



# Bronx Park Community Centre

October 2017 - Monthly Newsletter

## OCTOBER SPECIAL EVENTS

### **HALLOWEEN AT BRONX: "TRUNK OR TREAT"**

On Tuesday, October 31, 2017 from 5:00 to 8:00 pm, children are welcome to trick or treat in the parking lot for candy from the trunks of decorated vehicles. The Bronx Park Centre will be open for trick or treaters to visit our canteen for hot chocolate and warm food. Our gym will be open for a free event to warm up trick or treaters.

### **HARMONY WARRIOR FOR KIDS - YOGA HALLOWEEN SPOOKTACULAR**

Yoga Class & Craft \$15.00 per person - Age 5+, Monday, October 30, 2017 from 6:30 - 8:00 pm.

### **JimCon 7**

On November 17, 18 and 19, 2017, Bronx Park will be hosting JimCon 7. JimCon 7 is an annual family-friendly tabletop gaming event. There will be scheduled games, sponsored tournaments, great local vendors, amazing game designers, over 500 games in their pick and play library and more! Early Bird Weekend Memberships are \$25 and are available until October 29, 2017. For more information and to purchase memberships online go to [www.jimcon.ca/2017-memberships/](http://www.jimcon.ca/2017-memberships/).

### **Holiday Craft Sale**

Bronx Park will be hosting its annual Holiday Craft Sale on Saturday, December 9, 2017 from 10:00 am to 2:00 pm. Vendor tables are now on sale. Call 204-667-5731 (227)

## **WEEKLY EVENTS**

### **BRONX BINGO**

Bingo runs every Tuesday. Early Bird starts at 6:45 pm and regular bingo starts at 7:00 pm. The **MEGA MONEY** pot grows at 30% of the week's revenue until won. Canteen available for snacks and refreshments.

### **WOODWORKING**

To register, go online to [www.Bronxpark.ca](http://www.Bronxpark.ca), contact the facility manager via email or register in person at Bronx Park. Fee required at time of registration. Intro to Woodworking and Intro to Woodturning classes are filled, but a waiting list is available for the next classes. All courses require pre-registration (excluding drop-in times).

For more events check out our website at [www.Bronxpark.ca](http://www.Bronxpark.ca)

## **PROGRAMS & CLASSES**

### **HARMONY WARRIOR YOGA - Growing in Harmony, one yoga pose at a time with JENNIFER**

Mondays 6:30 - 7:30 pm  
Wednesdays 8:00 - 9:00 pm

### **FIT 4 U Boot Camp with RENEE, Beginner, Intermediate & Advanced**

Tuesdays and Thursdays 6:00 - 7:00 pm  
Drop-ins Welcome

### **KARATE (JKA) In the true spirit of Karate Do**

Open Registration  
Thursdays 6:00 - 7:00 pm  
Saturdays 10:30 - 12:00 pm

## THE BRONX TEAM

### BOARD OF DIRECTORS

**President:** Jos Gatien  
**Vice President:** Kelly Livingstone  
**Buildings & Grounds:** Bob Fabbri  
**Secretary:** Genevieve Dupont  
**Soccer:** Erica Kappy  
**Hockey:** Jim Leblanc  
**Indoor Soccer:** Erica Kappy

### BRONX STAFF

**Facility Manager:** Joanne  
**Buildings & Grounds:** James  
**Facility Staff:** Bol, Garry, Blaine & Ben

### SOCIAL TEAM

Kendel, Bol, Garry, Ben, Lorinda & Nancy

## FACILITY RENTALS

Our Multipurpose and Creative Arts rooms are great for parties, showers, dinners, meetings, and exercise/recreation classes.

### MULTIPURPOSE ROOM

\$50.00 per hour + GST  
Capacity limit of 100 people

### CREATIVE ARTS ROOM

\$30.00 per hour + GST  
OR  
4 hours for \$100.00 + GST  
Capacity Limit of 70 people  
(Alcohol Not Permitted in this room)

### GYM

\$50.00 per hour for Sports Events  
Capacity limit is 375 people  
(Space is limited)

### CHILDREN'S BIRTHDAY PARTIES

\$100.00 plus GST for 3 hours  
Guest maximum of 50 people  
Sports equipment available  
(Conditions apply)

Fees varies for Socials, Conventions and AGM.  
Please contact our facility manager for more details.

Other Meeting Rooms also available.

## MORE PROGRAMS & CLASSES

### ZUMBA WITH LIANA!

Zumba with LIANA! She is a Licensed Zumba Fitness Instructor, Mat Stott Pilates Instructor, Dance Instructor, FIS CanFitPro Member and Registered Massage Therapist. Zumba Fitness and Toning using light weights, sculptures the body and combines targeted body-sculpting exercises. During this high-energy cardio workout with Latin-infused Zumba moves, creates a calorie-torching and strength-training dance fitness party!

**Sundays - 11:30 - 12:30 pm**

**Tuesdays - 7:00 - 8:00 pm**

**Drop-ins are welcome!**

### ZUMBA WITH GENNY B FITNESS

Genny is a licensed Zumba instructor and a certified Group Fitness Leader. She will take the "work" out of work out and make it a FUN, calorie burning dance fitness experience for you. Zumba combines cardio, muscle conditioning with toning sticks, balance and flexibility and a serious dose of awesome each time you leave class. It does not matter whether you are new to Zumba or think you have no coordination, you will have a blast.

**Zumba - Mondays 5:30 - 6:30 pm**

**Zumba Gold - Tuesdays 5:30 - 6:30 pm**

### YOGA WITH KRISTA NICHOLSON

Yoga classes that include breath, mindfulness, philosophy, stretching and strengthening. Yoga can improve your health, sharpens your mind and eases tension.

**Tuesdays - 7:45 - 8:45 pm**

### FIT 4 TWO

Prenatal Yoga with Natalie - Strengthen, stretch and breathe your way to a more comfortable pregnancy.

**Wednesdays 6:00 - 7:00 pm & 7:00 - 8:00 pm**

## DROP - INS

**OPEN GYM:** Mondays at 4:30 to 7:00 pm and Thursdays 4:30 - 6:45 pm

**PICKLEBALL:** Sundays at 8:30 to 9:30 pm (\$2.00 per player)

**BADMINTON:** Mondays at 6:00 to 9:00 pm (\$2.00 per player)

**WOODSHOP:** Open to anyone who is willing to obtain a Safety Card (see Woodshop courses). Feel free to bring your own materials and supplies and use our woodshop space and equipment. A knowledgeable volunteer will supervise during all drop-ins to ensure equipment safety. (\$8.00 per visit)

Wednesdays and Saturdays	Noon to 4:00 pm
Fridays	10:00 - 2:00 pm
No drop-ins on Nov. 11 <sup>th</sup> and Dec. 22 <sup>nd</sup> to 30 <sup>th</sup>	

**BRONX-GNALC CRIB:** Thursdays at 6:00 to 10:00 pm

**BRONX BRIDGE:** Wednesdays at 12:30 to 3:30 pm