

KLAHANIE COMMUNIQUE

"a newsletter for living klahanie"

This Communique is sponsored by: *Secret Cycles*

HEALTH & WELLNESS UPDATE

Klahanie's Health & Wellness Committee sends a big thank you to Samantha Liepner for hosting the first Health and Wellness Nutrition Clinic in February. The evening seminar held at the Canoe Club was a success with lots of great information shared with everyone who attended. >> CHECK THE KLAHANIE WEBSITE FOR MORE CLINICS THIS SPRING.

KLAHANIE FITNESS CLASS REGISTRATION IS NOW OPEN

for the Spring session. Classes are held in the Canoe Club and are open to Klahanie residents. Don't wait as classes tend to fill up quickly! Cost for 8 sessions is \$42.50.

Register online:

<https://www.eplyevents.com/HWMarch2010>

Monday Night	Hatha Yoga
Tuesday	Kids Karate
Tuesday & Thursday	Bootcamp
Tuesday & Thursday	Pilates
Wednesday	Mom/Dad & Baby Bootcamp
Wednesday	Power Yoga

LIVE MUSIC

Did you know you can enjoy LIVE MUSIC every Thursday/Friday night in our community? Its only a short walk to Caffe Divano at 101 Klahanie Drive. Check out the fabulous talent line-up for the month performing at Caffe Divano >> www.caffedivano.ca.



Look for this recipe for Dark Chocolate Mint Cupcakes on our website!



COMMUNITY YARD SALE

Want to organize a Klahanie community sale? Post your interest/comments on the Klahanie forum page to connect with others. Let's see if we can get a Klahanie community yard sale happening this spring! Clean out your closets – find the perfect treasure for your home – buy/sell your kids outgrown toys/clothes.

TALKS WITH THE DOCS SEMINAR



The next Talks with the Docs Seminar is on March 13.

>> FOR MORE INFORMATION CHECK THE KLAHANIE WEBSITE OR CALL 604.949.0077

WELCOME NEIGHBOUR!

New to the Klahanie Community? WELCOME! Be sure to check out Klahanie's website for all kinds of information about what's happening in our community - upcoming activities, events, volunteer opportunities, Canoe Club information (how to reserve a room), local interest stories and lots more!

If you are a recent new Klahanie resident, Welcome Wagon Port Moody has a gift for you from local merchants/sponsors.

<http://www.tricityevents.com/welcome.html>

THINGS YOU NEED TO KNOW:

Want to book a room at the Canoe Club for a private or community event? Contact the Canoe Club Manager at 604.461.2805 or email canoecub@shawbiz.ca.

TAX TIPS

It's time to gather receipts and information to prepare for your 2009 income tax! Did you know you can claim your home renovation expense as a tax credit? Or, that even if you don't have income, you should file a tax return?

>> READ THE ENTIRE ARTICLE ON OUR WEBSITE

for more information on these and other events + our regular features visit:

WWW.KLAHANIECOMMUNITY.COM