

# KLAHANIE COMMUNIQUE

the Sept Communique is sponsored by: **SECRET CYCLES**



## MARK YOUR CALENDAR Klahanie Health & Wellness Fair Sept 12

The much anticipated Klahanie Health & Wellness Fair is almost here! Plan to visit the Fair at the Canoe Club on Saturday, September 12 from 10am-1pm. Admission is free and there will be door prizes and complementary refreshments. Bring your neighbours and stay to enjoy the speaker series. The fair is a volunteer organized event by a group of Klahanie residents who are passionate about providing our community with low cost fitness programs and information.

## FALL FITNESS CLASSES FOR THE KLAHANIE COMMUNITY START SEPT 21!

Registration\* takes place at the Canoe Club on:  
Thursday Sept 10th 7.00-8.00pm  
Saturday Sept 12th 10am-1pm  
Monday Sept 14th 7.30-8pm

\*Fitness classes are for Klahanie residents only. Proof of residence required when registering for classes.

Check the website for these Fall classes:

- Power Yoga with Chris
- Hatha Yoga with Shelly
- Kids & Adult Karate with Drew
- Pilates with Kim
- Bootcamp with Chrissy
- Bootcamp with Karen
- Mom & Baby Bootcamp (TBA)

**CHECK THE  
KLAHANIE  
WEBSITE for  
FULL CLASS  
DESCRIPTIONS**

## SEPT RECIPE



*sent in by ine!*

For a fast and easy meal you can't go wrong with a Quesadilla!

Get this recipe on our community website now!

Have a recipe to share? Email [info@klahaniecommunity.com](mailto:info@klahaniecommunity.com)

## BLOCK WATCH

Klahanie's BlockWatch is seeking more residents for this committee. Want to be involved? See Blockwatch webpage for information and the next meeting date.

## WELCOME DOINA!



Klahanie Community Welcomes Doina, our new Canoe Club Caretaker. Doina's office hours are Wednesday to Sunday 2:00-4:00pm or by appointment by calling #604-461-2805 or [canoecub@shawbiz.ca](mailto:canoecub@shawbiz.ca) More information available on the Canoe Club web page.

## READ MORE!

CHECK OUR WEBSITE FOR THESE REGULAR FEATURES:

- 1) **ASK NINA:** A reader asks "Why do they have to cut the grass at 7AM - can they make noise that early?"
- 2) **MAY WE RECOMMEND:** Read a review on "Food Inc". Have you seen a great movie? Share your opinion. Send your recommendation to [info@klahaniecommunity.com](mailto:info@klahaniecommunity.com).



*having fun at the mixer!*

*Thanks to everyone who came out to the August 27 Klahanie Mixer and made it a great success!*

Check the website for the next MIXER event date and come out and meet your neighbours!



## PLAY BRIDGE?

Klahanie's Bridge Club welcomes new players to join them each Tuesday from 7-9pm in the Canoe Club.

Contact Heidi for information: [bridgeclub@klahaniecommunity.com](mailto:bridgeclub@klahaniecommunity.com)

## RETIRED? INTERESTED IN MEETING YOUR NEIGHBOURS AND SHARING NEW INTERESTS?

This resident initiated group plans to meet for discussion and activities, depending on the interests of the participants. Next meeting is Sept 23 at 7:30pm at the Canoe Club.

RSVP to Irene #778-355-9162 or [irenekane3@aol.com](mailto:irenekane3@aol.com)



## ENJOY ART?

This resident initiated group plans to meet to discuss interests, possibly organize trips to galleries, museums and performances. Meet people working in creative fields and fellow art lovers. Collaborate on projects or pursue one of your creative ideas!

Interested? Contact Nathania: [nathaniaxv@gmail.com](mailto:nathaniaxv@gmail.com)

## NEW TO OUR KLAHANIE COMMUNITY?

Welcome Wagon would like to present you with a selection of gifts from local businesses. Contact TerraLee at #778-840-4281.



*Caffe Divano now has live music every Thursday and Friday nights until 10pm!*

# YOUR COMMUNITY

## Klahanie Business Directory

*Are you a Klahanie resident and have a business or service you want the community to know about? Then be included in the new Klahanie Directory!*

The directory will supplement the classifieds page and will be posted on Klahanie's website. To be included in the Klahanie Directory submit your name, address, business name or service offered\*, phone and email to [info@klahaniecommunity.com](mailto:info@klahaniecommunity.com) / subject: directory. \*directory format will be uniform and space limited, so describe your business/service in 5 words or less. Graphics and detailed information can not be accommodated.

## Community Involvement

*Do you have a talent or idea and want to organize a group or an event for our community? Enjoy organizing events?*

Our community would benefit from a social committee to organize community events such as a Kid's Halloween event, a Christmas party etc. See the Klahanie website "Get Involved" for more information and "My Community/Canoe Club".

## Classifieds

*Have an item to sell or looking to buy local? Have a look at the Klahanie CLASSIFIEDS!*

## Events

*Stay informed on what's happening at Klahanie. Subscribe to receive KLAHANIE Event & Activity Updates at [www.klahaniecommunity.com](http://www.klahaniecommunity.com)*