRCC BEFORE  
OCTOBER 15TH!

SENIOR & YOUTH DISCOUNTS ARE AVAILABLE

NOTE THAT SPECIALS ARE NOT ELIGIBLE FOR  
MONTHLY PAYMENT PLANS & MUST BE PAID IN  
FULL AT THE TIME OF PURCHASE

20 VISIT  
PASS  
REG \$65

5 FREE  
VISITS

6 MONTH  
REG \$210

1 MONTH  
FREE

1 YEAR  
REG \$310

2 MONTHS  
FREE

## The Timberlea Prospect Youth Council

The Timberlea Prospect Youth Council is a group of youth ages 12 to 24 formed from an idea from our MLA Iain Rankin. His idea was to form a group that would advocate for issues that youth think should be addressed in the provincial riding (of course being Timberlea-Prospect). As a part of the Youth Council members have the opportunity to attend community meetings to discuss issues in our provincial riding, and hear exciting presentations. Past presenters included Thomas Trappenberg (Leader of the Green Party of NS) and Iain Rankin (MLA for Timberlea Prospect). The youth council is completely Non-Partisan.

The organizing committee is made up three local youth, Logan Henderson, Anna Gaudet, and Rose Gillam.

If you would like to join the youth council call or text Logan at 902-448-9175. You can also like us on Facebook by searching the Timberlea Prospect Youth Council or follow us on Instagram at [@tp\\_youth](#). I hope to hear from you soon!

### HEY TIMBERLEA-PROSPECT YOUTH!

AS I'M MOVING INTO MY NEW ROLE AS ADVISOR FOR THE YOUTH COUNCIL I WANT TO TAKE A MOMENT TO ASK WHAT YOU GUYS WOULD LIKE TO SEE FROM US. WHAT ACTIVITIES OR ORGANIZATIONS SHOULD OUR GROUP BECOME MORE INVOLVED WITH?

HOW WOULD YOU LIKE TO SEE US FACILITATING YOUTH ENGAGEMENT IN OUR COMMUNITY? LET US KNOW! YOUR VOICES ARE INCREDIBLY IMPORTANT TO US.

DROP BY A MEETING TO SAY HI, OR SHOOT LOGAN A TEXT IF YOU HAVE ANY IDEAS.

- ANNA GAUDET  
TIMBERLEA-PROSPECT YOUTH COUNCIL ADVISOR



Members of the Youth Council,  
Anna Gaudet and Logan Henderson.

# WE'RE LOOKING FOR GREAT PEOPLE TO JOIN OUR TEAM!

VISIT [WWW.PROSPECTCOMMUNITIES.COM](http://WWW.PROSPECTCOMMUNITIES.COM)  
SELECT THE PRCC LOGO &  
ABOUT US - EMPLOYMENT TAB FOR ALL OF  
THE DETAILS

**EMPLOYMENT  
OPPORTUNITIES**  
CUSTODIAL SUPPORT STAFF  
BEFORE & AFTER SCHOOL  
INSTRUCTOR

**VOLUNTEER  
OPPORTUNITIES**  
COMMUNITY MEALS  
TEEN DANCES  
FRONT DESK

# The Prospect Road Recreation Association

## Submitted by Kelly Carlton, Chair

We are so excited to see the construction of the multi-sport court located on the Prospect Road Community Centre property well underway! The Prospect Road Recreation Association (PRRA), along with other contributors, have been patiently waiting for this day since 2010 when the PRCC opened its doors. This project was part of the original master plan as created by the Prospect Road Community Centre Steering Committee, the active group who over saw the construction of the PRCC, and the city of Halifax.

This multi-use court will not only benefit the youth in our community but it will support many programs that our senior residents are involved in as well. I can see our youth enjoying ball hockey and basketball and our active seniors playing outdoor pickle ball. There will be so many uses all of which will be a great compliment to the infrastructure of the Prospect Road Community Centre and surrounding communities.

We are also happy to see a half-court sport pad, located at Wendy's Meadow Park in Brookside, come to life this summer. This will be another great area for children to have a game with their buddies. This park is a beautiful green space that the Brookside Community Homeowners Association has been working on. I commend their members for all the great projects they accomplish in the Brookside area.

This summer we have supported our standing orders within the larger community as follows: Port-a-Potties for all sports

fields, some green spaces, Terence Bay River Park and Terence Bay Wharf; field lighting at Brookside Junior High for the baseball community as well as the light at Terence Bay River Park and have worked again this summer as the management partner with HRM on the mowing contract throughout our community for fields and green spaces.

In May we hosted our annual meeting where community groups/organizations came together with their applications for the 2018/19 area rate funds.

### The results are as follows:

#### Youth Support:

The PRRA supported over a dozen youth in our community to play at a National level in their respective sport. We wish all the baseball, basketball, lacrosse and hockey players a great season and congratulate them on all of their achievements. You made the Prospect Communities proud!

#### Terence Bay Community Hall:

\$10,000 - approval made in principle (subject to successful application of ownership transfer to the Terence Bay Community Hall Association)

#### The Village Green Recreation Society:

\$3000 to support programs at the community hall and park.

#### Resource Opportunities Centre:

\$15,000 to support operations

#### Prospect Road Community Centre:

\$5,300 to purchase a class-set of Spin bikes for new programming.



#### Terence Bay Playground:

\$10,000 towards construction of a new playground

#### Prospect Peninsula Residents Association:

\$10,000 towards construction at Seaview Park

#### Prospect Road Elementary School:

\$5000 towards a swing addition to new playground.

#### Chebucto Minor Hockey:

\$2000 unanimously approved for goalie gear to be loaned out to players wishing to try the position.

The Prospect Road Recreation Association meets once a month from September to June, if you would like to be added to our mailing list for more details and meeting dates please email [Kelly@prospectcommunities.com](mailto:Kelly@prospectcommunities.com)

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## Hearn Island...It is our own piece of Paradise

We can swim, boat, kayak, picnic, camp and enjoy those incredible sunny days throughout the summer and boating season. Bringing your kids to this island is one of the most incredible perks of living in the Prospect Communities; just the thought of having this island to enjoy is a blessing.

Unfortunately this year there has been a great deal of destruction; tree cutting, garbage, broken glass and general disrespect to this wonderful community asset.

We encourage residents, visitors and boaters to leave the island in the beauty in which you found it. Pick up all recyclables, garbage and toilet paper, and when you are finished enjoying the day, please take one last look around before leaving to ensure you are "leaving no trace".

Hearn Island is a popular destination for both locals and visitors alike, let's give it the love and care it deserves to ensure it is around for many more generations to enjoy.



## AFTER ALMOST 20 YEARS . . .

After almost 20 years of community efforts to save the Terence Bay Lighthouse, and three years after it was deemed a Canadian Heritage Lighthouse (29 May 2015), repairs are being carried out by the Federal Department of Fisheries and Oceans/Coast Guard (July-Aug 2018)!

Using the blueprint of the original lighthouse design from 1903, they will replicate the original top, removed when the automation of lighthouses began in the mid-twentieth century.

Whether you were born-and-bred in Terence Bay, also call the coastal community 'home', or are one of folks everywhere who value culture, heritage, and community as shared public responsibilities – the repairs to the Terence Bay Lighthouse are cause for us all to celebrate. Many people deserve thanks, and have themselves to thank, for their loyalty to this community effort: neighbours and relatives, friends of the Terence Bay light and other lighthouses, elected government representatives, public servants, engineers, carpenters – too many to name and many likely unknown.

Some of the diverse actions these community-minded people took in reaching this historic moment are: letter- and report-writing, researching, submitting applications, pre-hurricane repairs, running and attending meetings and annual Lighthouse Day, baking, path-clearing, fund-raising, designing logo and other promotional goods, community and government advocacy for heritage lighthouses locally and globally, etc., etc. All the folks who care and support the survival of this 'pepper-pot' treasure at the mouth of Terence Bay have this moment as thanks for everything they have done.

This long, sometimes frustrating process of advocating to save the Terence Bay Lighthouse represents what heritage lighthouses have always represented. Lighthouses worldwide stand for the enduring



value of what happens when good folks work amiably, equitably, and faithfully together for a common good. The fact that this unique Heritage Lighthouse will continue as a working light, on its original site, and join all lighthouses that are sustained as a public trust fulfills the goal of Canada's Heritage Lighthouse Protection Act (in force 29 May 2010). And, more importantly, it restores people's faith in the democratic process. So many can be grateful for so much, with reawakened hope for the future of community-minded social action!

Don't forget Lighthouse Day in Terence Bay (est. 2001), always the Sunday after Labour Day, weather permitting. This year we have special cause to celebrate!

See you Sunday, Sept 9, 2018.

(Rain date – Sept 16, 2018.)



**The Fall Harvest is Coming to the Prospect  
Communities!**



**PROSPECT COMMUNITIES  
FARMERS MARKET**

**Sept 9th & 23rd**

**Oct 7th & Oct 21st**

**We're Now Serving Brunch!  
Breakfast Sandwiches & Eggs Benny  
10:30am - 1pm**

*gluten-free options available*

**Sundays bi-weekly, 11am- 3pm  
Prospect Road Community Centre**

**visit [www.prospectcommunities.com](http://www.prospectcommunities.com)  
for additional details**



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

**Fitness Centre Information**

**Birthday Party Options**

	1 Month	3 Months	6 Months	1 Year	10 Visits	20 Visits
Youth (Age 15-18)	\$42.00	\$98.00	\$160.00 \$30/mth	\$231.00 \$25/mth	\$35.00	\$52.00
Adult 19+	\$52.00	\$126.00	\$210.00 \$40/mth	\$310.00 \$30/mth	\$42.00	\$65.00
Senior 55+	\$42.00	\$98.00	\$160.00 \$30/mth	\$231.00 \$25/mth	\$35.00	\$52.00
Partners (2 adults, same address)	\$84.00	\$205.00	\$340.00 \$65/mth	\$491.00 \$50/mth		
Family (2 adults/ 3 youth)		\$342.00	\$447.00 \$82/mth	\$575.00 \$55/mth		

Type of Party	Details - 2 hours total	Cost
Sports	1 hour play, 1 hour party	\$115.00
Dance	1 hour dance, 1 hour party	\$115.00
Bounce Castle	Basic castle	\$175.00
Bounce Castle	Slide castle	\$200.00

\*Contact us for full party details\*

***Savour Saturdays is coming!***

**You've asked and we've listened; join us once per month for a  
50yrs+ event including a  
buffet meal, live music and cash bar!**

**Save the dates:**

**September 22 - Menu: Shepherd's Pie**

**October 20 - Menu: Chicken Pot Pie**

**November 24 - Menu: Ham and Scalloped Potatoes**

**5-11pm - \$10 donation or pay-what-you-can**

## 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	\$48	Sept 18	
	Thursday	6-6:40pm	10	\$48	Sept 20	

## Basketball

<u>Age Group</u>	<u>Day</u>	<u>Time</u>	<u># of weeks</u>	<u>Price</u>	<u>Start Date</u>	<u>Dates Excluded</u>
Men's (19yrs+)	Thursday	7-8:25pm	14	\$87	Sept 13	

## 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>
5-8yrs	Wednesday	6-6:40pm	10	\$59	Sept 19	Oct 31
9-13yrs	Wednesday	6:45-7:25pm	10	\$59	Sept 19	Oct 31
Men's (19yrs+)	Tuesday	8:30-9:55pm	14	\$87	Sept 11	
	Thursday	8:30-9:55pm	14	\$87	Sept 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	\$48	Sept 19	Oct 31
Jazz & Hip Hop	6-9yrs	Wednesday	6:15-7pm	10	\$53	Sept 19	Oct 31

## Martial Arts

<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>
Taekwondo	5-12yrs	Monday	6-6:45pm	10	\$53	Sept 17	Oct 8, Nov 12
Parent/Child Karate	7yrs+	Wednesday	6-6:30pm	10	\$36 per participant	Sept 19	Oct 31

## Line Dancing

<u>Age Group</u>	<u>Day</u>	<u>Time</u>	<u># of weeks</u>	<u>Price</u>	<u>Start Date</u>	<u>Dates Excluded</u>
Adult	Thursday	10am-12pm	12	\$74	Sept 13	

## Trial Fitness Classes - Fall 2018 - Try before you buy - \$4.00 drop-ins! \*Spin exceptions apply

<u>Friday, Sept 7:</u>	Strength & Length - 9:30-10:15am Yoga - 10:15-11am
<u>Saturday, Sept 8:</u>	Spin - 8-8:45am (\$7.00 drop in, registration required) Saturday AM Circuit - 9-9:45am Spin - 10-10:45am (\$7.00 drop in, registration required)
<u>Monday, Sept 10:</u>	Barre Fitness - 5:30-6:15pm Spin - 6:30-7pm (\$5.00 drop in, registration required) Spin - 7:15-7:45pm (\$5.00 drop in, registration required)
<u>Tuesday, Sept 11:</u>	Kettlebell Circuit - 5:30-6:15pm Yoga - 6:15-7pm
<u>Wednesday, Sept 12:</u>	Yoga for Strength - 9:30-10:30am
<u>Thursday, Sept 13:</u>	Total Body Circuit - 5:30-6:15pm Barre Fitness - 6:15-7pm Spin - 7:15-7:45pm (\$5.00 drop in, registration required)

## 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>
<b>Barre Fitness</b>	Monday	5:30-6:15pm	11	\$73	Sept 17	Oct 8, Nov 12
	Thursday	6:15-7pm	12	\$80	Sept 20	Oct 25
<b>Spin Class</b>	Monday	6:30-7pm	11	\$95	Sept 17	Oct 8, Nov 12
		7:15-7:45pm	11	\$95	Sept 17	Oct 8, Nov 12
	Thursday	7:15-7:45pm	12	\$104	Sept 20	Oct 25
	Saturday	8-8:45am	11	\$115	Sept 22	Oct 20
		10-10:45am	11	\$115	Sept 22	Oct 20
<b>Kettlebell Circuit</b>	Tuesday	5:30-6:15pm	13	\$86	Sept 18	
<b>Total Body Circuit</b>	Thursday	5:30-6:15pm	12	\$80	Sept 20	Oct 25
<b>Strength &amp; Length</b>	Friday	9:30-10:15am	13	\$68	Sept 21	
<b>Saturday AM Circuit</b>	Saturday	9-9:45am	11	\$73	Sept 22	Oct 20

## 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>
<b>Evening Yoga</b>	Tuesday	6:15-7pm	13	\$86	Sept 18	
<b>Yoga for Strength</b>	Wednesday	9:30-10:30am	13	\$86	Sept 19	
<b>Yoga</b>	Friday	10:15-11am	13	\$86	Sept 21	
<b>Supported Yin Yoga</b>	Wednesday	10:30-11:30am	7	\$46	Oct 31	

## Specialty Programs & Events

<p><b>Acrylic Painting for Beginners</b> Tuesdays - 10am-12pm 10 weeks - Begins September 19 \$90.00 per participant Visit our website for the full program description, information about the instructor and supply list!</p>	<p><b>Intro to Knitting</b> Mondays - 10-11:30am 6 weeks - Begins September 17 (excludes Oct 8) \$70.00 per participant (supplies included) Visit our website for the full program description and information about the instructor.</p>
<p><b>Restorative Yoga Nidra Workshop</b> Release tension and stress by learning the yoga practice for ultimate relaxation. Instructor Laurel Schut will lead you through a 60 minute restorative yoga practice followed by a 30 minute guided deep relaxation. Open to all fitness levels; no yoga experience necessary. If you've never practiced Yoga Nidra before, it's a good idea to bring a warm sweater, socks, eye pillow, and small blanket with you to keep warm and cozy. Sunday, Sept 9 Sunday, Oct 14 Sunday, Nov 18 Sunday, Dec 9 5:30-7pm - \$12.00 per workshop - Registration required</p>	<p><b>Youth Sport Drop In</b> BJHS students are invited use our gymnasium for unsupervised play during our Youth Sport Drop In 5 days a week for FREE! *Indoor sneakers required* Monday-Friday 2:15-3:15pm Excluded dates when the gymnasium will not be available: Sept 6 &amp; 20 Oct 4 &amp; 18 Nov 1, 15 &amp; 29 Dec 6 &amp; 20 *additional excluded dates may arise*</p>

<p align="center"><b>Senior Washer Toss Social</b></p> <p>Come and play indoor washer toss! This social event includes a light snack, lots of laughter and some healthy competition. Spectators are always welcome.</p> <p align="center">1-3pm - \$3 per participant</p> <p align="center"><u>Fall Washer Toss Dates:</u></p> <p align="center">Sept 6 &amp; 20 Oct 4 &amp; 18 Nov 1, 15 &amp; 29 Dec 6 &amp; 20</p>	<p align="center"><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 align="center">Play at your own pace – make your own teams! All equipment is provided.</p> <p align="center">Mondays, Thursdays &amp; Fridays – 10am-12pm \$3.00 per participant</p>
<p align="center"><b>Senior Lunch &amp; Learn</b></p> <p>This unique program includes light exercise, a nutritional lunch and computer/gadget help, all while having fun and socializing!</p> <p>11am-12pm – Physical Activity (varies from week-to-week) 12pm – Lunch 12:30-2pm – Technology help – bring your gadgets!</p> <p align="center"><u>Fall Lunch &amp; Learn Dates:</u></p> <p align="center">Sept 13 &amp; 27 Oct 11 &amp; 25 Nov 8 &amp; 22 Dec 13</p> <p>Suggested donation of \$5 or pay what you can for the day!</p>	<p align="center"><b>Friday Feast - Community Meal</b></p> <p>Join us for our monthly Community Meal! Let us make you a nutritious, home-made meal – Enjoy it with neighbours, friends or family. Gluten-free, and take-out options are always available.</p> <p align="center">A suggested donation of \$7 per person or pay what you can.</p> <p align="center"><u>Fall Feast Dates &amp; Menu Themes:</u></p> <p align="center">Sept 7 - BBQ Oct 5 - Mexican Nov 2 - Chinese Dec 7 - Turkey Dinner</p>
<p align="center"><b>Teen Dances – Grade 6-9</b></p> <p>The ROC is happy to be able to offer the youth of our community a social event every month at the PRCC! Students are required to show Student ID or Health Card as proof of age both at time of ticket purchase and admittance.</p> <p align="center">\$7.00 per student - Advance tickets only</p> <p align="center"><u>Fall Teen Dance Dates:</u></p> <p align="center">Sept 28 Oct 26 Nov 23 Dec 14</p> <p>These events are chaperoned by adult volunteers from our community!</p> <p>Please visit our website for full event details, ticket purchasing procedures and more.</p>	<p align="center"><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 in your community.</p> <p align="center">Mondays - 9-10am *Please call before coming to confirm Laura will be available.</p> <p>Laura is a Birth and Postpartum Doula and Breastfeeding Specialist with many years of experience. For additional information, contact Laura at <a href="tel:902-488-7226">902-488-7226</a></p>

**Sportball**  
SPORTS INSTRUCTION FOR AIDS

**SPORTBALL PROGRAMS**

IN PARTNERSHIP WITH

**ROC**  
RESOURCE OPPORTUNITIES CENTRE

**COMMUNITY CENTRE**

**COMING WINTER 2019!**

**PARENT/CHILD**  
SPORTBALL PARENT & CHILD PROGRAMS HELP PRE-SCHOOLERS TO IMPROVE THEIR MOTOR SKILLS, SUCH AS BALANCE AND COORDINATION, AS WELL AS DEVELOP THEIR SOCIAL SKILLS SUCH AS CONFIDENCE, FOLLOWING INSTRUCTIONS, TURN-TAKING AND SHARING. COACHES INTRODUCE A DIFFERENT SPORT EACH CLASS USING DEVELOPMENTALLY APPROPRIATE GAMES AND ACTIVITIES.

**ADULT/SPORT**  
REFINE, REHEARSE, REPEAT. MULTI-SPORT CLASSES ARE THE HEART OF SPORTBALL PROGRAMMING. COACHES FOCUS ON THE BASIC SKILLS COMMON TO ALL SPORTS LIKE BALANCE, COORDINATION, STAMINA AND TEAMWORK IN A FUN, SUPPORTIVE, NON-COMPETITIVE SETTING THAT EMPHASIZES TEAMWORK. EACH CLASS FOCUSES ON ONE OF EIGHT DIFFERENT POPULAR SPORTS: HOCKEY, SOCCER, FOOTBALL, BASKETBALL, BASKETBALL, VOLLEYBALL, GOLF AND TENNIS.

<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, Atlantic Memorial Terence Bay Elementary and children attending school within the Conseil Scolaire Acadien Provincial for both our Before and 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 the Prospect Recreation Connector Trail or by bus for those students attending AMTB Elementary or school within the Conseil Scolaire Acadien Provincial)</p> <p><u>After School:</u> 3-6pm (children are picked up at appropriate dismissal time and escorted to PRCC by program instructors via the Prospect Recreation Connector Trail or dropped off by bus for those students attending AMTB Elementary or school within the Conseil Scolaire Acadien Provincial)</p> <p align="center">Afternoon snack is provided</p> <p align="center"><b>Fees for 2018/2019:</b></p> <p>1 child – Before Only - \$97.00/month  1 child – Afternoon Only - \$245.00/month  1 child – Before and After - \$316.00/month  ** Multiple children and part-time pricing available**</p> <p align="center"><b>Limited space remains for 2018/19 school year</b></p>	<p align="center"><b>Preschool Program</b></p> <p align="center"><b>*We're growing! New age limits + 5-days per week!*</b></p> <p>Starting in September 2018, this program will now be open to children 2.5 years until school-age. Children must turn 2 years before April 1, 2018 and have started to show interest in potty-training.</p> <p>Children will enjoy a structured play environment which will include learning opportunities that will prepare children for Elementary School. Our curriculum includes daily crafts, science exposure, music &amp; circle time, fine &amp; gross motor skill building, special events and holiday celebrations. Physical activity opportunities are also made available with both indoor and outdoor play. Program includes morning snack and all program materials.</p> <p align="center">Program runs from September 2018 – June 2019.</p> <p align="center"><b>Hours/Days - New options available!</b></p> <p>The program will run from 9am-12pm, daily, Monday to Friday. Participants have the option to register for full-time or part-time.</p> <p align="center"><b>Fees for 2018/2019:</b></p> <p>1 child - 1 day per week - \$67.00/month  1 child - 2 days per week - \$120.00/month  1 child - 3 days per week - \$174.00/month  1 child - 4 days per week - \$227.00/month  1 child - 5 days per week - \$280.00/month  ** Multiple children pricing available **</p> <p align="center"><b>Limited space remains for 2018/19 school year</b></p>
<p align="center"><b>Indoor Walking Club @ PRCC</b></p> <p>Stop by the PRCC Gymnasium and take a long walk around the gymnasium - rain or shine!</p> <p align="center">10 laps = 1 km!</p> <p align="center">Tuesday, Wednesday &amp; Friday  9am-10am</p> <p align="center">\$2.00 or pay-what-you-can donation  Begins September 11, 2018</p>	<p align="center"><b>Get your GED for FREE!</b></p> <p>This program offers individualized programming to help upgrade your skills in literacy and numeracy as you focus on obtaining a GED. Taught by certified experienced teachers, this program offers continual intake and flexible work schedules. Classroom work located at the Prospect Road Community Centre - classes are ongoing, registration is open.</p> <p align="center">To enroll or for more information call Deborah at <a href="tel:902-225-6320">902-225-6320</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>Prices start at \$35.00 per hour - 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>	

## Rentals

Room Rentals Available	Room	½ Room/hour	Full Room/hour
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 2, 2018	Meeting Room	\$16.00	\$22.00
	Kitchen (without use of Centre supplies)	N/A	\$42.00
	Multi-purpose	\$27.00	\$47.00
	Gym – with equip.	\$31.00	\$50.00
	Gym – w/o equip.	\$29.00	\$47.00
	Art Room	N/A	\$22.00

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

#### Special Event Packages -

Includes:

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

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

## *Gymnasium Banner Advertising*

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

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

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

### General Policies and Procedures

#### Payment

- Payment is due upon registration for any program or upon booking for room rentals.
- Payment via credit card is required for all registrations made over the phone.
- Cash, cheque, credit and debit will be accepted for any registration completed in person.

#### Refunds

- In the event that PRCC changes the day/time of any program from the original schedule a full refund or credit on account will be issued should the new day/time no longer suit a registrant's schedule.
- In the event that PRCC cancels a program, a full refund or credit on account will be issued for the full amount paid.
- In the event a program registrant can medically no longer attend a class or program a credit on account will be issued for the remaining number of classes with medical documentation.
- Refunds or credit on accounts will not be issued in the event a program registrant loses interest in the class or program.

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.

### Holiday Hours

Sept 3 - CLOSED  
October 8 - CLOSED  
November 11 - CLOSED  
November 12 - Holiday Hours - 8:30-5pm  
Dec 24 & 31 - Close at 1pm  
Dec 25 & 26 - CLOSED

\*\* Please ensure you check the excluded dates column next to your program.

### Comments and Suggestions

The ROC welcomes all comments and suggestions from community members. Do you have a new program you'd like to suggest or teach?

Please contact Jessica – Program Manager  
[Jessica@prospectcommunities.com](mailto:Jessica@prospectcommunities.com)

### For more information, contact:

Front Desk – 852-2711

Shirley Jollimore – Executive Director  
[executivedirector@prospectcommunities.com](mailto:executivedirector@prospectcommunities.com)

Jessica Morrissey – Program and Events Manager  
[Jessica@prospectcommunities.com](mailto:Jessica@prospectcommunities.com)

Amy Hockin – Operations and Finance Manager  
[admin@prospectcommunities.com](mailto:admin@prospectcommunities.com)

### Adult Sport or Fitness Class Drop-in Procedures

If you wish to drop in to one of our many adult sport or fitness classes offered here at PRCC, please see below:

1. Once the class has begun, the instructor/volunteer will take attendance and then announce how many spaces are available for drop-in for that particular night.
2. If you will be filling one of the spaces available, you must then pay our drop-in fee at the front desk. The front desk staff will provide you with a “proof of payment” ticket.
3. Present the “proof of payment” ticket to the instructor/volunteer and have fun!

All drop in spaces will be first come – first serve.

We ask that you please respect these rules as each class has a set maximum for the safety of all participants.

#### Fees:

Strength & Length - \$6  
Barre, Kettlebell Circuit, Total Body Circuit, Sat AM Circuit, All Yoga Programs & 1.5-hour Adult Sport - \$8  
Spin - 30 minutes - \$10  
Spin - 45 minutes - \$12

## Constituency Office News

Summer 2018 has been a busy one for the Prospect Communities. I have been able to get out and knock on a number of doors with the help of Barb Allen, and youth interns Logan Henderson & Anna Gaudet – we have enjoyed great weather and had conversations about current and potential future projects. We are all pleased to see the installation of a new basketball/pickle ball court underway supported by the province, the municipality, ROC staff, and the PRRA. Many parents will also be able to take advantage of entering their children in the new Pre-Primary at the Atlantic Memorial Elementary school this year. I have also heard the desire for bicycle lanes on Prospect Road and have brought that forward for consideration for next year. Since taking office in 2013 Barb Allen, of Terence Bay, has been my Constituency Assistant. We have worked together to serve the residents of Timberlea-Prospect and have seen major investments in infrastructure that make our communities stronger. Barb has decided to retire, her last day will be August 31<sup>st</sup>. Raissa Musial of Hubley has been our casual staff for the past few years, and will continue as the new Constituency Assistant. I cannot say enough about how much Barb has helped people, small groups, and large organizations. She will be dearly missed in our office but we all wish her the very best and I especially am extremely thankful for her dedication to the many communities I have the privilege of serving.

Raissa & Logan



Anna



Iain & Barb

