

4 page  
newsletter  
this month!

# Canoe Club Activities

## SEPTEMBER '08

**"The best way to predict the future is to create it".**

Peter Drucker

*Thank you to Pilates Leader, Sherry E., for picking our quote this month!*

### Thank you

To the Summer-of-2008 Canoe Club Pool Program Participants! Aquafit classes and our July special pool event day were HUGE hits this summer.

**Summer pool programs have completed. Programs are now indoors!**



### Beginners Gym Ball Workshop

**Workshop will run with a minimum of 4 email registrations received by the deadline date.**

**10:00am, Monday, September 22**

(Register by the deadline of 9 am, Friday, September 12<sup>th</sup>. You will receive an email confirmation in return from Wendy with all workshop details)

### Looking for advanced Gym Ball exercise ideas?

Email Wendy and she will stay after this Beginners workshop to show you a few ideas!

### YOGA

**Mondays at 7pm**  
**September 1, 8, 15, 22 and 29**

### Upcoming in October

As many of you know, October is the last month for us providing your programs! We'll provide some Yoga, Pilates, Thanksgiving weekend fun and thanks to your many new homeowner volunteer committees; the programs and fun will continue! Check it all out at your new Klahanie website. [www.klahaniecommunity.com](http://www.klahaniecommunity.com)

### PILATES

**Saturdays at 9:30am**  
September 20 + 27 and October 4, 18 and 25  
Please arrive early to speak to Sherry, Pilates instructor, if you are a new-to-Pilates participant.

### Congratulations Cindy!

You have won our prize drawn from the names of those whom attended Aquafit classes this summer! Please email Wendy at [infinitefit@shaw.ca](mailto:infinitefit@shaw.ca) to arrange for your prize delivery if we do not reach you otherwise.

### Recent Canoe Club Fun

Wendy is compiling all our activity photos from the last 3 years (**wow...**the fun we've had!) to pass along to your amazing Klahanie volunteer website committee for uploading to your **NEW Klahanie website!**  
[www.klahaniecommunity.com](http://www.klahaniecommunity.com)



CANADA DAY KIDS VISOR CRAFT!



SUMMER PLANTER WORKSHOP – BEAUTIFUL!



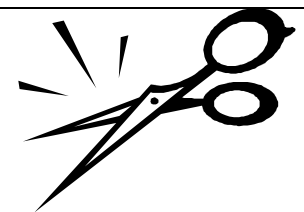
KIDS ICE-CREAM MAKING WORKSHOP...yum!



Activity programs are kindly sponsored by Polygon Klahanie Development Ltd. until October and are free to enjoy by the Klahanie community.

# resources & contacts

Klahanie Community	
Contact	Email
<b>Klahanie Communique</b> (To volunteer, email submissions and advertisements or for community information etc.)	info@klahaniecommunity.com
<b>Special Events</b> (Fundraisers, Social Activities etc.)	events@klahaniecommunity.com
<b>Pre + Post Natal Group</b>	prepostnatalnetwork@klahaniecommunity.com
<b>Bridge Club</b>	bridgeclub@klahaniecommunity.com
<b>Craft Club</b>	crafts@klahaniecommunity.com
<b>Health and Wellness Committee</b> (Fitness and Wellness Events and Classes)	healthandwellness@klahaniecommunity.com
<b>Canoe Club Room Reservations and Bookings</b> Canoe Club Resident Manager: James Grant	canoecub@shawbiz.ca
<b>Program Registrations or Queries</b> (until October 31 <sup>st</sup> )	infinitefit@shaw.ca (Wendy)
Port Moody Neighbourhood	
Contact	Website
<b>Port Moody Municipality</b>	www.cityofportmoody.com
<b>Arts Connection</b>	www.cityofthearts.ca
<b>Port Moody Film Society</b>	www.pmfilm.ca
<b>Port Moody Arts Centre</b>	www.pomoartscentre.ca
<b>Port Moody Library</b>	http://library.portmoody.ca
<b>WestCoast Express Train</b>	www.westcoastexpress.com
<b>Port Moody Share Society</b> (Food Bank etc.)	www.sharesociety.ca
<b>Chamber of Commerce</b>	www.tricitieschamber.com
<b>Port Moody Hiking Trails</b>	www.trailsbc.ca/southwest_region/port_moody.asp
<b>Port Moody School District</b>	www.sd43.bc.ca
<b>Golden Spike Days</b>	www.goldenspikedays.bc.ca



Clip and Keep

# Klahanie Communiqué

*Your community – make it happen!*

Monthly deadline for newsletter/website submissions is by 20<sup>th</sup> each month. Email [info@klahaniecommunity.com](mailto:info@klahaniecommunity.com)



## Get in the Pink

### Klahanie's 2<sup>nd</sup> Annual Bring 'n Buy Bake Sale Fundraiser

All proceeds to Canadian Breast Cancer Foundation BC/Yukon  
*Bring baked goods to sell... 'n Buy goodies to take home!*

**Saturday – September 20  
1:00-4:00pm Canoe Club**

The Oct 2007 Bring n Buy event raised \$1055,  
donated from the Klahanie Community, for the  
Canadian Breast Cancer Foundation BC/Yukon!  
Let's top that amount this year!

**For information on event or to volunteer, contact  
Sabine 604.461.8522 or Irina 778.216.9856  
or email [events@klahaniecommunity.com](mailto:events@klahaniecommunity.com)**

Please bring baked goods "ready for sale" to the Canoe Club on Sat Sept 20  
between 12:00-1:00pm. Any variety of baking donations will be accepted.

- bring baked goods "ready for sale" on disposable plates/wrapped in cello
- small portions preferred for sale (6 cookies; 2 muffins, mini loaf...)
- label and clearly price all baked goods

**THANK YOU** to everyone involved  
in organizing the 1<sup>st</sup> Klahanie Yard  
Sale on August 9 and to all who came  
to support this event !

#### **LOST & FOUND at Canoe Club**

The lost & found bin, located behind the Canoe Club café counter, is full of clothing and toys. If you have lost anything...please check the bin soon. ALL items remaining on Sept 26 will be donated to the local Share Society.

#### **Kids Halloween Trick or Treat Event**

**Calling all Klahanie parents!!  
Your help is needed to organize  
a kids Halloween event Oct 31.  
Email the Communique.**

#### **Canoe Club Activity Programs:**

Email Wendy with queries + registrations  
(until Oct 31) at: [infinitefit@shaw.ca](mailto:infinitefit@shaw.ca)

#### **Canoe Club Room Reservation Booking:**

Contact manager James Grant  
604.375.6960 or [canoecub@shawbiz.ca](mailto:canoecub@shawbiz.ca)  
Business hours are Tues-Sat 9am-5pm.  
Please respect these work hours.

#### **Canoe Club Rules, Regulations & Facility Booking Information:**

Located in binders at Canoe Club "café" counter.

#### **Klahanie Communique**

The Klahanie Communique email address is  
volunteer-supported and is *NOT* monitored daily.

**For Klahanie community volunteer  
information, email the Communique!  
[info@klahaniecommunity.com](mailto:info@klahaniecommunity.com)**

#### **Klahanie Communique Classifieds**

Email classified requests prior to the monthly  
deadline - 20<sup>th</sup> each month.  
Include phone & email contact in your ad.

**Note:** Klahanie Communique reserves the right to  
amend or refuse ads or content. Ads will only be  
accepted from residents of Klahanie. Ads are posted  
in upcoming newsletter. For renewal in subsequent  
newsletters, you must contact the Communique to  
request repeat of the ad. Name, address, phone &  
email must be provided with each request. Advance  
payment in future issues of this newsletter may apply.

# MORE KLAHANIE COMMUNITY NEWS

## PRODUCED BY YOUR COMMUNITY COMMITTEE VOLUNTEERS!

### Pre/Post Natal Networking Group

(conception to 12 months)

Join new moms and moms-to-be for a variety of activities and playtimes throughout the fall. Share stories, share resources, and ask questions. Infants welcome! Bellies welcome! Please come prepared to walk and/or talk.

### >>> Weekly Playtime

Every Thursday 10:00am at the Canoe Club beginning October 2. \*free\* but registration is requested. Email [prepostnatalnetwork@klahaniecommunity.com](mailto:prepostnatalnetwork@klahaniecommunity.com)

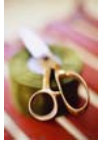
### >>> Network & Learn

Last Sunday of every month at 5:00pm in the Canoe Club beginning September 28 \*free\* drop-ins welcome

ALL



### NEW Attention Crafters!



Every Tues night 7:00-8:30pm starting Sept 9 thru Oct 21 bring your own craft projects to the Canoe Club multipurpose room (downstairs) to share & enjoy the company of other crafters! Kids are welcome.

Info: Nathania #778-216-0701 or [crafts@klahaniecommunity.com](mailto:crafts@klahaniecommunity.com)

### Bridge Club

The Klahanie Bridge Club meets every Tuesday at 7-9pm in the Canoe Club Poolside Lounge. Info: Heidi #604-461-5370 or [bridgeclub@klahaniecommunity.com](mailto:bridgeclub@klahaniecommunity.com)

### Health & Wellness Committee Active at Klahanie

Thank you to the health & wellness committee volunteers who are working to keep programs active at the Canoe Club for all Klahanie residents! The committee believes fitness & healthy living are important components for people in our community.

Your community volunteer Health & Wellness Committee will be taking over the fitness programs at Klahanie starting in November. Unfortunately, in order to continue with programs at the Canoe Club, we will need to have a minimum number of participants for each class. We will also be implementing a modest pay structure to pay for programs, as Polygon has been paying for them to date.

Look in October's newsletter for the announcement of a **Fitness Fair** where you can try out various activities and meet your Health and Wellness Committee. If you are interested in joining the committee, please email us at: [healthandwellness@klahaniecommunity.com](mailto:healthandwellness@klahaniecommunity.com)

## Be Involved...

### In your Klahanie Community

Volunteer or initiate your own group. Need ideas? How about...

- \* Kids Events
- \* Social Events
- \* Seniors Events
- \* Newsletter
- \* Fundraising
- \* Health & Wellness

Email your interest to [info@klahaniecommunity.com](mailto:info@klahaniecommunity.com) and we will connect you!



NEW

Check out the NEW Klahanie website  
[www.klahaniecommunity.com](http://www.klahaniecommunity.com)