



# AroundBlock



Issue 61 October / November 2018 [sjcommunitynewspaper@gmail.com](mailto:sjcommunitynewspaper@gmail.com)

where we celebrate the good news from our communities in Saint John NB

## Golden Oldies 10th Anniversary



Golden Oldies and friends (photo by Christa Petts)

by **Christa Petts**

This year marks the 10th Anniversary for our Golden Oldies Senior Group. They meet every second Monday and volunteer every Wednesday. They participate and support all our programs all year. Our children look forward to our Seniors' Tea because they love sitting with our seniors listening to their stories. They are truly the backbone of our community. They have supported and befriended many of the participants in our classes and encouraged them along the way. Many participants who have graduated come back to visit. Congratulations to our Golden Oldies, you're what make our community stronger.

## Canning at the Carleton

by **Jill Roberts, Nurse/Community Development, Market Place Wellness Centre**

Carleton Community Centre was pleased to host a Canning and Preserving Workshop on Monday, September 17th, in partnership with the Neighbourhood Action Group and the Wellness Branch of Government of NB. Fifteen participants from all over the city rolled up their



Participants learning about canning (photo by Anne Driscoll)

sleeves and prepared yummy pickles, homemade salsa, fermented carrots and beet kvass. Special thanks to Janet Hamilton, Master Canner/Preserver, of Moncton Headstart, for sharing her vast knowledge with the group. Canning and preserving kits will be purchased for several neighbourhoods so that residents can share what they have learned with others.

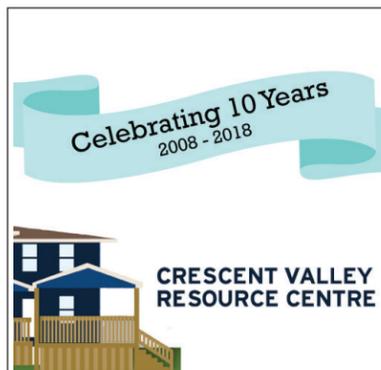
For information on how to access these kits in your own area, please contact Olivia Clancy, CVRC, 693-8513.

## CVRC 10th Anniversary

by **Debbie McLeod, Social Development Coordinator**

Congratulations to all the staff and board members of the Crescent Valley Resource Centre (CVRC,) for providing ten great years of programs and services to Crescent Valley and surrounding area residents. The support and education and being able to provide information on topics the residents are looking for is remarkable. Your dedication to the community has been outstanding. Just to highlight a few projects which you have been instrumental in: the splash pad, playground, the bike program, art classes, food security programs, literacy events, playgroups, food sampling, summer squad, special community celebrations and many, many more.

Bringing stakeholders in to collaborate with the community has been so positive and effective. On the horizon is a new greenhouse and more raised beds for gardening, so we look forward to seeing where all that goes in 2019. Thank you ALL for what you do each day and what you bring to Crescent Valley every day. I am proud to say Social Development is a great supporter as we believe in what you are doing. We strongly believe you are making a difference!! Congratulations on 10 years well done. Looking forward to the next decade!



## Waterloo-Village Association celebrating 10 years

by **Linda Scott, Past President, Waterloo - Village Association**

In 2007 there was a small group of people working in this neighbourhood to make changes. That year they entered the Santa Claus Parade and asked my husband and me to be Mr and Mrs Santa. By 2008, I found myself as chairperson of this group which became known as the Waterloo Village Association. In the past 10 years the group has been involved in some great changes in the area - the lights on Paddock Street, the garden of Hope on Richmond Street, revitalization of Chown Field, community annual clean ups, etc.

We established the association with a mandate of trying to create a sense of community in this area with safety, beautification and communication as our main goals. When I started no one even knew what I meant by Waterloo Village and now we are a recognized association .

Congratulations on 10 years of hard work and positive changes and I am sure it can only grow.



## Proud Sponsors of Around The Block



SAINT JOHN



## Coordinator's Comments Juanita Black, 647- 4850, [sjcommunitynewspaper@gmail.com](mailto:sjcommunitynewspaper@gmail.com)

For this issue of Around the Block we welcome our sponsor the NB Wellness network and share many wellness related stories, about gardens, exercise and nutrition.

We have also reached 10 years of good news stories. It was in October 2008 that the first issue of an unnamed 8 page newspaper hit the streets. We were having a contest to find a name. Well Around the Block has been around the block now with 61 issues, 16 pages, 9000 free copies and we have published 541,500 papers. I am very proud to be the Coordinator of this newspaper and to help share, through articles and pictures the stories from our communities and community partners. Thank you to everyone who contributes, issue after issue.

We are also sharing out 10th Anniversary with a few of our partners, the Crescent Valley Resource Centre, the Golden Oldies and the Waterloo-Village Association. Happy anniversary to one and all.



Old North End • Old North End

## 50 and over games

*by Christa Petts*

Eric Garnett volunteers with us in many ways. He mows our lawn, he volunteers to prepare our community lunch and he also hosts our Coffee and Chat weekly. For the last two years, he has participated in 50 and over friendship games. He comes back every year showing off his beautiful medals. This year was no different; he had three medals. He received a bronze, silver, and gold in swimming. Moreover, he is a single dad raising a daughter and makes time for us whenever he can.



Eric and his medals  
(photo by Christa Petts)

Eric, we can't thank you enough for all you

## ONE space



ONE space youth having fun (photo by Korey Cormier)

*by Zoe Ritchie*

Have you noticed how expensive Halloween costumes have become? Pre-made costumes have skyrocketed in price and they seem to only be getting flimsier. Clearly, you're not paying for quality anymore. Instead, why not send your 'il ghouls down to the ONE Space at the Nick Nicolle Community Centre? This October we'll be running Halloween workshops with a focus on do-it-yourself costumes free of charge. Tech mentor Zoe Ritchie will be teaching the hottest techniques in cosplay, costume design and electronic wearables.

The ONE Space re-opens September 25th keep an eye on the ONE Change Facebook page for announcements and schedules.

## New bright colours

*by Tanya James, North End Community Connector*

If you haven't taken a walk down Victoria Street lately, you probably have yet to see a new work of art brightening up the Old North End. In addition to the bright blues and reds of the Kiwanis playpark and the red walls of the Nick Nicolle Community Centre, there is now a colourful painting on the front of the North End Wellness Centre. This burst of colour with the positive message of "It's your time to bloom" was created by Abi and Bethany Reinhart on August 11, adding to ONE Change's summer street fair celebration.



Pictured are Abi and Bethany Reinhart  
(photo by Tanya James)

Let's keep creating beauty in our communities.

## After-school programs and evenings



After-school programs (photo by Courtney Hunter)

*by Courtney Hunter*

It's that time of year again! School is in and our after-school program is starting. This is what we look forward to, kids throughout the centre and activities and crafts going on for all ages. Our staff cannot wait to see all our kids come back! Evening programs are starting on the 25th of this month. We have all kinds of programs for all ages - Photography, Baking, Makerspace, Science night, Art classes, Ball Hockey, Drama, Cooking, Taekwondo, Drama, and Chess.

Come on down on September 20th and register for our programs!

## Fall programming



Youth busy working on computers  
(photo by Christa Petts)

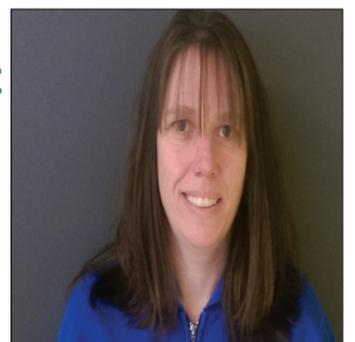
*by Christa Petts*

We are excited! This year our fall programs will begin on September 25th. Zoe is getting prepared with some exciting workshops for makerspace. Our afterschool program staff are preparing another fun year of activities for our kids. Our Believe and Achieve Programs are going to be exciting this year with some new programs starting.

We will have Cooking, Acrobatics, Ball Hockey, and Crafts. We are excited to be partnering this UNB introducing a science program, "Lets Talk Science." The Library will be returning to work with our After-School Program again. We are looking forward to an exciting year!

## North Neighbourhood Contact

Christa Petts  
christa.onec@gmail  
Nick Nicolle Community Centre  
85 Durham Street  
658-2980





South End • South End

## Level up



**by Jennifer Fulton, Director of Community SECC**

The South End Community Center (SECC) is offering a new program called "Level Up." It is a learning-based, skills development style program which offers youth the opportunity to learn and try new things. "Level Up" consists of three main parts: tutoring and literacy, cooking and nutrition, and physical literacy.

This program helps youth obtain homework assistance, understand the importance of nutritious eating, gain the skills to cook their own meals, enhance their social emotional skills and engage in physical activity. These lifelong skills will be essential for our youth and their wellness. Check back soon; this program starts mid-late October.

## Exercise and friendship



Zoomers getting ready for their class  
(photo by Kathy London Anthony)

**by Ann Barrett**

Come and enjoy Zoomers on the Go at the Saint John Vineyard, 204 Carmarthen Street. Classes are free. All you need are sneakers and water. We get together at 10:30 a.m. every Wednesday. Exercises include aerobic exercises, muscle toning, balance and stretching for about 45 minutes.

Everyone can go at their own pace with lots of fun and socializing. Horizon Health sponsors the program. Just come on Wednesday or contact instructors, Myra at 672-2663 or Ann at 642-7404, for more information.

## Comings and goings at P.U.L.S.E.

**by Mary LeSage Operations Manager**

We had a fantastic summer! Thanks to our partners (Inner City Youth Ministry, Greater Saint John Community Foundation, Gerry Lowe, Horizon Health, Saint John Library, Saint John Boys and Girls Club, The Port of SJ, and more) who supported the Summer Lunch Program Backpack Initiative.

Registered Nurse Kathy London-Anthony will be at PULSE to address your health needs on first Friday of the month from 12-2 p.m. Kathy will be doing flu shots on Friday November 2nd from 12-2 p.m.

Don't forget to join us on October 31st at 251 Wentworth Street from 5:30 - 7:30 p.m. Would you like to support PULSE and buy a poster? For \$10, you can put a "We support PULSE" poster in your window. And send the trick or treaters our way!

Please remember our monthly Food Purchase Club money is due on Friday, October 12th and November 16th and comes back to you the following Friday. We have \$15 and \$25 orders available. We even have a Pay it Forward option where you can provide a single person, a couple or a family with fresh fruits and vegetables!

Remember our office hours are as follows, Monday 9 a.m. – 2 p.m. Tuesday 9 a.m. - 1 p.m. Wednesday closed. Thursday 9 a.m. - 1 p.m. Friday 9 a.m. – 2 p.m.

## Tyler Arseneau joins the Special Olympics Canada 2018 Summer Games

**by his proud mom, Tricia Arseneau**

Antigonish, Nova Scotia, hosted the Special Olympics Canada 2018 Summer Games from July 30th to August 5th.

Our Team NB Basketball came home with a bronze medal. Our very own South End resident Tyler Arseneau received the star player for Team New Brunswick.

Way to go, Tyler!



(photo by Special Olympics)



## South Neighbourhood Contact

Mary LeSage  
pulseinc@bellaliant.com  
251 Wentworth Street  
632-6807



**JOIN US ON HALLOWEEN AT P.U.L.S.E.**  
**251 WENTWORTH STREET**

**TRICK OR TREAT!!**

**TIME: 5:30-7:30**



## YEP receives grants for nutritious food for HWSF



Left photo: Eva Feddery YEP Board President, Kelly Evans Community Foundation Executive Director and Jen Brown HWSF PALS Coordinator. Right photo Jen Brown HWSF PALS Coordinator and Jim O'Connell, Board director of the New Brunswick Children's Foundation. (photo's by CVRC)

by Ann Barrett

The students at Hazen White - St. Francis School (HWSF) will get the healthy nutritious food needed for their snacks, breakfast and lunch programs. The Youth Enhancement Program (YEP) has received two generous grants to make sure. Thank you to the Community Foundation grant for \$20,000 and the NB Children's Foundation for \$13,000.

Nutritious food is a key factor in helping children to be attentive and ready to learn.

## Food security coordinator ready to get digging!

by Anne Driscoll, Executive Director, CVRC

The Crescent Valley Resource Centre (CVRC) would like to introduce their new food security coordinator, Olivia Clancy. Olivia is a recent graduate of the Nova Scotia Health Authority dietetic internship and will be joining a hardworking team to get The Growing Place, a new community garden and greenhouse facility, up and running in Crescent Valley. Welcome Olivia!



Olivia Clancy  
(photo by CVRC)

The Growing Place will have community garden plots for residents to grow their own produce, as well as a large greenhouse that will be a centre for gardening education in addition to growing fruits and vegetables for the community and food bank. The Growing Place will be a hub for learning and collaboration in the neighbourhood.

If you are interested in volunteering, please email [cvrc.clancy@gmail.com](mailto:cvrc.clancy@gmail.com) or call 693-8513!

## Then and now - 10 years later



by Ann Barrett, President, Crescent Valley Resource Centre

In 2008, the Flemming Ct. Splash Pad and a Play Park were just a dream. The Crescent Valley Resource Centre had just opened, but the youth in the summer program had a vision for the plain green space across the street. In 2011, after several years of fundraising, the splash pad was built. It is a wonderful place to cool down and for families to be together. The park still had lots of room so more fundraising was done and in 2015, "Potash Corp" - now "Nutrien" Play Park - was completed. Dreams do come true.

## Keep your precious cargo safe

by Joy Comeau, Community Liaison, CVRC

- Is your car seat safe to use?
- Is your child in the right seat?
- How do you choose the right car seat?

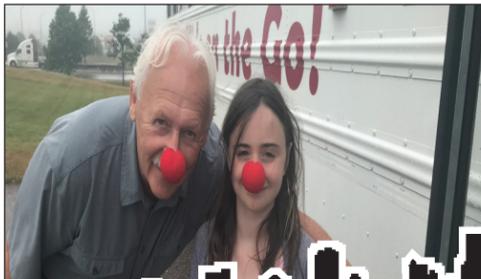
The Crescent Valley Resource Centre is inviting parents, caregivers, and grandparents to a Car Seat Safety update session. October 11th, from 6 – 7:30 p.m., join us with Bevin Benjamin, a registered technician with the Child Passenger Safety Association of Canada, and make sure your children are safely buckled, ALWAYS.

Call the Crescent Valley Resource Centre (130 MacLaren Blvd.) for more information, 693-8513.

## Crescent Valley Neighbourhood Contact

Anne Driscoll  
[CVRC.driscoll@gmail.com](mailto:CVRC.driscoll@gmail.com)  
 130 MacLaren Blvd.  
 693-8513





Lower West • Lower West

## Fundy Wellness Network



Front row left – right: Jill Roberts, Cindy Levesque, Elaine Shannon.  
Back row left - right: Diane O'Connor, Megan Lucas, Alberta Stanton, and Ann Hogan. Missing: Alex Holder.

### by Jill Roberts

The Fundy Wellness Network (FWN) is a network of wellness enthusiasts dedicated to enhancing the wellbeing of citizens and communities in the Fundy Region (Quispamsis, Rothesay, Saint John, and Grand-Bay Westfield). The Network began in October 2010 and has made leaps and bounds to get to where we are today in 2018. Everything the FWN does revolves around the seven dimensions of wellness identified in the NB Wellness Strategy 2016-2021. Whether it is the network members, the Fundy Wellness Network supported programs and events, or the recognized Wellness Champions, all are connected to one or more of the following wellness dimensions: physical, social, spiritual, occupational, environmental, emotional, and mental.

The FWN consists of working professionals, community volunteers, students, wellness enthusiasts, and wellness champions. The Network meets four times a year in various locations in the Fundy Region. The quarterly meetings include educational sessions, light physical activities, healthy snacks, and a sharing portion with other members. You can find the Fundy Wellness Network online at [www.fundywellness.ca](http://www.fundywellness.ca) or visit our Facebook and Twitter pages!

## After-school programs

### by Jennifer Fulton, Director of Community Programs

The Boys and Girls Club of Saint John is pleased to be offering an after school program at Seaside Park Elementary. Our main focus is to provide a safe and fun after school experience that enriches the lives of the youth involved. Our after-school programming encourages physical activity, the development of social emotional skills, the opportunity to try new things, and to learn through play.

Our approach works to enhance the wellness of children, and gives them an opportunity to disconnect from electronics and connect with the people and world around them. If you are interested in learning more about this programming, or to register, contact 634-2011.

## Our cooking club



Youths at cooking class  
(photo by Krista Creamer)

### by Krista Creamer

This summer we did a cooking club with the kids in the community. We taught them how to properly wash and cut fresh fruits and vegetables, and how to prepare food. Our cooking club happened weekly, and we always focused on healthy food. We also snuck in some foods we knew the kids had never tried before, as we feel it is important for everyone to try new things.

This program was a huge success and the kids can't wait to start it back up again in the fall.

## Market Place Wellness updates

**Market Place Wellness Centre, Carleton Community Centre**  
674-4335, 120 Market Place - Monday to Friday 7:30 a.m-3:30 p.m.

- Specimen Collection. Tuesdays and Wednesdays, 8 a.m. - 3 p.m. by appointment only. 648-6681 #3.
- Food Bank. Winter hours start September 4th Tuesdays and Fridays 1- 3 p.m.
- Smoking Cessation Program. Call 674-4335 for an appointment.
- Free Health Coach Services. Call Lesley, 608-6498.
- Free Gentle Path Counselling Services. Call 652-7284, press 0, and say "West."
- Produce Packs. \$10 each. Call 658-2920 or 674-4307.
- Social Development Case worker on site Tuesdays 1- 3 p.m. or by appointment.
- Senior-led fitness program / Falls Prevention, ages 50 and up, "Zoomers". Free. Tuesdays 10 a.m. and Fridays 11 a.m. All participants must have an initial assessment. Call 674-4335.
- Pickle Ball. Mondays, Tuesdays and Wednesdays p.m. Contact Mike, 672-9566.
- Line Dancing. Mondays 10 a.m. \$6 fee applies.
- Community Garden Plots. Registration in 2019.
- Social Worker/ Dietitian / Counselling by appointment. Call 674- 4335.
- Art Class. Starting fall 2018. By donation.



Boys & Girls Club  
of Saint John Inc.

### West Neighbourhood Contacts

Jill Roberts  
[Jill.Roberts@HorizonNB.ca](mailto:Jill.Roberts@HorizonNB.ca)  
120 Market Place 674-4307  
or

Krista Creamer  
[KRISTA@carletoncommunitycentre.ca](mailto:KRISTA@carletoncommunitycentre.ca)  
82 Market Place 658-2920





*The Village* • **The Village** • *The Village* • **The Village** • *The Village* • **The Village** • *The Village* • **The Village**

## Wellness at Coverdale



Coverdale receiving their award  
(photo: Shannon MacLeod, Horizon Health Network)

**by Chanelle Morgan, Program Facilitator**

Promoting wellness is something we, at Coverdale, strive for daily. We offer a Women's Wellness program that helps women identify areas in their lives that could use attention and self care. We promote health care at various centres and clinics and provide condoms to help keep women safe from sexually transmitted infections. We work closely with other agencies in Waterloo Village to help women stay well, whether by visiting a health practitioner or learning about harm reduction.

Coverdale also offers a Healthy Living on a Fixed Budget program, helping women to recognize healthy and cost-effective options for improved health. We have a Wellness Room that is available for women to use for whatever will help their well-being: exercise, creativity, spiritual practice.

Congratulations to the Waterloo Village Association on 10 years of service to our community! Congratulations to *Around the Block* and Juanita Black on 10 years in publication! The newspaper is a wonderful community resource and we are happy to be included in it.

## Music in the park



TRC youth performing at Music in the Park  
(photo by Debbie McLeod)

**by Teen Resource Centre youth Ardeya Palmer and Ciana Logan**

Again this summer, residents of the Waterloo Village gathered in Chown Field to enjoy a series of Monday night concerts put together with the hard work of Debbie McLeod from Social Development, the Waterloo Village Association, and lots of great volunteers. It was a very relaxed atmosphere.

Residents of all ages lounged in the grass and brought their own lawn chairs to listen to some local talented musicians. We were very lucky to be invited to run a canteen during the shows and raised almost \$150 towards our after-school programming. Also, youth from our summer music program got to perform the last night. We'd like to send out a big "thank you" to everyone for their support. We can't wait for next summer!

## A different approach to wellness



**by Kelci Hebert, Director of Resource Development**

Here at the Boys & Girls Club, we take a different approach to wellness: kids teaching kids. Each year, our Club hosts numerous activities and groups in order to give the kids in our community the opportunity to experience new things. Getting education on healthy living is no exception. Our two leadership programs, Torch Club (ages 9-12) and Keystone (ages 13-18) are offered information and training on cooking, healthy eating, fitness, and grocery shopping on a budget.

Our Keystone group then gets the opportunity to teach what they've learned to the rest of our members by volunteering to do different life skills programs. It not only incorporates youth learning skills they will use in their lives, but also shows them what it takes to be a leader! If this sounds like something your child would be interested in, give us a call at 634-2011.

## The Wheelhouse of Waterloo-Village

**by Leah Secord, Community Coordinator, The Wheelhouse of Waterloo Village Ltd.**

We're excited to be in the neighbourhood providing a different kind of professional space such as co-working, private office and event rental opportunities! The Wheelhouse is home to a diverse group of tenants with some things in common; they are all progressive, open, and driven by a larger purpose than profit alone.

Being in The Wheelhouse means being in your comfort zone. But making change can be uncomfortable. This is a place where you can feel at ease even as you do the hard work of creating impact. We also know some of your most important work takes place after office hours. That's why we host events such as our potluck dinners around our communal dining table, to connect good people with good ideas over good food. The welcome mat is out! Please drop in for a visit Monday to Friday from 9 a.m. – 5 p.m.



**Waterloo-Village  
Neighbourhood Contact**

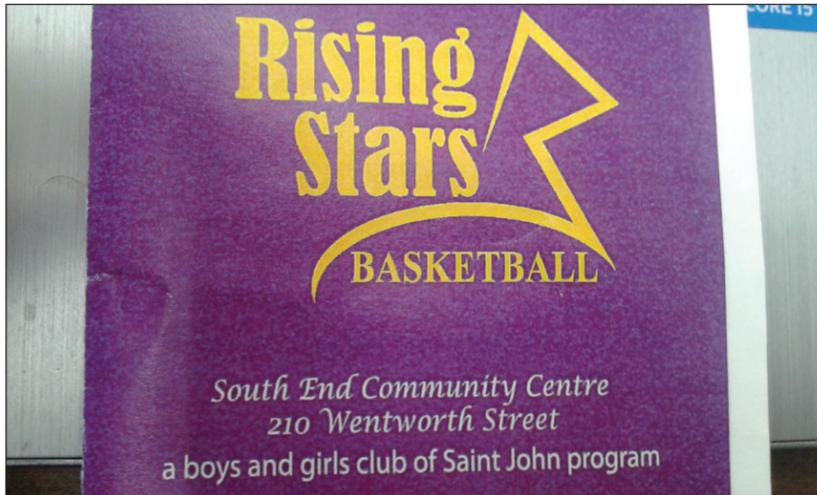
**Penni Eisenhauer**  
[commorg.penni@gmail.com](mailto:commorg.penni@gmail.com)  
**Saint John Learning Exchange**  
**139 Prince Edward Street**  
**647-8047**



 <p><b>Partnering from Kindergarten to Grade 12 and Beyond</b></p> <ul style="list-style-type: none"> <li>Partnerships</li> <li>Volunteering</li> <li>Mentoring</li> <li>Role Models</li> <li>Coaching</li> <li>Focus on Literacy</li> <li>Having Fun</li> <li>Tutoring</li> <li>Breakfast/Lunch Programs</li> <li>New Opportunities</li> <li>After School Programs</li> </ul> <p>Deborah Fisher fisher.deborah@jdirving.com</p>	 <p><b>Partnering from Kindergarten to Grade 12 and Beyond</b></p> <ul style="list-style-type: none"> <li>Partnerships</li> <li>Volunteering</li> <li>Mentoring</li> <li>Role Models</li> <li>Coaching</li> <li>Focus on Literacy</li> <li>Having Fun</li> <li>Tutoring</li> <li>Breakfast/Lunch Programs</li> <li>New Opportunities</li> <li>After School Programs</li> <li>Career Exploration</li> <li>Making a Difference</li> </ul> <p>Deborah Fisher fisher.deborah@jdirving.com</p> <p>Susan Tipper tipper.susan@jdirving.com</p> <p><b>We ALL have something to offer!</b></p>	 <p><b>Partnering from Kindergarten to Grade 12 and Beyond</b></p> <ul style="list-style-type: none"> <li>Partnerships</li> <li>Volunteering</li> <li>Mentoring</li> <li>Role Models</li> <li>Coaching</li> <li>Focus on Literacy</li> <li>Having Fun</li> <li>Tutoring</li> <li>Breakfast/Lunch Programs</li> <li>New Opportunities</li> <li>After School Programs</li> <li>Career Exploration</li> <li>Making a Difference</li> </ul> <p>Deborah Fisher fisher.deborah@jdirving.com</p> <p>Susan Tipper tipper.susan@jdirving.com</p> <p><b>We ALL have something to offer!</b></p>	 <p><b>Partnering from Kindergarten to Grade 12 and Beyond</b></p> <ul style="list-style-type: none"> <li>Partnerships</li> <li>Volunteering</li> <li>Mentoring</li> <li>Role Models</li> <li>Coaching</li> <li>Focus on Literacy</li> <li>Having Fun</li> <li>Tutoring</li> <li>Breakfast/Lunch Programs</li> <li>New Opportunities</li> <li>After School Programs</li> <li>Career Exploration</li> <li>Making a Difference</li> </ul> <p>Deborah Fisher fisher.deborah@jdirving.com</p> <p>Susan Tipper tipper.susan@jdirving.com</p> <p><b>We ALL have something to offer!</b></p>
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Youth in our Communities • Youth in our Communities • Youth in our Communities • Youth in our Communities

## Rising star basketball



by Ben Gillcrisp, Community Schools Coordinator,  
St. John the Baptist/King Edward School

It goes without saying that Wellness is a cornerstone of life in a Community School. At SBJKE, the sum total of what our partners give us is, in so many words, the embodiment of this concept. A case in point is our 'Rising Stars' Basketball Program (offered through our partnership with the Boys and Girls Club). Under the capable direction of coaches Chris and Lynda Smith, this initiative has evolved into something very special... Kids from Grades 4-8 find not only a training regimen for their hoop skills, but an inclusive, family atmosphere. On Monday and Friday nights, the SBJKE gym becomes the centre of a special, safe environment that channels youth energy in the best way possible - it is basketball with a heart, and heart means a school / home that keeps kids off the streets and working toward something positive. This program always fills up quickly, and runs from late September right through the end of March. If Wellness is a broad concept, then 'Rising Stars' is what it's all about! 😊

## Gardening with PALS for Seaside Park



by Krista Turnbull, Community Schools Coordinator,  
Seaside Park Elementary

Last year, funds were received through a provincial grant that allowed us to establish a partnership with students at Harbourview High School. Their expertise with their own school gardens and greenhouse provided a perfect opportunity for our grade 3 and 4 students to learn new gardening skills. Together, students planted seeds, which grew in the greenhouse at HVHS, until such time as they could be planted.

Thanks to the outstanding generosity of our PALS at JDI Sawmills and local Kent stores, we were able to have our friends at Harbourview High School, build eight beautiful raised beds for us, along with a gardening shed. Families adopted a week during the summer to tend to our vegetables. Students at summer camp, as well as the garden club members this fall, have been enjoying the rewards of their hard work.

## Horizon Health and Husky nation



Pictured left - right, Jayden Nyers, Destiny Robichaud-Edison, and Logan Nyers (photo by Jen Brown)

by Jen Brown, Community Schools Coordinator,  
Hazen White - St. Francis School

This is a backpack. Lots of things it can hold. They can be new, gently used, or old! Like folders, pens, and books, anything that deserves a second look! Unzip to find what you need. A backpack is quite handy, yes it is indeed!

Thank you to our PALS Partner, Horizon Health for the amazing donation of school supplies to Husky Nation! We are eager to learn and this contribution will enrich our learning experience. A big Husky Howl to thank you all!

## Healthy heart school

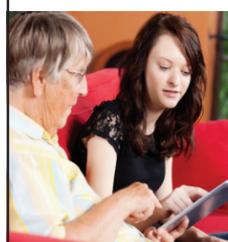
by Katherine Miller, Community Schools Coordinator,  
Princess Elizabeth School

Last winter, Princess Elizabeth School became a Heart Healthy School in Partnership with the Heart and Stroke Foundation of New Brunswick. We planned four activities throughout the year that would teach our students how important it is to stay healthy. Each of our 500 students had the chance to try a variety of vegetables and fruit, which they thought were delicious! The next activity, we taught the importance of staying hydrated and drinking plenty of water. Although juice and pop may be tasty, water is what our body really needs to learn and play sports. Our students also learned that we should only be looking at a screen for two hours or less a day, and they learned the importance of physical activity.

PES is a Heart Healthy School again this year, and we can't wait to teach our students more about the importance of wellness!"



**Partnering from Kindergarten to Grade 12 and Beyond**



- Partnerships
- Volunteering
- Mentoring
- Role Models
- Coaching
- Focus on Literacy
- Having Fun
- Tutoring
- Breakfast/Lunch Programs
- New Opportunities
- After School Programs
- Career Exploration
- Making a Difference

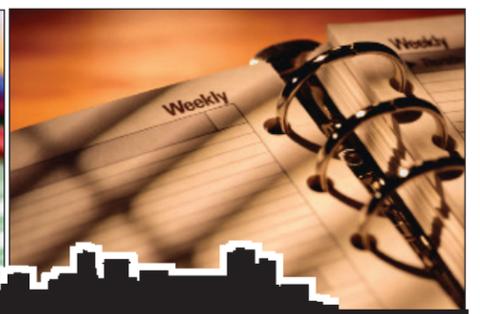
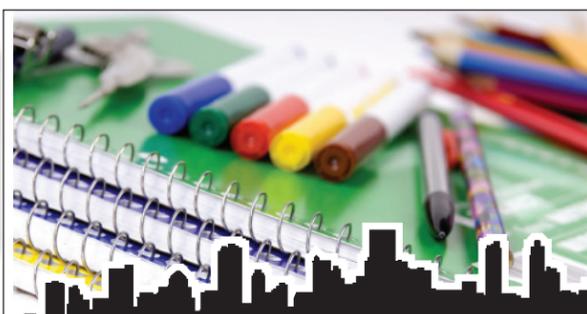


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Susan Tipper  
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**We ALL have something to offer!**





Community Notices • Community Notices • Community Notices • Community Notices • Community Notices

### FREE FLU CLINICS

by Patti Kelly

Fall is coming and so are the free flu clinics. Once again the cooler weather is here, put away the shorts and sandals and bring out the long pants and shoes. Enjoy a nice walk in the brisk morning or during the warmer afternoons. Any moving activity that our body may get will benefit you in the long run. Eating healthy will help keep your body ready to fight those infections that may come along.

Enjoy the multiple colors that Mother Nature has gifted us. Just look outside and you can now see what the trees are telling us, even if we are still in denial of the changing seasons.

This brings us to "Free Flu Clinics" that are confirmed to date:

- **Market Place Wellness Clinic** - October 11th, 3–6 p.m. 120 Market Place, West Saint John.
- **Hope Wellness Centre** - October 17th, 1–6 p.m. 4347 Loch Lomond Road, Saint John.
- **Crescent Valley Resource Centre** - November 1st, 10 a.m.–1 p.m. and 3-7 p.m. 130 MacLarenBlvd.

### Do you love a cappella singing?

Sea Belles Chorus seeking women vocalists  
 Date: Starting Tuesday, September 25th to October 30th  
 Time: 7–8:30 p.m. (Please arrive about 6:30 p.m. for introductions and orientation)  
 Description: Interested energetic women who love to sing and are willing to learn a new a cappella style of music, attend regular rehearsals, perform and compete while having FUN singing with a chorus, are invited to attend Sea Belles' Six Week Open Auditions. You will learn great vocal and performance skills while meeting many new friends. No need to read music or have formal voice training although experience singing harmony is an asset. Singers of all voice ranges are welcome.  
 Location: Attached Church Hall of Portland United Church, 50 Newport Crescent, Saint John  
 Contact: Bernice 214-1449, inquire@seabelles.ca, or check out Sea Belles of Harmony, Inc. Facebook page or www.seabelles.ca.

### Remembrance Day

When I was young,  
 We would have November 11 off from school.  
 My father would take me uptown,  
 To see the soldiers march around the square.  
 I would ask him questions.  
 Why did these men and women fight?  
 He said to make the world a better place,  
 And to have the freedom we have today.  
 Now I'm older and a man myself.  
 I think of those men and women  
 Who fought two great wars.  
 They had dreams and ideas  
 That will never be known.  
 But I, and so should you, remember them.  
 Because they helped us to have the freedom  
 We have today; "Remember".

E.G. Garnett  
(Eric George Garnett)

### Looking for yarn donations

The afternoon knitters from Stephenson Tower and Charlton Place are busy knitting mitts, socks, sweaters, hats and blankets to donate to the community.

Everything they knit is donated to First Steps, The Hospital, Romero House or Joshua Group. They are almost out of yarn. If you would like to donate some yarn please contact Sandra at 636-0946.



Knitter Sandra James  
(photo by Debbie McLeod)



**There is a free playgroup for families with kids 0-5 in your neighbourhood!!**  
**2 hours of play – crafts – snacks – stories – songs**  
**Come join us!!**  
**For more information call the number for the playgroup closest to you!!**

<b>Monday</b>	10 am -noon Outflow 162 Waterloo Street 693-9057		
<b>Tuesday</b>	10 am - noon Family Resource Centre 211 Wentworth St. 633-2182	10 am - noon Seaside Park Elementary School 627 Havelock St. 633-2182	
<b>Wednesday</b>	10 am - noon Family Resource Centre 211 Wentworth St. 633-2182	10 am - noon Nick Nicolle Community Centre 35 Durham St. 693-9057	10 am - noon Glen Falls School 10 Princess Court 633-2182
<b>Thursday</b>	10 am - noon Family Resource Centre 211 Wentworth St. 633-2182	10 am - noon Crescent Valley Resource Centre 130 McLaren Blvd. 693-9057/693-8513	

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of the Immaculate Conception  
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# Thank you to our sponsors for 10 years of *Around the Block*



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**CONGRATULATIONS TO**  
**AROUND**  
**THE BLOCK**  
**ON THEIR 10TH ANNIVERSARY!**

Thank you for sharing your inspiring stories taking place in Saint John!



Education. Health. Employment. Neighbourhoods. Our way forward.



**2019 CASH CALENDAR**

**Congratulation on your 10th Anniversary!**  
If you would like to know how to use the Kiwanis Cash Calendar as a fundraiser call Tom- 639-8908

**\$20,000**  
CASH TO BE WON



**Kiwanis**  
Club of Saint John, NB

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**365 CHANCES TO WIN**

CALENDAR NUMBER [ ]  
WINNERS posted at [www.saintjohnkiwanisclub.ca](http://www.saintjohnkiwanisclub.ca)  
LOTTERY NUMBER 0461764 56 002




**STEPHENSON TOWER**

*Congratulations to Around The Block for 10 great years.  
Continue the good work.*

*Stephenson Tower & Charlton Place Tenant Association.*



The Executive & Board Of The  
Crescent Valley Community  
Tenants Association  
Would Like To Congratulate  
"Around The Block"  
On The Amazing  
10th Anniversary  
Of Their Community Newspaper.



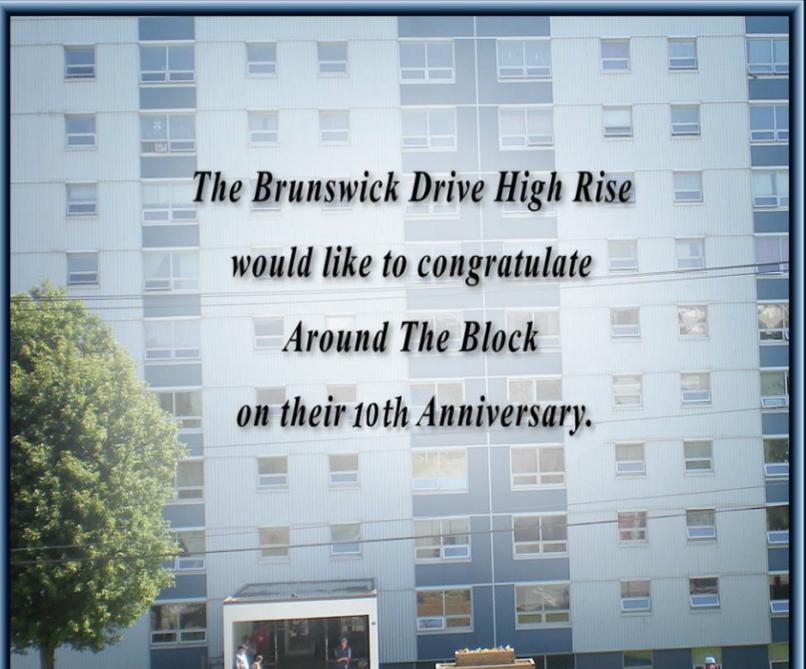
Congratulations to  
Around the Block for  
sharing exceptional  
content about our  
community for the past  
10 years!

From your friends at



Boys & Girls Club  
of Saint John

[www.sjbgclub.com](http://www.sjbgclub.com)      634-2011      [bgc@sjclub.ca](mailto:bgc@sjclub.ca)



*The Brunswick Drive High Rise  
would like to congratulate  
Around The Block  
on their 10th Anniversary.*

The writers on this page were involved in the very first issue of *Around the Block*, in October 2008. We have invited them back, 10 years later, to write for our 10th Anniversary issue.

(photos from the *Around the Block* archives)

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## Celebrate the small stuff

by **Wendy MacDermott**,  
*Executive Director, United Way of Greater Saint John*

As I think about Wellness and what it means for our community, I think of the many organizations who work so very hard to make our region better one day and person at a time. It is hard and incredibly rewarding work. One of the best ways I know of is to stick with it when things get tough, and to celebrate the small stuff. It does not have to be anything big or fancy or expensive.



Wendy MacDermott

Last week the staff at the United Way took a few hours for some team building before launching our 59th campaign. We each brought a snack and tried our hand at creating pottery. It was a great way to laugh, try something new, and take away a reminder of the strength of our team. Take time to laugh at yourself because the work we do deserves our very best self.

## Looking back

by **Jennifer Carhart**  
*Principal Princess Elizabeth School*

I am not sure where ten years has gone! Seems like only yesterday I was writing an article for one of the first issues of *ATB*. I am so proud to have been a contributor and in those early days a newer member of the North End community.



Jennifer Carhart

This community has become my family and this paper has evolved into the paper that brings us all together and keeps us abreast of what is going on in each community. I look forward to every article to see the pictures and articles so that I can celebrate our community. I am so impressed with the work of all of the contributors that has made this paper as successful as it is.

Where we will be in the next few years is a wonder but the growth and development we have all experienced is a good indicator of things to come.

## Good news stories

by **Janet McLaughlin**,  
*President, Crescent Valley Community Tenants Association*

Before *Around the Block* came out it seemed all we ever heard were sad news stories from our communities. Then, 10 years ago our first issue of *Around The Block* came out. This is a paper of great stories; it's all good news, from the newcomers coming into the neighbourhoods and how all the volunteers help one another, to what goes on, like Fundays, Cleanup, Winterfest, Christmas parties, movies night, and so much more. It is so good to read news that does not involved disasters or people getting hurt. This is a paper that I can enjoy and appreciate reading!



Janet McLaughlin

Thank you to *Around The Block* for happy stories. Congrats to your 10 year anniversary.



## Walk Your Way To Happiness

by **Tammy Calvin**, former *Old North End resident and community leader now living in Alberta*

Health and wellness doesn't have to cost a lot; going for a walk, getting fresh air, growing your own vegetables are all low-cost ways of staying healthy.

The Old North End is a community where people are outside, kids are playing, people ride bikes or walk to most amenities. Walking is low-impact, aids blood circulation, helps regulate blood sugar and can be done alone or in groups. There are a lot of beautiful places to explore in the neighborhood. Enjoy a stroll to Robertson Park, St. Peter's Ball Field or Victoria Square. Shamrock Park offers many activities such as football, baseball, tennis, soccer, and a community garden. Start with what you can do and build up from there. Walk your way to a healthier you!



Tammy Calvin

*The Fundy Wellness Network would like to congratulate Around the Block on their Anniversary. Thank you for sharing 10 years of good news stories and for always promoting wellness in our city!*



Congratulations ***Around the Block*** on your 10<sup>th</sup> anniversary edition.

Thank you for providing a voice to share good news in our communities.

The Saint John Police Force wishes you continued success.





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## Anglin Drive storytent



Youth from Anglin Drive enjoying the storytent  
(photo by Cheryl Brown)

by Cheryl Brown

In 2018, Storytent ran once per week for six weeks, from June 30th to August 25th on Tuesdays from 5:30 – 7 p.m. We hired a local youth who had experience with last year's tent to work as a reader in the tent. Twenty-five different children accessed the Anglin Drive storytent with ten signing up for Summer Reading Club, reading 260+ books.

We are thankful for the support of the Department of Social Development, the City of Saint John, and the Saint John Free Public Library, as well as the Anglin Drive Neighbourhood Tenant's Association.

## Promise Partnership - New Coordinator

I would like to introduce myself. My name is Jason Smith and I am the new Outreach Program Coordinator with UNBSJ's Promise Partnership. I will have a few responsibilities in my role: I will be assisting Jenna and Cara with the Mentoring program at Hazen White-St. Francis and with the high school tutoring program on Monday and Wednesday evenings. However, I will be involved in community initiatives, events and being present in Crescent Valley. I will be working with some parents of Hazen White-St. Francis and connecting with former students of the Promise Partnership with their Post-Secondary Education goals and plans. You can reach me at email: [jason.smith@unb.ca](mailto:jason.smith@unb.ca)



## La rentrée du mieux-être

by Cathy Wojtala  
Community Health, Wellness and  
Youth Centre Facilitator, ARCf de Saint-Jean

La rentrée est passée avec son lot de nouveautés pour nos enfants. Nouvelle classe, nouveaux professeurs, nouveaux amis... et si pour nous, les adultes la nouveauté pour cette rentrée était de prendre soin de nous-mêmes?

Être à l'écoute de nos envies, s'accorder du temps! Prendre une marche, pratiquer une activité qui nous tient à cœur, mais que nous laissons de côté depuis longtemps, retrouver des amis autour d'un bon repas, lire un livre, écouter de la musique, peindre, jardiner ou bien encore prendre un bain!

Pour prendre soin des autres, il faut d'abord prendre soin de soi!

Alors, pour cette rentrée pensez à votre mieux-être!



## Bronco's blooming community garden



Looking down the hill at the Bronco's Blooming Garden  
(photo by Kathy London-Anthony)

Bronco's Blooming Community Garden has been a great success this year. This new community garden is serving the East Side of Saint John with a low-cost method of increasing our community's access to healthy fruits and vegetables while taking steps to protect the environment. Students from Bayside Middle School have enjoyed being a part of the garden's development and have especially enjoyed the fall harvest. The Garden committee is taking names of any community members interested in purchasing a plot for the 2019 season.

Interested persons/families can contact Kathy London-Anthony at [Kathy.LondonAnthony@HorizonNB.ca](mailto:Kathy.LondonAnthony@HorizonNB.ca) or by phone at 638-2412.

Happy 10th Anniversary  
Joyeux 10ème Anniversaire  
Around the Block!

The Saint John  
Newcomers  
Centre

Le Centre  
de nouveaux arrivants  
de Saint-Jean

Integration Starts Here  
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165, Union Street, Saint John, 506.642.4242, [www.sjnewcomers.ca](http://www.sjnewcomers.ca)  
165, rue Union, Saint-Jean, 506.642.4242, [www.sjnewcomers.ca](http://www.sjnewcomers.ca)



All you want to do is get some exercise and take care of life while you're at it.. So you take a walk to the grocery store, but....

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BIG PAIN!**

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## “I was afraid I wouldn’t see my 50th birthday”



*pictured: Dennis Pitre at the YMCA  
(photo by Nicole Vair)*

**by Nicole Vair, Marketing & Communications Supervisor**

YMCA Member Shares Life-Changing Health Journey  
Eighteen years ago Dennis Pitre celebrated his 40th birthday, weighing 385 pounds. The celebration was an eye-opening one and he made the decision that if he wanted to blow out candles on his 50th birthday cake, he needed to make a change.

Today, the 58-year-old is 200 pounds lighter. He joined the Saint John Regional Y with his wife, Bev, in 2015.

“There is no judgement here,” Pitre said. “It doesn’t matter who you are or what size you are, everyone is welcomed.”

Pitre explained how in the last year alone he has lost nearly 100 pounds. He works out at the Y’s state-of-the-art Fitness Centre and wants to challenge himself by attending a Cyclefit class in the near future.

“The biggest thing I can tell people is that you have to do it for yourself: you can’t do it for anyone else,” he said. “I have been on every diet going, but it wasn’t until I made a commitment to myself that I started to see a difference.”

The Dennis and Bev have both challenged themselves and reached new goals at the YMCA. They encourage others if they want to take the step towards a healthier life, ensure you are surrounded by a supportive network, like the one they have found at the Y.

## Investing in an innovative Saint John



*Larger image courtesy of Imagine NB: members of the Saint John Newcomers Resource Centre Community*

**by Emily MacMackin, Communications Specialist**

The Saint John Newcomers Resource Centre wants to help job seekers and employers make the recruitment and job-hunting process a little easier, especially for newcomers in the city.

On October 11th, join the centre as they introduce an employment station featuring new resources from Magnet. Magnet is a not-for-profit, digital social innovation platform co-created by Ryerson University in partnership with the Ontario Chamber of Commerce in 2014.

Magnet will help job seekers connect to the right employment opportunities. It will also aid employers in finding skills entering the province that are not readily available.

Stay tuned for more information or contact Lina, Newcomer Settlement Advisor [lina.gharbiya@sjnewcomers.ca](mailto:lina.gharbiya@sjnewcomers.ca) if you are a job seeker or William Tarr, Newcomer Settlement Advisor [william.tarr@sjnewcomers.ca](mailto:william.tarr@sjnewcomers.ca) if you are an employer.

SAINT JOHN, NEW BRUNSWICK

# EXHIBITION ASSOCIATION

PROUDLY SUPPORTING OUR COMMUNITY

Another year has come and gone, leaving us with memories of thrills and laughter, animals and music and those quiet strolls through exhibits. The Saint John Exhibition Association thanks those who stopped by. It was our pleasure to be your host. Special thanks to those who entered wares in our exhibitors category, you are what our Fall Fair is all about. To those who didn't quite get their projects finished on time—see you next year! To all of you; a safe and happy year until we meet again for the “Best 5 Days of Summer!”

# BNI

Advertiser Name: Meals on Wheels  
Advertiser Code: B0011671  
Size: 4.00 x 3.00 in.  
Sales Rep: Stacey McLellan

**Ad Number: A166041**

Ad ID: 6974631 Ad Legacy: 7246697  
Current Date: Jul 16 2014 09:34AM  
Start Date: 7/24/2014  
End Date: 7/24/2014  
Color: CMY  
Client Approval  OK  Corrections

**COMMUNITY MEALS ON WHEELS SAINT JOHN INC.**

- ✓ Hot and Frozen Meals Programs Available
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- ✓ Frozen Meal Program – 30 Varieties Available as well as selections for all Dietary Needs – Gluten Free, Renal, Minced, etc.
- ✓ A low cost of \$7.00 per meal – some clients may qualify for assistance through the Long Term Care Program or the Department of Veterans Affairs.

**FOR MORE INFORMATION PLEASE CALL MEALS ON WHEELS**

**506-658-1888**



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**CRESCENT VALLEY RESOURCE CENTRE**  
Celebrating 10 Years 2004-2014

We are so happy to share our 10th birthday with you!

**Happy 10th Anniversary**  
Around The Block  
**Show Your Local Love**

United Way  
Saint John, Kings & Charlotte

**Congratulations Around the Block!**  
~ 10 years ~ of Good News Stories!

From your friends at  
Quality Learning New Brunswick  
[Qlnb.blogspot.com](http://Qlnb.blogspot.com)

**Happy 10 Years of Around the Block!**  
Around the Block keeps our staff informed and connected to the people we work with each day. It's also a great place to spread the word about our programs and innovative projects; like our solar installation this summer! So come in and meet our wonderful new staff to access programs in enterprise development, financial management, savings, employment and enterprise loans, or for quality housing and office space. Best wishes for another 10 at ATB!

SAINT JOHN COMMUNITY LOAN FUND  
652-5600  
139 Prince Edward St.  
[www.loanfund.ca](http://www.loanfund.ca)

THE SOCIAL ENTERPRISE  
**HUB**

Questions about our services? Call anytime or visit us at [www.BrenansFH.com](http://www.BrenansFH.com)

**It's traditional...** There are many traditions surrounding funerals. The oldest have been with us for centuries, the newest; they're being created every day. It's our tradition to do everything we can to ensure that each family that turns to us gets the service they expect, the respect they deserve, choices that suit their budget and everything they need to find meaning for today and hope for tomorrow.

Sharlene MacDonald    Lethe Kerr    Karen Belyea    Kate Lavhey    John W. Doyle    Stephen MacMackin

1461 Manawagonish Road 634-7425    111 Paradise Row 634-7424    152 Pettingill Road 849-2119

**Congratulations to Around the Block on their 10th Anniversary!**

**Home Comfort for Every Season**  
Save Money On Your Energy Bill

Thinking about renting a heat pump? Contact Saint John Energy 658-5252



# WAYNE LONG

Your Member of Parliament for Saint John-Rothesay

Happy 10th Anniversary to Around the Block!

1 Market Square, Suite N306  
Saint John, New Brunswick, E2L 4Z6  
506-657-2500 · Wayne.Long@parl.gc.ca



The Saint John Fire Department congratulates *Around the Block* on the occasion of its 10<sup>th</sup> anniversary.



Saving lives and property since 1786

Happy 10th Anniversary  
Around The Block!

Celebrating Years of  
Community Partnership and  
looking forward to many more!

The Five Priority Neighbourhoods



## Food purchase contest

This is issue 61 of *Around The Block* and our Food Purchase contest.

We are happy to partner for the third year with Saint John Energy to offer two \$15 fresh fruit and produce orders for each issue of *ATB*. You need to find, hidden anywhere, in pictures, ads banners, or stories, throughout *Around the Block*, two Saint John Energy logos (not including this notice and the Saint John Energy ad on page 13).



Send your answer, with your name, address and phone number to [sjcommunitynewspaper@gmail.com](mailto:sjcommunitynewspaper@gmail.com) or call 647-4850. You need to identify the page and location of each hidden logo. Only one entry per household. Your name will go into a draw for one of the orders. The contest will end at 5 p.m. on Thursday October 18th, you will be called if you are a winner with the location where you can pick up your order.

Congratulations to the winners for issue 60, Bill Nelson and Kathleen Hanna. We will list winners of this contest on the Saint John Human Development Facebook page on Friday October 19.

## Around The Block Team (Issue 61)

Old North End: Chrisa Petts  
Lower South End: Mary LeSage  
Crescent Valley: Anne Driscoll  
Waterloo Village: Penni Eisenhauer  
Lower West Side: Jill Roberts and Krista Creamer  
Proofreaders: Jane Hanlon, Mark Driscoll, Rona Howald, Cindy Bishop, and Lorna Brown.  
Ad design: Pat Porter  
Layout and Design: Juanita Black  
Community members: Lyn King, Lisa Chamberlain, Tina Roy, Debbie McLeod and Natalia Hicks



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## Congratulations Around the Block on your 10<sup>th</sup> Anniversary

P.R.O. Kids is a charitable program operated by the City of Saint John that matches children and teens in financial need, with organized, registered recreation activities.

### Application Deadlines

Winter Program begins after	December 1	Apply by Oct 31
Spring Program begins after	March 1	Apply by January 31
Summer Program begins after	June 1	Apply by March 31
Fall Program begins after	September 1	Apply by May 31



**P.R.O. Kids**  
POSITIVE RECREATION OPPORTUNITIES  
FOR KIDS

 SAINT JOHN

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



Congratulations on your 10<sup>th</sup>  
Anniversary, Around the Block!

Enjoy a Membership that includes it all!



- Gymnasium
- Sports & Recreation Programs
- Youth Programs
- Child Minding
- KinderGym
- Parent and Tot Programs

- Fitness Centre
- Indoor Walking & Running Track
- Fitness Classes
- Fitness Assessment
- Health Management Programs
- 30 Minute Fitness Orientation

- Two Swimming Pools
- Swimming lessons for children and adults.
- Lane Swims
- Aquafit
- Wheelchair accessible

Everyone welcome! We offer financial assistance to ensure everyone has the opportunity to participate in Y programming.

For more information visit [saintjohny.com](http://saintjohny.com) or call 693-YMCA.

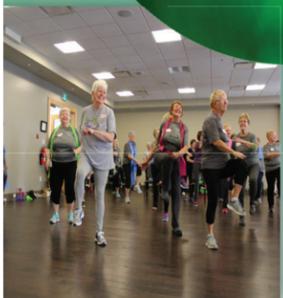
# Congratulations to Around the Block On their 10 year Anniversary



THE COMMUNITY  
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building a greater saint john

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[www.thecommunityfoundationsj.com](http://www.thecommunityfoundationsj.com)



# OCTOBER 1<sup>ST</sup> TO 7<sup>TH</sup> NEW BRUNSWICK CELEBRATES WELLNESS WEEK!

IN FUNDY, WELLNESS IS  
HAPPENING YEAR-ROUND!



MARK YOUR CALENDAR WITH THESE  
UPCOMING WELLNESS EVENTS

## WELLNESS WEEK KICK OFF EVENT

SATURDAY SEPT. 29<sup>TH</sup>  
11AM TO 1:30PM

Dominion Park  
Saint John

Free for all ages, live music, line dancing, fitness challenge, balloon art, face painting, bouncy castles, yoga on the beach, healthy snacks and prizes! Also take advantage of a discounted rate at Timber Top Adventures for the entire weekend!

## SUPER SIZED ZOOMERS CLASS

MONDAY, OCT. 1<sup>ST</sup>  
11AM TO 12PM

Diamond Jubilee  
Terminal, 333 water st.

Free and fun cardio, strenght and balance class for those aged 50+. Come enjoy some great company, great activity, healthy snacks and prizes!

## SENIORS WELLNESS FAIR & CLINIC

FRIDAY, NOV. 2<sup>ND</sup>  
1PM TO 3PM

Portland United Church  
50 Newport Crescent,  
Saint John

- Live Music
- Health clinic
- Flu Shots
- Admission is FREE!

STAY UP TO DATE ALL THROUGH THE YEAR! FIND WELLNESS EVENTS NEAR YOU WITH THE ONLINE WELLNESS EVENTS CALENDAR AT <http://calendar.wellnessnb.ca>