



Winter 2026 Recreation Guide

Lunenburg County
Lifestyle Centre



902.530.4100
lclc.ca

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Town of Lunenburg



902.634.4006
townoflunenburg.ca

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YMCA



902.543.9622
ymcasouthwestns.ca

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Town of Bridgewater



902.543.2274
bridgewater.ca

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South Shore Public Libraries



902.543.2548
southshorepubliclibraries.ca

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District of Lunenburg



902.541.1343
modl.ca

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HB Studios Sports Centre



902.543.5348
hbssc.ca

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Active Living Classes



LCLC

Check out a variety of classes offered at the LCLC

- Barre
- Spin
- Tai Chi
- Full Body Workout
- Feel Da Rhythm!
- Chakra Stretch
- Core and Flow

Get Fit for '26

Led by professional dance artist Kate Holden, this weekly series fosters collaboration, confidence, and artistic expression.



JUNIOR COMMUNITY DANCE COLLECTIVE

Teenagers - Grades 9 - 12
Fridays, 4:00–6:00 PM
Presented in partnership with the LCLC
Supported by Arts Nova Scotia and Artists in Communities
Come dance, connect, and create!

Get ready for 2026 with some fun and fitness —
it's the ideal way to stay active and motivated into the New Year!
Check out www.lclc.ca for class details and special promotions

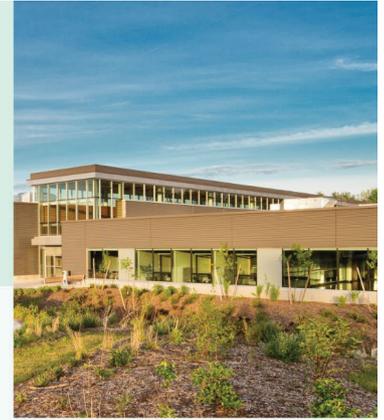


LUNENBURG COUNTY

Lifestyle Centre

Schedule and Registration at connect2rec.com

LCLC



Dive into low-impact, high-energy workouts with Elderfit and Aquafit!!

Check out www.lclc.ca for more details.



Adult Swimming Lessons

It's never too late to learn!

Whether you're a complete beginner or looking to improve your technique, our lessons are designed just for you. Learn at your own pace in a friendly, supportive environment.

Why Join?

- Overcome fear of water
- Learn water safety skills
- Improve or master your strokes
- Feel confident swimming with family & friends

What to Expect:

- Small group or one-on-one instruction
- Patient, certified instructors
- Lessons tailored to your experience and goals
- Enjoyable, stress-free sessions

Wednesdays 6:15pm - 7pm - Beginner (January 7 – March 11)

Fridays 1pm - 1:45pm - Stroke Improvement (January 2 – March 6)

Private Swimming Lessons

Private & Semi-Private Swim Lessons Personalized. Supportive. Effective.

Enjoy one-on-one instruction with a swim program tailored to your personal goals and comfort level!

Whether you're:

- Looking to improve your technique
- Learning new skills
- Overcoming a fear of water
- Working through the Lifesaving Society Swim Program

Private lessons are an excellent way to gain confidence and make real progress at your own pace.

Semi-Private Lessons are also available for two participants with similar skill levels — perfect for friends or family learning together!

Scheduling Details at www.lclc.ca



Aquatics Leadership Courses

LCLC

The Lunenburg County Lifestyle Centre offers a variety of Aquatic Leadership courses and programs designed for individuals seeking advanced lifesaving training and certification. Whether you're working toward becoming a lifeguard or looking to enhance your aquatic skills, our programs provide the challenge and expertise you're looking for.

We actively maintain wait-lists for courses at capacity and from those lists we can generate additional programs. If you're interested in joining a future program, we encourage you to add your name to the list.

Prerequisites

- **Bronze Medallion** – 13 years of age and / or Bronze Star Certification
- **Bronze Cross** – 13 years of age and Completion of Bronze Medallion
- **National Lifeguard Course** – 15 years of age and completion of Bronze Cross
- **Swim for Life Instructor Course** – 15 years of age and completion of Bronze Cross

Schedule

- **Bronze Medallion and Basic Workplace First Aid**
Wednesday & Friday
(January 7 - February 6)
- **Bronze Cross and Intermediate Workplace First Aid**
Wednesday & Friday
(February 11 - March 13)
- **Lifesaving Sport Club**
Sunday (January 4 - March 8)
- **'Swim for Life' Instructor Course**
(March 20, 21, 22)
- **National Lifeguard Course**
Wednesday & Friday
(April 8 - May 22)

SPECIAL REMINDER - Lane Swimming Etiquette at the LCLC

The LCLC welcomes lane swimmers of all abilities.

The following lane swim etiquette guidelines are to ensure the flow of lane swim remains welcoming to all users. Please refer to the aquatic schedule to determine when and the number of lanes available for fitness swims. When swimming lengths, please follow this etiquette:

- Choose a lane based on your swimming speed
- We share lanes, expect to share with other swimmer of similar abilities
- Enter a lane from either the shallow or deep end wall to indicate your intent to join a lane
- Circle Swim – stay to the right of the black line on the bottom, swim counterclockwise, up one side of the lane and down the other
- A tap on the foot is an indication that someone wants to pass, allow the swimmer to pass when you reach the wall
- Only swim butterfly if you have the lane to yourself
- If there are two swimmers sharing a lane, it is acceptable to swim side-by-side instead of in circles.



Swimming Lesson Registration Dates

Exciting News from the LCLC!

We know our users love to plan ahead, so we've scheduled our programming right through to Spring 2026! A detailed Winter schedule along with costs will be available on our website at www.lclc.ca and also through Connect2Rec. Thank you for choosing the LCLC — we look forward to seeing you at the pool!



LCLC

2026 Winter Registration

Registration Opens at 8am

- Members - Wednesday December 10
- Non-Members - Friday December 12

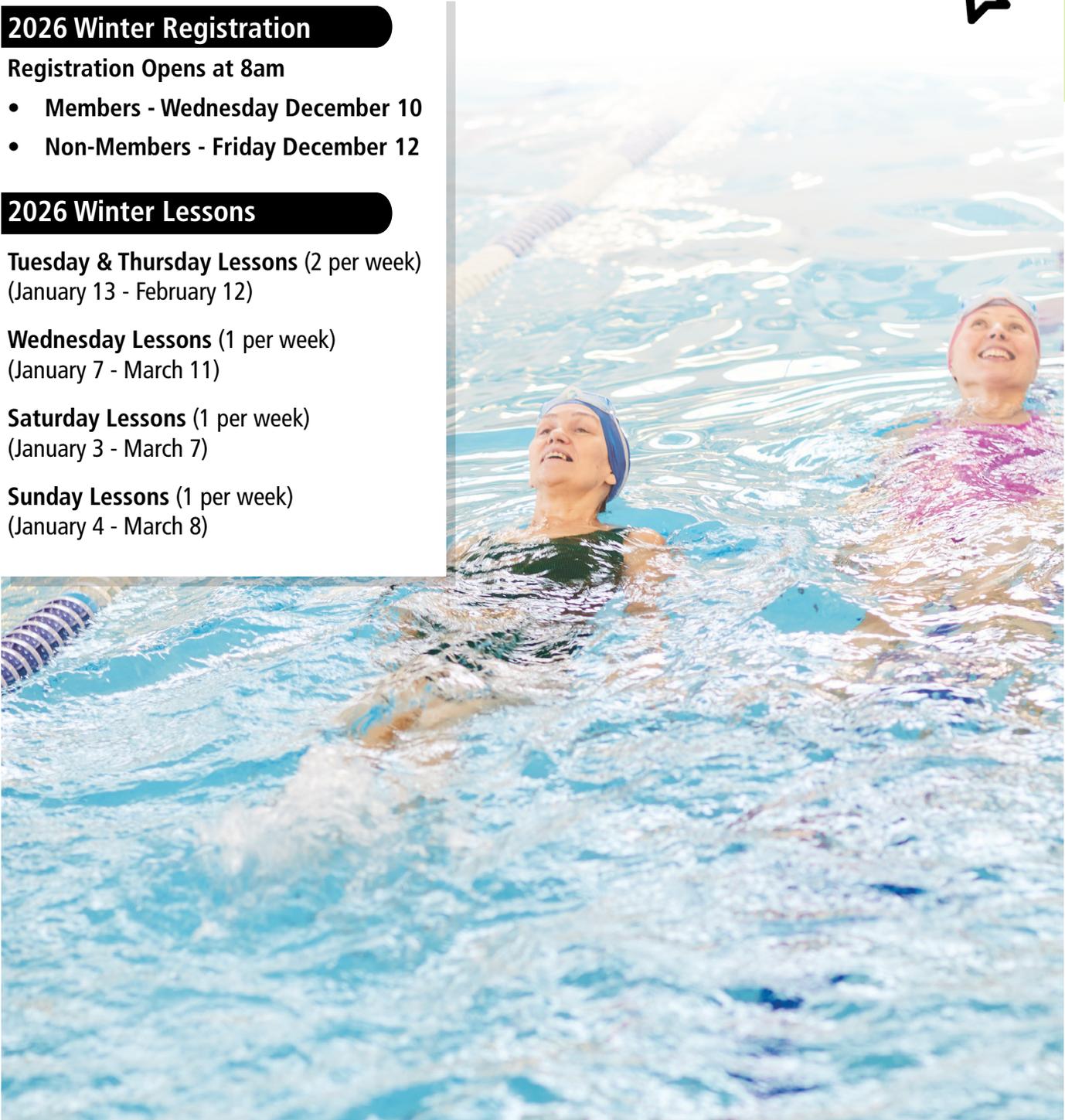
2026 Winter Lessons

Tuesday & Thursday Lessons (2 per week)
(January 13 - February 12)

Wednesday Lessons (1 per week)
(January 7 - March 11)

Saturday Lessons (1 per week)
(January 3 - March 7)

Sunday Lessons (1 per week)
(January 4 - March 8)



Swimming Lesson Registration Dates

LCLC

2026 Spring Lessons - Set A

Tuesday & Thursday Lessons (March 24 – April 23)

Wednesday Lessons (April 1 - June 3)

Saturday Lessons (March 28 – June 13)

Sunday Lessons (March 29 – June 14)

Registration Opens at 8:00 am
Dates to follow

2026 Spring Lessons – Set B

Tuesday & Thursday Lessons (May 5 – June 4)

Registration Opens at 8:00 am
Dates to follow

2026 Summer Lessons

Details to be determined



TOWN OF LUNENBURG RECREATION



Recreation Office & Lunenburg Community Centre
 15 Green St., Lunenburg, NS, B0J 2C0
 T: (902) 634-4006 | F: (902) 634-4416
recfacilities@townoflunenburg.ca
 Find us online: www.townoflunenburg.ca

ONLINE REGISTRATION!

Register for weight room memberships and programs ONLINE!

- STEP 1:** Visit www.connect2rec.com
- STEP 2:** “Sign In” or Create an Account
- STEP 3:** Search for “Programs” or select “Memberships” for the weight room.

Note: Drop-in programs do not require pre-registration. Fees include HST.

CANCELLATIONS

The “Town of Lunenburg” Facebook page will indicate if there are any cancellations or call the Recreation Office at (902) 634-4006.

REFUND POLICY

Once a program has started, a refund will only be issued if a participant withdraws for medical reasons. In these cases, a 10% administration fee will be charged and the amount of the refund will be prorated.

WEIGHT ROOM MEMBERSHIP

Exercise in confidence and feel safe doing so by pre-booking your personal workout timeslot! The room is open Mondays to Thursdays from 8am-9:30pm, Fridays 8am - 4:30pm and Saturdays 9am - 2:00pm. Members age 19+ can pay a key deposit of \$40 permitting access any day of the week from 6:00am -11:00pm. All members must be age 13+.

\$51/month or \$181/4 months
\$12/month for students



FINANCIAL ASSISTANCE FOR YOUTH ACTIVITIES

PRO Kids (Positive Recreation Opportunities for Kids) provides financial assistance to children and youth aged 18 and under living within the Town of Lunenburg who, due to lack of funds, are not able to participate in sport, recreation and cultural activities. The Town’s PRO Kids can support a maximum of \$300 per season per child.

For an application form, visit <https://www.townoflunenburg.ca/pro-kids-program.html> or

Contact (902) 634-4006 or ktibbo@townoflunenburg.ca

PRO Kids would not be possible without community support!

Everyone who gives a donation will receive a tax receipt.



LUNENBURG WAR MEMORIAL ARENA

PUBLIC SKATING TIMES

Public Skate:

- Mondays, Wednesdays and Fridays, 3:00pm – 4:30pm

Adult Skate:

- Mondays, Wednesdays and Fridays, 11:15am–12:45pm

Family Skate:

- Sundays, 6:15pm – 7:30pm

Parents & Tots:

- Tuesdays, 10:30am –11:30am (FREE!)

ADMISSION RATES

Children & Youth	\$3.00
Adults	\$4.00
Season Passes	
Youth	\$100.00
Adults	\$128.00
Family	\$172.00
 Skate Sharpening	 \$5.00

ICE RENTALS

Looking for some winter fun with friends or work colleagues? Wanting to play hockey or host a skating birthday party? Rent the Lunenburg Arena for recreational fun for all ages!

2025/26: *All prices include HST*

- Youth & Schools: \$170.00/hr
- Primetime: \$201.00/hr
- Non-Primetime: \$170.00/hr
- Weekday Mornings: \$133.00/hr (not including March Break)

Note: A portion of ice rental fees are dedicated to an Ice Resurfacers Replacement Reserve Fund.

PICK-UP HOCKEY PROGRAMS

50+ HOCKEY

Gear up and play a little shinny in the true spirit of the game! A fun afternoon of hockey.
Mondays, Wednesdays & Fridays 1:00 pm – 2:30 pm
\$12.00/session

MONDAY NIGHT DROP-IN HOCKEY

Shinny hockey on Monday evenings! Open to all with the goal of fun and team play. No slap shots or dangerous play. Organized by: Sam West. Please contact westsam7@gmail.com
Mondays, 9:00 pm – 10:15 pm
\$12/session

WOMEN'S HOCKEY

Shinny women's hockey every Friday night! Open to all with the goal of recreational fun.
Organized by: Sherry Ritcey. Questions? sherryritcey@eastlink.ca
Fridays, 7:00 pm – 8:00 pm
\$12/session

WHAT'S HAPPENING IN THE COMMUNITY CENTRE?

PICKLEBALL
 Mondays, 11am-1:30pm
 Tuesdays, 7pm-9pm
 Fridays, 1:15-3:15pm
 \$4/drop-in



WOMEN ONLY, RECREATIONAL
 Tuesdays, 12:30pm-2:30pm
 Wednesdays, 1pm-3pm
 Fridays, 10:45am-1pm
 \$4/drop-in

70+ PICKLEBALL
 Wednesdays, 10:45am-12:45pm
 \$4/drop-in

INTRODUCTION TO CHEER
 Cheer + Stunts with Coach Melissa Peck
 Wednesdays 5:30pm - 7:00pm
<https://enpointestudios.ca/> **Ages 5 - 12**
 contactus@enpointestudios.ca

OPEN GYM
 Open to anyone for basketball, pickleball, ping pong, etc. This is an unsupervised activity.
 Tuesdays, 9am-11:30am
 \$4/drop-in



BADMINTON
 All skill levels welcome. 16+
 Wednesdays, 7pm-9pm
 \$5/drop-in

WALKIN' IN THE MORNING
 Get your day off to a great start with an indoor walk. Walk at your own pace, socialize with friends, and experience the benefits of a regular walking program. This is an unsupervised activity.
Mon, Tues, Wed & Fri, 8am– 9am, Free!

SENIOR FITNESS CLASS

Staying active is an important part of our daily life and to have fun while doing so! Join our wonderful instructor, Deborah Kiceniuk, who leads classes with emphasis on improving muscle tone, flexibility and strength in an atmosphere of fun and friendship. Classes are designed for all abilities. Exercise to your own ability while doing what you can at a low to moderate intensity.

Session begins: TBA
 Mondays & Fridays - 9:30am-10:15am
 Community Centre - Auditorium \$75/winter session (January tthru March) or \$4/drop-in

REALIGNMENT YOGA
 With a foundation in yoga and a focus on alignment, these classes combine a range of yoga poses with specific postural therapy techniques to offer a whole body realignment experience.
Mondays 10:30am & 12:15pm and Fridays 10:30am
 For more information, contact: Lynn Collins seascapeyoga@gmail.com



YOGA WITH MAEKA
ADAPTIVE Yoga. Engage in movement and meditation designed to gently boost strength, enhance mobility, and alleviate stress. All postures are modified for both standing and sitting. **Tuesdays 1:30 - 2:30.** Classes are suitable for all levels. Register mwrightyoga@gmail.com **\$120/6 classes**

WINTER HOCKEY TOURNAMENTS

Gary L. Wentzell March Break Tournament

The South Shore Minor Hockey Association presents a youth tournament for U9 Jamboree (full ice), and U11 & U13 competitive and recreational levels, running March 16 - 22, 2026.

For more information, contact gwtournamentssmha@gmail.com

14th Annual Jennifer Collins Classic

The Jennifer Collins Classic (formerly the BURG Classic) taking place March 26 - 29, 2026, will feature recreational hockey, rink games, a silent auction and a Saturday night dance.

For more information, contact info@jennifercollinsclassic.com or www.jennifercollinsclassic.com

RENTAL OPPORTUNITIES



**Auditorium, \$41/hr,
\$51/hr w/ Kitchen**



Fitness Studio, \$32/hr

To check availability, visit

<http://townoflunenburg.ca/community-centre-programs-and-rentals.html>

LUNENBURG FARMERS' MARKET

Celebrating its 40th anniversary, the Lunenburg Farmer's Market is a community tradition for the residents and visitors of Lunenburg. Operating year-round, the market offers a fabulous selection of local products, local music and more!

Hours & Location:

Lunenburg Arena (19 Green Street) -
Mid-May to Mid-September - Thursdays 8:00 am – 12:00 pm

Lunenburg Community Centre (15 Green Street) -
Mid-September to Mid-May - Thursdays 8:00 am – 12:00 pm



**LUNENBURG
FARMERS' MARKET**

Join Our Y Community! **Everyone is welcome.**



What does *Shine On* mean for people who use the Y?

You know that feeling you get when you accomplish something you didn't think was possible? When you suddenly feel hope where there was only despair? When you get access to something that you thought was out of reach? When you feel like you belong to something much bigger than yourself? That's what it means to Shine On! Whatever dream you have. Whatever obstacle is standing in your way. There is an inner light that wants to shine. With the YMCA's programs, support and guidance, people can improve their sense of well-being so they can let that light out into the world!



YMCA



Winter Fitness Schedule

Keep moving this winter with our energizing fitness schedule! From classic favorites to new ways to stay active, we've got something to keep you warm, strong, and connected all season long.



See your full schedule & class details at: ymcasouthwestns.ca/groupfitness or check out our Facebook page!

Membership Assistance

The YMCA of Southwest Nova Scotia is a charitable organization committed to helping individuals grow in spirit, mind, and body.

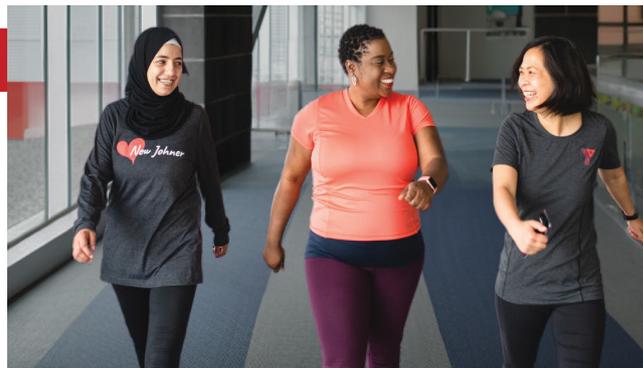
A YMCA financially assisted membership offers access to the same facilities, programs, and services at a reduced rate.

Since June of 2023 we have contributed over \$60,000 in Membership Assistance to help break down the barriers to Health & Wellness in our community.

Keep On Track!

Join Denise from the YMCA in a journey towards wellness! Together, we'll walk the track and dive into discussions on a wide range of health topics. Open to everyone!

Free monthly sessions at **HB Studios, Bridgewater** Last Friday of every month at **10:30am**. Topics change each month!



ymcasouthwestns.ca/keepontrack

Let your potential *Shine On*



Join us for **Youth Zone**—a fun and engaging program that offers children the chance to enjoy unstructured physical activity and recreational play in a cooperative, non-competitive environment. Youth will participate in healthy, interactive activities in a safe, supervised social space designed to encourage movement, teamwork, and fun. **Ages 5-12**

Location: NSCC Gymnasium & Aerobic Studio

Time: Saturdays

5:30-7:30 PM

YMCA

YMCA/LCLC Joint Membership!

1 PASS. 2 FACILITIES!

The YMCA & LCLC Joint Membership offers the best fitness and recreation opportunities the South Shore has to offer.

One pass offers skating, swimming, fitness classes, cardio and weight conditioning and more! Take the opportunity to build community and health!



YMCA Home Delivery Program

Live in Lunenburg County? 55+ or have mobility challenges or a vulnerable adult? Get free, contactless grocery delivery—thanks to United Way Maritimes.



Call the YMCA Grocery Phone (902-298-1900)



Place Your Order & Schedule The Delivery



Free Delivery To Your Doorstep!



Community Development Department – Recreation

Follow **Town of Bridgewater** on Facebook and stay tuned for additional activities happening throughout the Winter!



Bienvenue

Pjila’si

Welcome

The Town of Bridgewater welcomes the participation of all citizens, regardless of race, gender, ability or sexual orientation. Racism and discrimination will not be tolerated. We are working to reduce barriers and to make recreation and leisure inclusive of all. If there is something we can do to help make recreation opportunities or a specific program more accessible and inclusive, please contact us at recreation@bridgewater.ca or by calling 902-543-2274.

Struggling to cover Registration Fees for your Child?



We accept applications for funding on an ongoing basis.

Find application forms on our website at www.bridgewater.ca or call 902-543-2274

KidSport is another option for financial assistance. Organizations must be registered with Sport Nova Scotia. For further information contact Cosette Howlett, Lunenburg County Chapter, 902-275-3490 or email: chowlett@chester.ca or visit www.kidsportcanada.ca



Another option for financial assistance is through **Canadian Tire Jumpstart**. Apply on-line by visiting www.jumpstart.canadiantire.ca



Registration Information

Registration Opens **December 10**

Register Online:

At your convenience, any time of day or night. Online registration requires credit card payment. **It’s Easy!**

1. Visit www.connect2rec.com
2. Sign up or login.
3. Search & register for programs.
4. **Have fun!**

Register By Phone:

Call the LCLC at 902-530-4100

Register In-Person:

Visit the LCLC at 135 North Park Street, Bridgewater
7 days a week, facility hours vary daily.

In The Community

There are many groups and organizations that offer recreation programs and activities throughout the Town.

Check out our Community Organizations Directory on the Town’s website: www.bridgewater.ca

Bridgewater

Town of Bridgewater Recreation
60 Pleasant Street, Bridgewater, NS B4V 3X9
8:30 a.m. to 4:30 p.m. Monday to Friday
recreation@bridgewater.ca
902-543-2274
www.bridgewater.ca

Music

Beginner Level 2 Ukulele Ages 18+

Already have the basics of ukulele mastered? Upgrade you playing skills with new chords, strumming patterns and other playing techniques. Sing some harmony on classic country songs.

Tuesdays, from February 3 to March 24

10:00 AM – 11:30 AM

DesBrisay Museum, 130 Jubilee Rd, Bridgewater

\$60/8 weeks



Intermediate Ukulele Ages 18+

Learn some advanced playing and singing skills, and classic country/pop songs from your favourite bands and singers.

Tuesdays, from January 27 to March 31

6:30 PM – 8:00 PM

No class February 3 or March 3

DesBrisay Museum, 130 Jubilee Rd, Bridgewater

\$60/8 weeks

National Volunteer Week April 19-25, 2026

CALL FOR VOLUNTEER AWARD NOMINATIONS!

Nominations are Open for:

Provincial Volunteer Representative Award

Family Volunteer Award

Corporate Volunteer Award

Local Appreciation Award

Nomination Deadline
Friday, March 13, 2026



Forms & more information - bridgewater.ca/volunteer

Art, Creativity & Gardening

Learn to Henna Workshop Ages 10+

***Children under 13 must be accompanied by a parent who is also registered.**

This fun and interactive workshop is led by the talented and experienced henna artist, Vineeta of Halifax Henna. You will learn how to use henna to create stunning, intricate designs on your body that will leave you feeling both beautiful and empowered.

Saturday, March 28

1:00 PM - 2:30 PM

DesBrisay Museum, 130 Jubilee Rd, Bridgewater

\$25

Basket Weaving Ages 16+

Join Mana Ritchie of Manature for a hands-on workshop where you'll learn the art of basket making using Japanese Craft Band, a versatile, eco-friendly paper-based material.



Saturday, February 7

1:30 PM - 3:30 PM

DesBrisay Museum, 130 Jubilee Rd, Bridgewater

\$60

Clickety Clack Knitters and Crafters All Ages

Join us weekly at the DesBrisay Museum for a knitting and crafting social group. Bring your needles and your latest project! Come once or every week!

Fridays, from January 2 to March 27

1:00 PM - 3:00 PM

DesBrisay Museum, 130 Jubilee Rd, Bridgewater

\$10/13 weeks

Creative Crew: 5 Weeks of Crafts for Youth

Ages 8-13

Unleash your child's creativity! Join Amber Thompson for two 5 week youth art workshops, where imaginations run wild. Her workshops are designed to be fun, engaging and focused on building confidence and artistic skills in a supportive environment.

Tuesdays, January 13 to February 10

OR Tuesdays, March 3 to March 31

4:00 PM - 6:00 PM

DesBrisay Museum, 130 Jubilee Rd, Bridgewater

\$100/5 weeks

Loose Still Life Workshop Series Ages 16+

Two part class, sign up for one or both!

Join local artist Inga Gircyte to be guided in an experimental and freeing approach to STILL LIFE using a few techniques which will help you to loosen up and gain more confidence when approaching drawing and painting.

Saturday, March 7 &

Saturday, March 14

1:30 PM – 3:30 PM

DesBrisay Museum, 130 Jubilee Rd, Bridgewater

\$20/class



Dungeons and Dragons for Kids: Egg-citing Adventure! Ages 8-16

Join the world's greatest roleplaying game in The Heist for the Egg of Estyr! An introductory game to Dungeons & Dragons designed for the Spring season! Explore underground labyrinths! Craft a plan to execute your heist. Fight sugar Golems and retrieve the mythical Egg of Estyr! And make some new friends along the way!

Saturdays, from February 7 to March 28

2:00 PM – 4:30 PM

Bridgewater Town Hall, 60 Pleasant Street, Bridgewater

\$120/8 weeks

Plot to Plant Garden Planning Workshop

All Ages

A hands-on session designed to help you map out your garden, whether for flowers, vegetables, or pollinators. Learn how to choose the best layout, optimize plant pairings, and create a seasonal planting plan for a thriving, productive space.

Children must be accompanied by an adult.

Saturday March 21

1:00 PM - 3:00 PM

DesBrisay Museum, 130 Jubilee Rd, Bridgewater

Free

Take the Roof Off Winter

- * Try out a new winter sport
- * Explore the trails on a guided walk
- * Warm up with a hot beverage

Saturdays, January 24 & 31

February 21 & 28

1:00 PM - 4:00 PM

Dress in layers for the weather!

Free Event!

DesBrisay Museum & Woodland Gardens

130 Jubilee Rd.
Bridgewater



Fitness & Movement

Introduction to Fencing Youth Ages 9-18

A 10 week introductory program for youth aged 9 to 18 running from mid January to end of March teaching the basics of fencing. Equipment Provided.

Tuesdays, January 20 to March 31

No class March 17

6:00 PM - 7:00 PM

Michelin Social & Athletic Club, 221

Logan Rd, Bridgewater

\$70/10 weeks



Introduction to Fencing Adult Ages 18+

A 10 week introductory program for adults running from mid January to end of March teaching the basics of fencing. Equipment Provided.

Tuesdays, January 20 to March 31

No class March 17

7:00 PM - 7:55 PM

Michelin Social & Athletic Club, 221 Logan Rd, Bridgewater

\$70/10 weeks



Fun & Fit Over 50 Ages 50+

A fun and functional fitness class with a focus on cardio, strength, core, balance and agility for every level of fitness. Chairs are also provided if needed.

Mondays, Wednesdays and Fridays from

January 12 to April 1

No class February 16

9:00 AM - 10:00 AM

Michelin Social & Athletic Club, 221 Logan Rd, Bridgewater

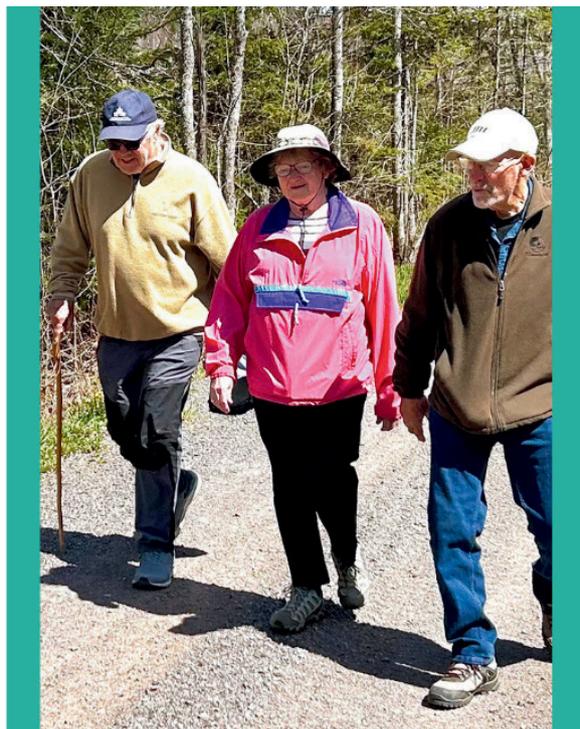
\$5 Drop-In

NSWalks Join us!

For a gentle,
friendly, weekly
walk in your
community!

Register today at
www.nswalks.ca

Want to lead a walk?
Visit the Volunteer With Us
page at www.nswalks.ca to sign
up for free training!



Fitness & Movement

Country Line Dance Ages 18+

Country line dancing is booming for its community feel, easy steps, health benefits, and the joy of dancing to country music. Come enjoy a fun night in a relaxed atmosphere and kick off your heels. No partner required.

Wednesdays, January 14 to March 4

5:30 PM - 6:30 PM

DesBrisay Museum, 130 Jubilee Rd, Bridgewater

\$80/8 weeks



Dance Fitness Ages 18+

This is a great way to dance non-stop for 45 min to rhythms like salsa, disco, folk and bollywood. If you like to dance, this is for you! No partner required.

Wednesdays, January 14 to March 4

6:30 PM - 7:15PM

DesBrisay Museum, 130 Jubilee Rd, Bridgewater

\$80/8 weeks



Beginner Dance Class for Couples Ages 18+

Learn the most prevalent dances like jive/swing, foxtrot, slow waltz and cha cha in a relaxed fun atmosphere to feel confident when you go out to a (public) dance! This class is a lot of fun!

Bring a partner or come in a group! Singles can sign up conditionally; please contact us to be connected to the instructor.

Wednesdays, January 14 to March 4

7:20 PM - 8:20 PM

DesBrisay Museum, 130 Jubilee Rd, Bridgewater

\$80/8 weeks



Flourish Center 55+

Healthy Activity Society

90 Dominion Street, Bridgewater

902-543-2226

www.flourishcentre.ca

The Flourish Centre offers programs to the 55+ Community in the Town of Bridgewater, Lunenburg County, and surrounding areas. Our mandate is to provide support to the Senior community by offering programs that touch on three main areas, social, mental and recreational activities.

Programs:

Coffee Chat, Knitting Club, Creative Writing, Tai Chi Light Exercises, Community Kitchen, Lunch & Share, OWL's Club, Sewing Class, Crafter's Corner, Grief Loss & Life Supports, Vinyasa Yoga, Free Reflexology, Flourish Music, Friday Night Potluck, Games Night, Crib, Bridge, Saturday Music Jam, Tea Social, Let's Preserve, Tablet Loan Program, Computer Training, Tech Aid, Virtual Care Registration Aid, Senior Grants, Health Topics, Let's Grow Together Community Garden, Drumming Class. Ukulele for Beginners, Ukulele Advanced Class.

DesBrisay museum

Winter Hours
Open 1:00PM - 5:00PM



heritage. art. culture.

www.desbrisaymuseum.ca
130 Jubilee Road, Bridgewater
(902) 543-4033



Local History



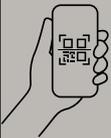
Exhibitions



Events & Programs



Gift Shop



Scan the QR code for the
Museum's Calendar!



Bridgewater



BRIDGEWATER COMMUNITY GARDENS

The Bridgewater Community Garden is located at Aberdeen Green Park, the corner of Aberdeen Rd. and Elm St. in Bridgewater NS. The garden is supported by the Town of Bridgewater, and Helping Nature Heal and has 20, 8' x 4' gardens plots available to be tended by community members each season. Email communitygardens@bridgewater.ca to get involved!



bridgewater.ca/communitygardens [@communitygardenbwns](https://www.facebook.com/communitygardenbwns)

LUNENBURG COMMUNITY GARDEN



The Lunenburg Community Garden is located on the grounds of the Lunenburg Academy at 97 Kaulbach St. Lunenburg, NS. The garden is entirely volunteer run and has 20, 10' x 4' gardens plots available to be tended by community members each season. Email garden.lunenburg@gmail.com to get involved!



lunenburgcommunitygarden.ca [@garden.lunenburg](https://www.facebook.com/garden.lunenburg)

Are your home energy bills too high?

Energize Bridgewater can help.



Bridgewater

When you are struggling to afford your bills, it can be hard to know where to start.

Energize Bridgewater provides you with support and guidance you can trust.

Learn More & Get Started:

Contact Energize Bridgewater at (902) 530-3621 or by emailing info@energizebridgewater.ca

We are here to answer your questions, discuss your eligibility and support you each step of the way.

Program intake is closing soon.

If you are interested in exploring your options, please reach out as soon as possible.

Funded in part by:



The Town of Bridgewater manages the Energize Bridgewater project.

Programs Include:

- **Energize Bridgewater Home Upgrades Program**
Free energy upgrades for eligible households.
- **Clean Energy Financing**
Ultra low-interest financing that can save you money.
- **Affordable Multifamily Housing Program**
Reducing energy costs for landlords & tenants.

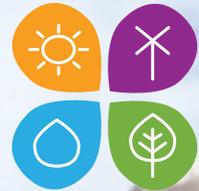
As of Fall 2025, Energize Bridgewater has supported hundreds of households — and counting!



ENERGIZE
BRIDGEWATER

Everyone wins when nobody gets left behind.

Exciting News!



More people are now eligible for free home upgrades through the Energize Bridgewater Home Upgrades Program!

You may be eligible if:

- ✓ You own a home in Bridgewater and you live there year-round.
- ✓ You meet the income requirements. Here's how you can check:

- 1 Use your most recent notice of assessment.
- 2 Find lines **435** (total payable) & **236** (net income).
- 3 Subtract line **435** from line **236**.
- 4 This amount, and the number of people in your household determines your income eligibility:



	1 person: under \$29,580
	2 to 4 people: under \$55,928
	5 or more people: under \$77,571

If you don't meet these requirements, one of Energize Bridgewater's other programs might be right for you!



Contact us!

info@energizebridgewater.ca | (902) 530-3621

Free Swims & Skates



Bridgewater

Friday Swims

Fridays from January 9 to February 27
4:30 PM - 6:30 PM

Saturday Skates

Saturday January 10 and 17
4:30 PM - 6:00 PM

Location

Lunenburg County Lifestyle Center
135 North Park St Bridgewater NS





Read, Discover, Learn, Share and Play at Your Library!

Free programs for adults, teens, kids, babies and toddlers.

Join us in-person at your local library.

This guide contains a sample of events and activities.

Check our website for more details and additional events.

Storytime

Bring your little ones to listen to stories read out loud and engage with new books. Drop in!

Age 3 +

Bridgewater Library, Tuesdays, 10:30 am
Liverpool Library, Fridays, 10:30 am

Babies & Books

Babies love stories and songs! Share time with your baby in a fun, confidence-building environment. Baby Time is 30 minutes (or less) and is designed for babies up to 24 months of age. Afterwards, stay for playtime and meet other babies in the neighbourhood!

Age Birth- 2 years, older siblings welcome.

Bridgewater Library
Wednesdays, 10:30 am
Lunenburg Library
Thursdays, 10:30 am

Afterschool Art

Get into your creative flow at our open art table. A variety of inspiring art materials will be available each week along with prompts to help get started.

Age 6 +

Bridgewater, Wednesdays, 3:30 pm
Liverpool, Wednesdays, 3 pm
Lunenburg, Wednesdays, 3 pm

Kids



Family Open Mic Night

Sing, tell a joke, recite a poem, share a story or two. Open to performers of all stages and ages.

Bridgewater Library
January 9, February 6, March 6, 6 pm

Viola Desmond Storytime

Come listen to stories about Viola Desmond and engage with her heroic story of standing up against racial discrimination and segregation in Nova Scotia. Activities and crafts will follow.

Bridgewater Library,
Tuesday, February 3, 10:30 am

Read to Jack - Literacy with a Lab

Join Jack for an hour of reading. Therapy dogs help children improve their reading and communication skills by acting as reading companions. Dogs make great listeners with their non-judgmental presence! All ages.

Bridgewater Library, Saturday, 11 am
December 13, January 10, February 14, March 14

Teen Space

A space just for teens, every Friday afternoon. Come hang out, have a snack, craft, play games. 3D Print, tablets and headphones available to borrow!

Bridgewater Library
Dates- Friday, January, February 3 pm
Liverpool Library
Dates - Friday, January, February 3 pm



Adults

Restorative Art Journaling

Step into a calm, creative space where your journal becomes a canvas for self-discovery. Take a quiet pause for yourself and use simple guided prompts to explore your thoughts and emotions through colour, shapes, and marks. This restorative practice helps you connect with yourself, reduce stress, and nurture your creativity. No art experience needed, just bring your curiosity and a willingness to reflect.

Lunenburg Library

Monday, Jan 12, 26, Feb 9, 23, 10:30 am

Journaling with the Tarot

Join Holly for an eye-opening adventure exploring ourselves through tarot, visualization and journaling. Tarot is a helpful tool to get you out of your usual thought patterns and prompt you to consider different areas of your life that may not be at the forefront of your mind. Please bring a journal and pen, a other supplies provided.

Lunenburg Library

Saturday, January 10, 24, February 7, 21, 10:30 am

The Story of My Life - Write a Memoir

Every life is filled with stories. Wouldn't you like to make a record of yours? We will provide prompts and fun-filled discussions to help you unlock your memories and chronicle your journey. Registration required, call 902-543-9222.

Bridgewater Library

Mondays, December 1, January 12, 26, February 9, 23, March 9, 23

Fibre Arts

All lovers of knitting, quilting, or any other handcraft, experienced or beginner, are invited to come relax, learn, work on your craft, share your favourite patterns and discover new ones. Everyone welcome!

Liverpool Library, Tuesdays 1-3 pm,

Lunenburg Library, Wednesdays 1-3 pm

Bridgewater Library, Thursdays 12-1 pm

Spanish Conversation Circle is a volunteer led casual gathering aimed at providing a setting where people can practice their Spanish language skills.



Bridgewater Library, Thursday, 10 am, December 18, January 15, February 5, 19, March 5

French Conversation Circle, come and practice your French in a relaxed, informal setting and make new friends! All levels of French welcome, including beginners.



Liverpool Library, Saturdays, 11 am

Scrabble

Come meet and compete with fellow Scrabble enthusiasts. New players welcome.

Bridgewater Library

2nd & 4th Wednesdays, 2 pm

Lunenburg Library

Tuesday, Jan 6 & 20, Feb 3 & 17, 1-3 pm

Liverpool Library

Thursdays, 2 pm

Chess

Join us weekly to play Chess, all ages and skill levels welcome.



Bridgewater Library, Wednesdays, 6 pm

DIY Soup Mixes in a Jar - All Ages Welcome

Add a little warmth to your winter season at our Do It Yourself Soup Mixes in a Jar program! We will provide all the ingredients and recipes. Take home a beautiful, ready-to-make soup, perfect for cold winter nights or as a thoughtful gift.



Bridgewater Library

Monday, February 2, 3:30 pm

Registration required, call 902-543-9222



southshorepubliclibraries.ca

African Heritage Month

Protecting Our Stories

Join us for the presentation “Protecting our Stories” from the Black Loyalist Heritage Centre. The Centre tells the story of the world’s largest free African population outside of Africa, in the late 18th century in Nova Scotia.



Bridgewater Library,
Thursday, February 19, 11:00am
Lunenburg Library,
Thursday, February 19, 1:30pm
Liverpool Library,
Wednesday, February 25th, 1:00pm

African Heritage Month Who’s Who

Celebrate African Heritage month by taking part in this fun scavenger hunt! As you find all the highlighted figures in African Nova Scotian history, you’ll learn more about how each one of them has made an important contribution to our rich and diverse culture.

All Locations All Month Long

Carrie Mae Best
 A human rights activist, author, journalist, publisher and broadcaster from New Glasgow. Sparked by incidents of racism in her community, Carrie Best became a civil rights activist. Co-founder of The Clarion, one of the first newspapers in Nova Scotia owned by Black Canadians. She used the newspaper to advocate for Black rights.

African Heritage Month Scavenger Hunt
 Find the important figures in African Nova Scotian history! Check off each one as you find them. Bring your completed sheet to the front desk to claim your prize!

1. Find a musician
2. Find a poet
3. Find an author
4. Find an activist
5. Find a Politician
6. Find a lawyer
7. Find a journalist
8. Find a filmmaker
9. Find an athlete
10. Find an entrepreneur

Black History Month in Canada

Nova Scotia has been a leader in officially promoting and recognizing African Canadian heritage, including these highlights:

1985 – The official opening night of Black History Month at the Halifax North Branch Library

1987 – First meeting of the Black History Month Association

1988 – First Black History Month in Nova Scotia

1996 – Black History Month renamed to African Heritage Month in Nova Scotia

Some of these actions have influenced Canada to act on a national level:

1995 – The House of Commons officially recognized February as Black History Month following a motion introduced by the Honourable Jean Augustine, the first Black Canadian woman elected to Parliament.

2008 – The Senate officially declared February as Black History Month. Nova Scotia Senator Donald Oliver, Q.C., was the first Black Canadian appointed to the Senate. His motion was the final parliamentary procedure needed for Canada’s permanent recognition of Black History Month.

South Shore Public Libraries



southshorepubliclibraries.ca

Hours and Locations

Margaret Hennigar Public Library 135 North Park Street, Bridgewater 902-543-9222	Monday 10-5, Tuesday 10-8, Wednesday 10-8, Thursday 10-8, Friday 10-5, Saturday 10-5, Sunday 12-5
Lunenburg Library 97 Kaulbach Street, Lunenburg 902-634-8008	Monday 10-5, Tuesday 10-5, Wednesday 10-5, Thursday 10-8, Friday 10-5, Saturday 10-5, Sunday 12-4
Thomas H. Raddall Library 54 Harley Umphrey Drive Liverpool 902-354-5270	Tuesday 10-5, Wednesday 10-5, Thursday 10-8, Friday 10-5, Saturday 10-5, Sunday 12-4
Alean Freeman Library 5060 Highway 210, Greenfield 902-685-5400	Wednesday 5-8, Saturday 10-5

Bookmobile Schedule January 2026



South Shore Public Libraries

Tuesdays	New Ross 10:30-12, Barss Corner 12:30-1 New Germany 2-4:30
Wednesdays	Chester 1-4:30, 5:30-6:45, Chester Basin 7-8
Thursdays	Mahone Bay 10:30-12:30, 1-4:30, 5:30-7
Friday 1	Mill Village 12:30 - 1:30 Port Mouton 2-3:30 January 9, 30, February 20, March 13
Friday 2	Blandford 12:30-2, Bonny Lea Farm 2:45-3:30 January 16, February 6, March 20
Friday 3	Broad Cove 10 - 10:45 Petite Riviere 11-12:30 Pentz 2-3 January 2, 23, February 13, March 6, 27
Saturdays	Caledonia 10-12
Saturday 3	Pleasant River 12:45-1:15 January 3, 24, February 14, March 7, 28



Enjoy our Memory Café Series This Winter

What is a Memory Café?

A free social event for individuals, families, and care partners living with memory challenges.



What happens at Memory Café?

We enjoy conversations, live musical entertainment, and each other's company in a relaxing, welcoming atmosphere.

Join us from 2:30pm - 3:30pm on:

- Tuesday, December 2 - In Person
- Tuesday, January 13 - Virtual
- Tuesday, February 10 - Virtual
- Tuesday, March 17 - In Person
- Tuesday, April 14 - In Person



Where are in-person cafés held?

27 South Restaurant, Best Western Hotel

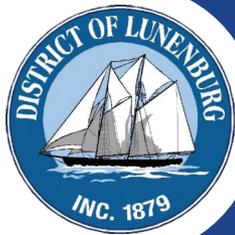
How do I register?

Email tissy.bolivar@modl.ca
or call (902) 541-1335



Learn more: www.memorycafens.ca





District of Lunenburg Recreation, Parks, and Tourism

"Working with you to create recreational opportunities for all"



10 Allée Champlain Drive | Cookville, NS | B4V 9E4

Phone: (902) 541-1343 | **Fax:** (902) 543-7123

Office Hours: 8:00am – 5:00pm, Monday to Friday

E-mail: recreation@modl.ca

Web: www.modl.ca and www.exploremodl.ca

f Like us on Facebook: @MODLRec and @DistrictofLunenburgTourism

Director of Recreation, Parks, and Tourism: Trudy Payne
Program Coordinator: Tissy Bolivar
Trails & Open Space Coordinator:..... Marta Selassie
Tourism & Event Development Officer: Ruth Wawin

Active Living Coordinator: Kelly Cunningham
Recreation Projects Assistant: Moira Frier
Administrative Assistant: Sandra Challis
Park Supervisor: Jason McCarthy



We believe in creating safe and inclusive spaces where everyone feels valued, respected, and accepted for who they are.

We celebrate diversity in all its forms and embrace individuals from every background.

We prioritize kindness, empathy, and understanding.

Together, let's foster a supportive and welcoming environment where everyone can thrive, learn, and connect with others.

Municipality of the District of Lunenburg

Recreation Beyond Barriers

This program helps people take part in recreation in a way that works for them. Staff will get to know each person's interests, skills, comfort level, and available time to help identify meaningful recreation options. We also look at any barriers someone may face—such as transportation, equipment, accessibility, cost, information, confidence, or support needs. Once we understand what someone needs, we can offer supports like resources, trying out different activities, or borrowing equipment. With the right supports in place, everyone can enjoy more recreation options and feel confident getting involved. Please contact Tissy Bolivar at (902) 541-1335 to discuss possibilities.

Program Registration Information

Registration Opens Wednesday, December 11



Your source for recreation on the South Shore! Head to www.connect2rec.com for schedules, program registration and more.



Looking for support with Connect2Rec? Visit the LCLC at 135 North Park St, Bridgewater or call 902-530-4100.



Register Online:

At your convenience, any time of day or night. Online registration requires credit card payment.

IT'S EASY!

Step 1. Visit us online at www.connect2rec.com.

Step 2. "Sign Up or Log In". (Enter a login name and password, which you create yourself).

Step 3. Next **Search & Register for Programs.**

Step 4. Have FUN!



Register by Phone:

- Call the **Lunenburg County Lifestyle Centre (LCLC)** at **(902) 530-4100**.



Register In-Person:

- Visit the **LCLC** at 135 North Park Street, Bridgewater.
- 7 days a week, facility hours vary daily.

MODL Refund Procedures

- Full refunds will be issued up to 4 days before program start date.
- No refunds will be issued for withdrawal notice within 4 days of the program start date or for 'no show' registrants.
- If a registrant cannot take part due to factors outside of their control (i.e., illness or injury) these instances will be reviewed on a case-by-case basis and a partial or full refund may be made in the form of a credit on account.
- All refunds will be processed through the Lunenburg County Lifestyle Centre (LCLC).

- All programs are subject to minimum and maximum enrollment.
- Register early to reserve your spot and avoid disappointment.
- Waiting lists will be taken for full programs and additional programs added, if possible.
- Payment is required at the time of registration.

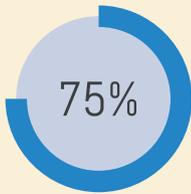
For program cancellations or changes, please call **(902) 541-1343** or check our Facebook Page [f @MODLRec](https://www.facebook.com/MODLRec).

Active Community Initiatives



Attention **Community Halls & Associations!**

MODL is offering support to help community centers promote active transportation in their communities!



Bike Rack Subsidy

75% subsidy towards the purchase of a bike rack for your community center



Park & Explore

Encourage visitors to park their vehicle so they can walk, ride or wheel around your community!

Be featured on exploremodl.ca tourism map!



These initiatives could help your hall become a recognized Bike Friendly Location!

Want to learn more? Please reach out!



Moira Frier
(902) 530-3264
moira.frier@modl.ca



Walk Friendly Community

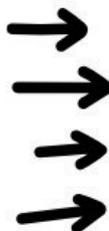
Slow Down



NOVA SCOTIA



Contact recreation@modl.ca for free items to help turn your community into a walking/cycling community!



- Walk Friendly Lawn Signs
- Bike Bells
- Safety Vests
- Walking Flashlights
- Ice Cleats
- Wearable Safety Lights



Parks & Trails

Winter Maintenance Schedule in Effect

Winter Maintenance



Regular maintenance is not provided, however our crew will focus on essential safety checks. Be prepared for varied surface conditions as trails are not cleared from snow.

Park Gates



Park gates closed at Miller Point Peace Park, Indian Falls, Wiles Lake, Mushamush Beach Park & MARC Ballfields. They will reopen in the spring.

Porta Potties



Porta Potties remain available at Miller Point, MARC and River Ridge with reduced services.

Please continue to follow all park rules and report any unsafe conditions or concerns to parks@modl.ca

Calling All Local Community Groups & Non-Profit Organizations:

The Municipality offers a wide range of grant opportunities to support local organizations to assist with operating costs, to improve their facilities, expand their programming, hold an event or support them through sponsorship. We also provide opportunities for individuals and teams too! The Municipality offers grants for training to benefit volunteerism in our community, and also supports local athletes and those travelling to competitions.



- Annual Operating – grant maximum \$5,000*
- Major Recreation Capital – grant maximum \$15,000*
- Comfort Centre Generator Funding – grant maximum \$8,000*
- Sponsorship Ad – grant maximum \$500
- Community Economic Development – grant maximum \$1,000
- Whynotts Wind Benefit Fund – administered on behalf of Potentia Renewables Inc. and the Whynotts Wind Project who are using 1% of the annual profits from the Whynotts Wind Project to fund capital projects, special events or community initiatives*
- Community Event – grant maximum \$2,000
- Elite Athlete – grant maximum \$2000
- Community Recreation Capital – grant maximum \$2,000
- Leadership Training – grant maximum \$300
- Community Recreation Program – grant maximum \$1,000
- Sport, Recreational & Cultural Travel Assistance – grant maximum between \$75 - \$1,000
- Major Events – grant maximum \$20,000

For more information or application forms, please see our website: www.modl.ca/grants, email us at recreation@modl.ca, or call Sandra Challis at (902) 541-1321, she'd love to hear from you!

*Grant applications are accepted year-round, except those marked when an annual deadline date applies.

Community Grants Workshop:

Join us for the opportunity to hear what grant funding opportunities MODL, the Province of Nova Scotia, and Sport Nova Scotia offer; how the grants work, what they can be used for, how to apply, and for you to ask any questions you may have!

Tuesday, January 20, 2026 (Snow date: Wednesday, January 21)

2:00pm – 4:00pm or 6:00pm – 8:00pm

Best Western Plus Hotel, Cookville

Registration not necessary, but appreciated: sandra.challis@modl.ca or (902) 541-1321



Visit the Explore MODL Events Calendar

Find Out What is Happening Near You!

From concerts to community BBQs, there's always something happening in the District of Lunenburg and now it's easier than ever to find local events in one place.

www.exploremodl.ca/events

Hosting an event?

Share it on the calendar and help spread the word!

- Free to post
- Reaches locals & visitors
- Simple online form



Add your event at:
exploremodl.ca/events/community/add

facebook.com/districtoflunenburg

Enjoy door-to-door travel between all points in MODL, Bridgewater, Lunenburg & Mahone Bay with non-profit Lunenburg County Wheels.



Work • Appointments • Shopping • Groceries
Social Outings • the LCLC • Don't want to drive
Rides times: weekdays, 8 am to 5 pm.

Affordable trips for **ALL AGES**. One-way fares:
\$2.50 to \$7.50 depending on distance.

Accessible vehicles.

Book your ride!
Call **902-523-4455**
at least three days in advance



lcwheels.ca
FB:
Lunenburg County Wheels

Enroll Your Teen in Sea Cadets!

Parents of youths (12-18): Give your teen a chance to grow, learn and thrive with the **Royal Canadian Sea Cadet Corps #39 Neptune!**

Our **FREE** program builds confidence, teamwork and leadership through:

- Seamanship
 - Discipline through parades & drill
 - Marksmanship
 - Band
 - First Aid training
- ...plus exciting camps and lasting friendships!

When: **Wednesdays at 6:30 - 9:00 PM (September - June)**

Where: **95 Victoria Road, Lunenburg**

Questions? Email 39RCSCC@gmail.com or visit cadets.ca



NATIONAL VOLUNTEER WEEK

APRIL 19–25, 2026

The Municipality of the District of Lunenburg appreciates and celebrates volunteerism in our communities.

Provincial Volunteer Representative 2025: Sheila Woodcock

We are pleased to announce that Sheila Woodcock is this year's Provincial Volunteer Representative! Sheila is a tireless community leader, arts advocate, and founding member of the Lunenburg Foundation

for the Arts (LFA). For over 13 years, Sheila has worked diligently to grow and strengthen the organization, which plays a crucial role in supporting artists across Lunenburg County. Through her leadership, the LFA has become a beacon for the local arts community, providing meaningful grants that empower artists to create and thrive.

Beyond her work with the LFA, Sheila has made significant contributions to the local arts scene by co-founding the Lunenburg Cultural Collective and the Folk Art Society. Her volunteer efforts have also extended to key roles within the Folk Art and Folk Harbour Festivals, where she has helped shape the region's cultural landscape.

Sheila's leadership and commitment have also been felt in the field of health care, where she has held numerous important roles. Sheila has been an active member of the IWK Board of Directors, the South Shore District Health Authority, and Cancer Care Nova Scotia.

Sheila's dedication, leadership, and unwavering commitment to her community are truly inspiring. Her work continues to inspire those around her, and her efforts serve as a model of service and leadership for future generations.



Nominations Are Open!

Do you know a deserving volunteer in your community we should know about? Nominations are being accepted for the following:

Provincial Volunteer Representative — One volunteer (individual, couple, or group) will be selected to represent the District of Lunenburg at the 52nd Provincial Volunteer Award Ceremony in September.

Municipal Awards and Reception — Community organizations are invited to nominate and send two representatives to the Municipal Reception to be held during National Volunteer Week in April.

Please complete a nomination form and submit it by **Thursday, March 12, 2026**. The form is available on www.modl.ca, by calling (902) 541-1343, or emailing recreation@modl.ca.

We wish to thank all our community volunteers for their passion, their action, and the impact they have in making MODL a great place to live, work and play.



Volunteer Spotlight

A showcase of some local non-profit organizations, the work they do, and the volunteer opportunities with them.



Pleasantville & District Fire Dept.

1665 Highway 331, Pleasantville NS
Serving & Protecting our District since 1957



Volunteer Opportunities

Wanted! Special people

who want to give back to their community. As a volunteer department, P&DFD would love to recruit a few more active members, who will be trained and supplied with the proper PPE and knowledge to be ready to help those in their time of need. They are also looking for a few “creative minds” who can help develop, facilitate and raise much needed funds for their proud fire department. Do you have what it takes? **Ask them about these and other opportunities: www.pleasantvillefire.ca, email pleasantvillefire1957@gmail.com or visit them on any given Tuesday night, 7pm, at the station in Pleasantville.**

“Giving Back is Rewarding“

Souls Harbour Rescue Mission

Souls Harbour is an organization dedicated to relieving poverty and restoring dignity. We serve those, across Lunenburg County and surrounding areas, who are experiencing homelessness, food insecurity, and other hardships. At our Bridgewater Drop In location, we provide free hot lunches, essential clothing and toiletries, and a warm, welcoming space where people feel seen, valued, and safe. We rely on the generosity of volunteers to help make this possible every day.



Volunteer Opportunities

Volunteers needed to:

- Help prepare and serve hot meals during weekday lunch hours
- Sort and organize clothing & toiletries in our FreeMart
- Offer a kind, welcoming presence to those accessing our services

Want to know more?

Call: 902-405-4663 or

Email: volunteer@shrm.ca

For more information visit: www.shrm.ca

FUN Ukulele Jam & PopUps

FUN is a non-profit volunteer-led organization, operating since 2020. FUN makes space for music, education, entertainment and socializing with seniors, youth, music lovers and ukulele players in and around Lunenburg Co. by organizing and hosting FREE musical JAMs.

On the First Tuesday of each month you can find them at the DesBrisay Museum, Bridgewater and at care homes, parks, farmers markets, gazebos and other beautiful areas in and around Lunenburg Co.

@FUNukulelejam

Volunteer Opportunity

FUN is looking for an individual (who loves music!) to assist in organizing a large catalogue of songs (versions) electronically and advise in the best way to share and use song sheets including software.

Interested?

Email fun.ukulele.jam@gmail.com



Youth Programs

Red Cross Babysitter Course

This course teaches the skills and knowledge needed to care for infants, toddlers, preschoolers, and school-aged children. Topics include the rights and responsibilities of a babysitter, first aid, dealing with emergencies, childcare skills, and ideas for fun. Bring an infant sized teddy bear or doll, pencil, and lunch/snacks. This is a safety education course, not a guarantee of competence. Instructed by Patty Joudrey's Education and Training. Ages 11-14.

Saturday, January 10, 9:00am – 3:00pm

Northfield & District Fire Hall, West Northfield

Wednesday, March 18, 9:00am – 3:00pm

Oakhill Fire Hall, Oakhill

\$35

New! Snow Lab

Get ready to experiment, explore, and have some frosty fun! In the Snow Lab, kids will dive into hands-on science and engineering activities inspired by winter, from making instant snow and learning how ice forms, to building mini snowball launchers and testing what materials keep you warm. It's a perfect mix of creativity, curiosity, and cool discoveries! Ages 6-12.

Sunday, February 1, 1:00pm – 3:00pm

St. Lukes Church Hall, Rhodes Corner

It's Free! Donations for PRO Kids welcomed



Animation Beyond Basics

The 'beyond the basic' animation workshop will give kids the opportunity to build on their initial knowledge of animation. Over the 5-week session with Janine Smith, you will explore how to make your movies flow better, run smoother, and show more details. These simple creative hands-on activities are not only fun but also encourage self development, confidence, and group working skills. We will have the tools needed but participants are welcome to use their own handheld devices if preferred. No experience necessary but wild imaginations welcomed! Ages 10-14.

Mondays, February 2 – March 9 (no class February 16)

6:00pm – 7:00pm

Hebville Fire Hall, Hebville

\$90/5 weeks

Youth Art Classes

Unlock your child's creativity with our exciting 'Youth Art Classes' designed just for kids! Let them explore their imagination in a fun and supportive environment. Our experienced instructor, Janine Smith, will guide them as they learn about famous artists, discover new materials, and explore new techniques as well as expressing their unique artistic voice. Whether your child is a budding Picasso or just starting their artistic journey, our classes cater to all skill levels. Join us for a colourful adventure where creativity knows no bounds!

Mondays, February 2 – March 9 (no class February 16)

Ages 5-9 from 4:30pm – 5:30pm

Hebville Fire Hall, Hebville

\$90/5 weeks

Wednesdays, February 4 – March 4

Ages 5-8 from 4:00pm – 5:00pm

Ages 9-13 from 5:30pm – 6:30pm

Blockhouse Fire Hall, Blockhouse

\$90/5 weeks



Red Cross Stay Safe! Course

Real-world scenarios often call on children to respond to challenges. The Stay Safe! program teaches applicable and age-appropriate skills, while increasing and reinforcing a youth's capacity to improve their own safety. Whether in their community or on their own, this group will be given better tools to Stay Safe! in a variety of different situations. Bring snacks. Instructed by Patty Joudrey's Education and Training. Ages 9-13.

Saturday, February 21, 9:00am – 1:00pm

LaHave & District Fire Hall, LaHave

\$35

Summer Employment Deadlines

We are looking for strong, creative leaders with energy, motivation, and communication skills to deliver our summer recreation programs in a fun, safe, and inclusive environment. Our summer programming spans across the District of Lunenburg encompassing all ages and abilities. Reliable transportation is required to travel to different locations daily. We welcome applications from all who feel their knowledge and skill set align with the goals of our department.

March 13, 2026	April 10, 2026	May 1, 2026
Manager Positions	Program Leaders	Program Leaders,
April-August	May-August	July-August
15 to 17 weeks	12 to 15 weeks	8 to 9 weeks



Email or drop-off your resume to:
 Tissy Bolivar, Program Coordinator
tissy.bolivar@modl.ca
 10 Allée Champlain Drive, Cookville, NS B4V 9E4

Job descriptions are available on the Municipal website: www.modl.ca



Winter Activity Card



Go for a 10 minute walk outside	Take a mindful outdoor break (listen, breathe, observe)	Go for a sprint! Run as fast as you can for 1 minute	Visit a MODL trail or park	Build a snowperson or outdoor sculpture
Go outside and look for a bird or listen for a bird	Go for a bike ride	Explore a new outdoor spot you haven't been to	Do 3 stretches outdoors	Walk up a hill or a set of stairs
Invite a friend or family member to join you in an outdoor activity	Go for a 10 minute run	Free choice outdoor activity!	Try skating, hiking, skiing, sledding or snowshoeing	Go for a 20 minute walk outside
Watch a sunrise or a sunset outside	Go for a walk around your community	Borrow recreation equipment from MODL	Try to hold a balance pose for 30 seconds	Go for a hike

Municipality of the District of Lunenburg

- Complete any 10 out of 20 activities and cross them off on the card
- E-mail recreation@modl.ca with a photo of your card or a list of your completed activities for a chance to **win prizes!**



Submit by February 28

Family Programs & Special Events

Women and Girls Drop-In Swims

Through a partnership with the Lunenburg County Lifestyle Centre (LCLC), we are offering FREE Women and Girls drop-in swims for all ages! Whether it's a mother daughter swim, a friend outing, or you just want to go for a dip, we hope to see you there! This initiative was started due to the overwhelming demand for women-only drop-in opportunities.

Saturdays, 5:00pm – 6:00pm

Lunenburg County Lifestyle Centre (LCLC), Bridgewater

It's Free!

New! Family Open Gym

Shake off the winter blues and get moving with Family Open Gym! This program offers a safe, fun space for families to play together. Kids can shoot hoops, kick balls, run obstacle courses, or try out other gym equipment, while adults can join in or cheer from the sidelines. It's a wonderful way to be active, socialize, and enjoy quality family time, all in a warm, welcoming environment.

Fridays, January 9, February 6, March 6, 6:30pm – 8:00pm

New Germany Rural High School, New Germany

It's Free! Donations for PRO Kids welcomed

New! Snowshoe Socials

Step into the season with a leisurely snowshoe stroll through scenic winter trails! Enjoy great company, fresh air, and gentle exercise at a relaxed pace, perfect for all experience levels. Warm up afterward with hot cocoa and snacks for a perfect outdoor outing for all ages and abilities.

Friday, January 16, 9:30am – 11:00am

Arthur Young Trail/LaHave River Trail, Cookville

Saturday, February 7, 10:00am – 11:30am

MARC, Dayspring

Sunday, February 15, 2:00pm – 3:30pm

Bay to Bay Trail, Mahone Bay

Thursday, March 19, 1:00pm – 2:30pm

Bull Run Trail, Hebbville

It's Free! Donations for PRO Kids welcomed

Warm-Up to Winter

Let's celebrate World Snow Day with winter fun at River Ridge Common! Join us for snowshoeing, cross-country skiing, and games in the park! Don't worry if it's chilly, you can warm up around the propane fireplace while toasting marshmallows! Fun for the whole family. Weather permitting.

Sunday, January 18, 2:00pm – 3:30pm

River Ridge Common, Pinehurst

It's Free! Donations for PRO Kids welcomed



Sensory Friendly Family Swims

The Municipality of the District of Lunenburg has partnered with the South Shore Chapter of Autism Nova Scotia to host sensory-friendly swims at the LCLC. This is open to all ages, and to anyone who would benefit from a sensory-friendly environment. The pool will be closed to the public.

Sundays, January 18, February 15, and

March 15, 5:00pm – 6:00pm

Lunenburg County Lifestyle Centre (LCLC), Bridgewater

It's Free!

New! Campfire and Cocoa

Bundle up and enjoy a cozy evening under the winter sky! Gather around the campfire for stories, music, and laughter while sipping hot cocoa and roasting marshmallows. It's the perfect way to warm up, connect with your community, and celebrate the magic of winter nights.

Friday, January 30, 6:30pm – 8:00pm

MARC, Dayspring

It's Free! Donations for PRO Kids welcomed

Take the ROOF off WINTER



We are happy to join Recreation Nova Scotia's winter active campaign which helps Nova Scotians of all ages improve their health and quality of life by being active during the winter months! Come out and enjoy skating, skiing, snowshoeing, hiking, playing in the snow, or sliding. Warm-up around an afternoon bonfire with roasted marshmallows! Skis, snowshoes, and sleds are available to use free of charge during the program on a first-come, first-served basis! Weather permitting.

Saturdays, January 24 – February 28, 11:00am – 3:00pm

MARC, Dayspring

It's Free! Donations for PRO Kids welcomed

Family Programs & Special Events



Full Moon Walks

Join us for a magical winter walk under the full moon! Experience the serene beauty of the season as moonlight illuminates frosty landscapes and quiet trails. This unique night-time walk is perfect for those looking to unwind, connect with nature, and enjoy the calm, crisp winter air. Bundle up and let the full moon guide your way! Bring a flashlight or headlamp.

Sunday, February 1, 6:00pm – 7:00pm: Miller Point Peace Park

Celebrate the Snow Moon with us as we explore the meandering trails at Miller Point Peace Park. Approximately 3km of easy trails.

Tuesday, March 3, 6:00pm – 7:30pm: River Ridge Common

We will meet in the parking lot at River Ridge Common to set out on a scenic hike through the trail system to soak up the Worm Moon! Approximately 4km of easy-moderate trails.

Wednesday, April 1, 6:00pm – 7:30pm: MARC Trails

Step into the soft glow of the Pink Full Moon and enjoy a peaceful walk surrounded by the beauty of spring in full bloom. Approximately 4km of easy-moderate trails.

It's Free! Donations for PRO Kids welcomed

Wheelchair Basketball

We're excited to partner with the Town of Lunenburg to bring this 4-week program. Explore the dynamic world of parasport with wheelchair basketball. Discover the exhilarating blend of skill, strategy, and teamwork in a game where mobility knows no bounds! For all abilities, equipment provided. Ages 12+.

Thursdays, February 5 – 26, 5:30pm – 6:30pm

Lunenburg Community Centre, Lunenburg

It's Free! Donations for PRO Kids welcomed

Family Glow Dance

Join us for a vibrant and fun-filled event bringing families together for an unforgettable night of music, dancing, and glowing fun. This unique dance party features glow sticks and a lively atmosphere where everyone is encouraged to dress in bright, glowing colors. Families will enjoy dancing to their favorite hits while creating lasting memories on the dance floor, ensuring a delightful experience for all ages.

Friday, March 13, 7:00pm – 8:30pm

Riverport & District Community Centre, Riverport

It's Free! Donations for PRO Kids welcomed

Annual Easter Egg Hunt

Join us for one of our most popular annual events – the Easter Egg Hunt! Participants will be divided into age categories to find Easter eggs throughout the MARC property followed by games, snacks, face painting, and more. Every child will receive an Easter prize! The Easter Bunny will be hoppy to see you! Dress for the outdoors and bring a bag or basket for gathering eggs.

Saturday, March 28, 2:00pm – 3:30pm

MARC, Dayspring

It's Free! Donations for PRO Kids welcomed



New! Family Movie Matinee

Hop into spring with our Easter-themed indoor movie! Enjoy a family-friendly film celebrating fun, friendship, and the season of renewal. A big screen, popcorn, and sweet treats make it a perfect afternoon outing. Bring the whole family (and cozy blankets) to celebrate Easter with laughter and a little festive magic!

Sunday, March 29, 1:30pm – 3:30pm

Dayspring Fire Hall, Dayspring

It's Free! Donations for PRO Kids welcomed

Wheelchair Basketball Try-It

Join us to explore the dynamic world of parasport with wheelchair basketball. Discover the exhilarating blend of skill, strategy, and teamwork in a game where mobility knows no bounds! For all abilities, equipment provided. Ages 12+.

Thursday, April 2, 6:30pm – 7:30pm

Centre Scolaire de la Rive-Sud, Cookville

It's Free! Donations for PRO Kids welcomed



Nova Scotia Lobster Crawl 2026

Seas the Day—Lobster Creation Contest

Shell-o there folks! There is a shortage of lobsters within the Municipality and we need your help to replenish the lobster population. Lobsters can come in many shapes and sizes, so use your creativity when creating your lobster! Submit photos to recreation@modl.ca to be entered in a random prize draw! You can have multiple submissions, to increase your odds at a prize!

We will be sharing submissions on our Facebook page @MODLRec throughout the month of February.

February 1 – February 28

The Great Lobster Hunt

Lobster here, lobster there, lobster everywhere! The park is crawling with lobsters, and we need your help to “catch” the critters to unscramble their secret message. Each lobster will have a letter attached. Once you have spotted all the letters, unscramble the message, and send it to us at recreation@modl.ca to be entered in a random prize draw!

Please do not remove any lobsters from the park.

February 1 – February 28

Miller Point Peace Park, Dayspring



New! Quill a Lobster

Unleash your creativity in this engaging quilling workshop, where you'll learn to roll, shape, and arrange paper strips into a stunning lobster! Perfect for beginners and craft lovers alike, instructor Amber Thompson will guide you through the techniques needed to create intricate patterns and beautiful artwork. Ages 10+. Children under 12 must be accompanied by an adult.

Wednesday, February

11, 6:00pm – 8:00pm

West Northfield

Community Hall, West

Northfield

\$20



Long Weekend Lobster Extravaganza

A 3-day weekend is the perfect time to get outside with your friends and family to skate, slide, snowshoe, and explore the many parks and open spaces the Municipality of the District of Lunenburg has to offer, while acting a little “shellfish”. To help you, we've created a jam-packed line-up of events to sink your claws into.

Take the Roof Off Winter

Come out and enjoy skating, cross-country skiing, snowshoeing, hiking, playing in the snow, or sliding – like a LOB-STAR! Then, warm-up around an afternoon bonfire with roasted marshmallows, and a boiling pot of... hot chocolate! Skis, snowshoes, and sleds are available to use free of charge during the program on a first-come, first-served basis! Weather permitting.

Saturday, February 14,

11:00am – 3:00pm

MARC, Dayspring

It's Free!

Donations for PRO Kids welcomed

Snowshoe Social

Step into the season with a leisurely snowshoe stroll through scenic winter trails! Enjoy great company, fresh air, and gentle exercise at a relaxed pace, perfect for all experience levels. Warm up afterward with hot cocoa and snacks for a perfect outdoor outing for all ages and abilities. Let's add a little flavour to this walk by dressing in red and channeling our inner lobsters! Approximately 3km.

Sunday, February 15,

2:00pm – 3:30pm

Bay to Bay Trail, Mahone Bay

It's Free!

Donations for PRO Kids welcomed

MODL Lobster Games

“Oh Crab! It's Monday...” is what you would usually say on a Monday, but not today! Did you know, lobsters can swim from New Brunswick to Nova Scotia in just over a month? Some choose to swim for hundreds of kilometers more! Be active like a lobster and join us at River Ridge Common on Heritage Day for an afternoon of games and movement. Weather permitting.

Monday, February 16,

1:00pm – 3:00pm

River Ridge Common, Pinehurst

It's Free!

Donations for PRO Kids welcomed

Adult Programs

Women's Drop-In Volleyball

Join us for a fun, recreational evening of volleyball Monday nights, for all skill levels! Ages 19+.

Mondays, 7:00pm – 8:30pm

Centre Scolaire de la Rive-Sud, Cookville

\$2/night

Mahone Bay Essentric

This workout is based on the theories of Miranda Esmonda-White that simultaneously lengthens and strengthens every muscle in the body, resulting in greater joint mobility. This is a full-body technique that works through all the muscle chains, liberating and empowering the muscles, relieving them from tension in the process. Instructor Deb Mason will lead the class through this age-supporting exercise class. No weights or floor work required. Please wear comfortable clothing, bring a yoga mat, and water.

Tuesdays and Thursdays, January 6 – March 26,

10:30am – 11:30am

Royal Canadian Legion Hall, Mahone Bay

\$90/24 classes

Qigong (Chi Gong)

Tai Chi & Qigong (Chi Gong) exercises to strengthen and maintain your health. Receive help with balance, flexibility, stiffness, stress, movement, and build energy. Exercises are done in the standing position; some may be performed while sitting. Wendy Oickle will be leading you through gentle exercises that support continued health and recovery. She is a certified Qigong (Chi Gong) practitioner with over 20 years of experience.

Thursdays, January 8 – March 12,

10:30am – 11:30am (no class February 5)

Wileville Fire Hall, Wileville

\$40/9 weeks

New! Winter Wellness Reset and Bracelet Making

Begin 2026 with calm, clarity, and creative intention with a morning of reflection and creativity. Through guided journaling with Rachael Jessup, you'll set your intentions for 2026, then design a gemstone bracelet to carry those intentions with you into the months ahead. A soothing, heart-centered workshop focused on renewal and self-care. Ages 16+.

Saturday, January 10, 10:30am – 11:45am

Baker Settlement & District Community Hall, Baker Settlement

\$15

New! Snowman Sign Workshop

Create a cheerful winter decor piece in this fun, hands-on Snowman Sign Workshop with Gina George of Memory Lane Woodworks! You'll paint and assemble a layered wooden

snowman, perfect for adding a festive touch to your home. No experience is needed, just bring your enthusiasm and enjoy a relaxed, creative afternoon.

All materials provided. Ages

12+. Those under 16 must be

accompanied by an adult.

Sunday, January 11,

2:00pm – 4:00pm

Blockhouse Fire Hall, Blockhouse

\$25



Painting with Wool

Join instructor Amber Thompson to learn how to paint with wool! This style of needle felting is a 2D process where you use a design on a flat wool/felt sheet or another type of fabric, and then proceed to "paint" it with different colour wools using felting needles. Painting with wool is very fun and relaxing. It's also a beginner-friendly and forgiving medium. This workshop provides a welcoming and supportive atmosphere where participants can feel free to express themselves creatively. Ages 8+. Those under 16 must be accompanied by an adult.

Wednesday, January 14, 6:00pm – 8:00pm

Pleasantville Fire Hall, Pleasantville

\$20

Celebrating "Stone Soup"

Join amateur cook, Diane Robitaille, as she retells the folktale "Stone Soup" and prepares a delicious pot of soup, actually, two pots of soup; a vegan and a meat option will both be prepared. Participants are invited (but not required) to bring an ingredient to add to the soup. The goals of this session are to celebrate collaboration, community, and enjoy a bowl of hot soup. Tips on soup-making from scratch will be provided. Ages 12+. Those under 16 must be accompanied by an adult.

Saturday, January 17, 2:00pm – 4:00pm

Tri District Fire Rescue, Newcombville

It's Free! Donations for PRO Kids welcomed

Adult Programs

Food Handlers Course

This course is for those who handle and work with food, like community groups and organizations and those who work in the food service industry. The course covers the causes and types of foodborne illness and emphasizes practices designed to enhance food safety. Topics will include food preparation and storage, personal hygiene, and sanitation. Course Conductor, Al McMullin worked 35 years with the Province of Nova Scotia as a Public Health Inspector.

Wednesday, January 21, 5:30pm – Finish

Dayspring Fire Hall, Dayspring

\$55

Needle Felting for Beginners

Discover the art of needle felting! Join instructor Amber Thompson to learn how to transform wool into charming creations using simple, hands-on techniques. Perfect for beginners, this workshop will guide you through the process, and you'll leave with a handmade creation to cherish. This workshop provides a welcoming and supportive atmosphere where participants can feel free to express themselves creatively. Ages 12+. Those under 16 must be accompanied by an adult.

Wednesday, January 28, 6:00pm – 8:00pm (owl)

Hebbs Cross Fire Hall, Hebbs Cross

Wednesday, March 11, 6:00pm – 8:00pm (seal)

St. Lukes Church Hall, Rhodes Corner

Wednesday, March 25,

6:00pm – 8:00pm (sheep)

Blockhouse Fire Hall,

Blockhouse

\$20



New! Pendulums & Vision Boards

Winter is the perfect time to plan for your future. One tool used throughout time to guide decisions was the pendulum. A pendulum is a tool for divination used to receive answers and guidance by connecting with one's intuition. It functions as a receiver and transmitter of subtle energy and is used to ask yes/no questions, find lost objects, clear negative energy, or help with decisions. Using a variety of materials, you will each make your own pendulums and use them to create a vision board that will guide the change you want to see in the spring with Louise Hollingsworth. All supplies included. Ages 12+. Those under 16 must be accompanied by an adult.

Sunday, February 8, 2:00pm – 4:00pm

Hebbsville Fire Hall, Hebbsville

\$15

New! 'Latte Love' Guided Painting

This Valentine's join us for a "whole latte" fun creating and making art together! Enjoy a relaxing night of painting alone or with your favorite person. We'll provide all the supplies and Janine Smith will guide you step-by-step in painting your individual or double, connected, canvas art piece. We can't wait to see the "brew-tiful" masterpieces you'll create.

Ages 19+.

Thursday, February 12,

6:00pm – 8:30pm

Pleasantville Fire Hall,

Pleasantville

\$20



New! Love on Board

Let's celebrate Valentine's with charcuterie! Join enthusiastic home cook Diane Robitaille to enjoy some charcuterie boards with cheeses, meats, sweets, and more. You'll discuss what makes for a balanced board and work together to assemble them. Then enjoy the fruits of your labour as you discuss your favourite board foods. Ages 19+.

Friday, February 13, 5:30pm – 7:30pm

Oakhill Fire Hall, Oakhill

\$20

New! Heart & Harmony: Wellness for Women

Timed for Heart Month, this workshop blends education and creativity. After a short talk on women's heart health and stress, participants enjoy a guided relaxation session before designing a beaded gemstone bracelet with Rachael Jessup. Ages 19+.

Tuesday, February 17, 6:00pm – 7:30pm

Riverport & District Community Centre, Riverport

\$15

New! Homemade Ricotta

Come and learn how to make homemade ricotta cheese with Louise Hollingsworth. Learn the simple recipe, delicate temperatures, and timing that results in this delicious and definitely doable cheese. Impress your friends and family with some of your own fresh ricotta. Ages 12+. Those under 16 must be accompanied by an adult.

Sunday, February 22, 2:00pm – 4:00pm

Northfield & District Fire Hall, West Northfield

\$20

Adult Programs

New! Seniors Winter Social

Let's shake off the winter blues with an afternoon full of laughter, fun, and connection! Join us for a variety of engaging activities, lively music, and delicious snacks. Whether you're looking to meet new people, reconnect with old friends, or simply enjoy some lighthearted fun, this program is the perfect way to brighten your day and embrace the season together.

Wednesday, February 25, 1:30pm – 3:00pm

Branch LaHave Community Hall, Branch LaHave

It's Free! Donations for PRO Kids welcomed

New! Basket Weaving

Get creative with your hands and take home a handmade treasure! In this workshop, participants will learn basket weaving techniques using a variety of materials like basket reed. Guided by experienced instructor Monike, over 2 sessions, you'll create a beautiful, functional basket while enjoying a relaxing, social, and inspiring environment. No experience is needed, just bring your curiosity, creativity, and lunch! Ages 12+. Those under 16 must be accompanied by an adult.

Saturdays, February 28 and March 7, 9:00am – 2:00pm

West Northfield Community Hall, West Northfield

\$40



New! Spice Journey

Let's warm up winter with some spice! Join enthusiastic home cook Diane Robitaille as she shares the history and benefits of a few spices and prepares some simple but tasty dishes. You'll explore cinnamon, ginger, turmeric, and garlic. Participants will have the opportunity to make and enjoy dishes. Recipes will be shared. Ages 12+. Those under 16 must be accompanied by an adult.

Sunday, March 1, 2:00pm – 4:00pm

Pleasantville Fire Hall, Pleasantville

\$15

New! Make a Gadget Bag

Join seamstress Louise Hollingsworth to learn how to cut fabric and use sewing tools to make your own gadget bag for your phone or tablet. Come and enjoy a cup of tea while you gain some skills that will last a lifetime. All materials will be supplied to sew your own creation including buttons and beads. Ages 9+. Those under 16 must be accompanied by an adult.

Sunday, March 8, 2:00pm – 4:00pm

Conquerall Bank Fire Hall, Conquerall Bank

\$15

New! Easter Guided Pottery Workshop

Hop into the studio this spring and join Janine Smith for a fun, hands-on Easter pottery workshop. No experience necessary, our experienced instructor will guide you through basic techniques in a relaxed and welcoming environment, ensuring everyone has a wonderful time and leaves with a creation to be proud of. Ages 19+.

Sunday, March 15, 1:00pm – 3:30pm

Broad Cove Hall, Broad Cove

\$20



New! Crazy for Carrots

From soup to stew and from cake to juice, the common carrot is a versatile, nutritious, and tasty food. Join enthusiastic home cook Diane Robitaille to explore carrots and all that they are capable of – cooked or raw, grated or julienned. This session will also provide beginner cooks with some tips for preparing simple dishes. Ages 12+. Those under 16 must be accompanied by an adult.

Sunday, March 22, 2:00pm – 4:00pm

Hebbsville Fire Hall, Hebbsville

\$20

New! Awaken & Restore: A Spring Self-Care Workshop

This soothing, hands-on workshop includes guided instruction with instructor Rachael Jessup, self-massage practice, and tips for creating your own seasonal self-care ritual at home. Leave feeling refreshed, rebalanced, and ready to bloom into spring. Ages 16+.

Monday, March 30, 6:30pm – 7:45pm

Hebbs Cross Fire Hall, Hebbs Cross

\$15

HB STUDIOS

Winter 2025

Sports Centre

Supporting our Community's Health and Wellbeing!

HB Studios Sports Centre

A fun recreational facility with leisure activities for everyone!



Join us for your recreational time!

Accessible Walking/Running Track

Strollers, wheelchair and canes welcome

Drop in Fee	\$2
Punch Card (11 walks/ no expiry)	\$20
30-day Pass	\$25

Indoor Turf Field Rentals

Non Prime Time (8-4pm Monday to Friday)

Full Field	\$145/HR
1/2 Field	\$100/HR
Non-Prime Time	
Full Field	\$100/HR
1/2 Field	\$75/HR



Drop-in Fee (Golf, Battling Cage, RC Flyers)

..... \$10/HR OR 6 USAGE PUNCH CARD \$50

School rates are Available 8am-4pm Monday to Friday!

Multi-Purpose Room

Great for meetings, teambuilding, yoga, birthday parties and so much more!

\$30/HR OR \$160/DAY

Projector & Wi-Fi available!

Fitness Area

Rubber Mat Area for fitness classes

\$30/HR



The Perfect Place For Any Activity Or Event!

Birthday parties, corporate meetings and teambuilding, workshops & more!

Programs And Events

- **The Community Builders Program for Mature Adults** Tuesdays until May 26, 2026
10am-12 pm
- **Imagination Playground**
Mondays & Wednesdays
9:30am-11:30am
- **Community Connects Family Events**
Dates: November 22: 4pm-6pm
December 27: 4pm-6pm
January 24: 4pm-6pm
February 28: 4pm-6pm
March 28: 4pm-6pm
- **Queer Community Connects**
Dates: November 15: 4pm-6pm
December 20: 4pm-6pm
January 17: 4pm-6pm
February 21: 4pm-6pm
March 14: 4pm-6pm
- **Ultimate Frisbee**
October 26, 2025 - April 26, 2026
- **Annual South Shore Soccer Symposium**
February 13, 2026 - February 15, 2026
- **December Events:** Free Family movie.
In partnership with the Bridgewater Area and Lions Club
Date: December 6: 2pm start time.
"Christmas with the Kranks"
- **Senior Holiday Tea (Registration required)**
In partnership with the Town of Bridgewater
Music by Tim Clark, refreshments & Games
\$5 per person. December 9: 1pm-3pm
- **Free Family Holiday party and gingerbread house decorating (Registration now Full)**
In partnership with Tina Williamson and Royal Lepage
December 13th: 1pm-3pm
- **Walking Track:**
 - Monthly Walking Challenges
 - Get motivated to get fit by Joining our Free Wisdom Keepers KM Club in partnership with Eastlink **Keep track of your KMs & Receive a certificate and Win prizes**
- **Golf driving and putting practice; Shuffleboard and Batting Cage..... \$10/HR**
Call to book your time!



Our Tenants

- Atlantic Sport Performance @ 902 Athletics Strength and Conditioning
info@902athletics.ca
- LC Judo Club
[facebook.com/groups/LC Judo](https://facebook.com/groups/LC%20Judo)
lcjudoclub@gmail.com
- Shaelyn Elliott RMT
thestretchfairly.com
- Team Fortitude
teamfortitudebridgewater@gmail.com

For our current hours, or to book time contact us at



manager@hbssc.ca
event@hbssc.ca



www.hbssc.ca



902.543.5348



HB Studios Sports Centre

Come play with us at: 543 Glen Allen Drive, Bridgewater, NS

YOUR CONNECTION TO RECREATION
ON THE SOUTH SHORE

CONNECT 2 REC

Connect 2 Rec your hub for events, schedules, information and registration for all your favourite Municipality of the District of Lunenburg, Town of Bridgewater, Lunenburg County Lifestyle Centre, and Town of Lunenburg programs!



WWW.CONNECT2REC.COM