

Canoe Club Activities



OCTOBER '08

"When I let go of what I am, I become what I might be"

Lao Tzu

Farewell Klahanie!

Wendy and the activity leader team have enjoyed providing the Klahanie community with a sampling of lifestyle programs at the Canoe Club since December 2005. Our services are now complete. Thank you very much to Polygon Klahanie Development Ltd. for generously providing the sponsorship for these lifestyle programs, leaders and provisions for close to 3 years. Future program updates will be posted on your new community website by your valuable committee volunteers!

www.klahaniecommunity.com



Wow!

Check the Klahanie website for upcoming program news from your Health and Wellness Committee!

YOGA

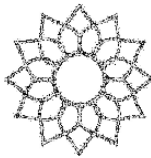
With Natalie

Mondays at 7:00pm

(Drop-In. Downstairs Dance Studio)

October 6, 13, 20 and 27

Please bring your own Yoga mat and arrive early to secure your class spot as space is strictly limited to the first 15. No late entry to the class is permitted. Natalie offers the Klahanie Community this coupon to visit their Burnaby Yoga studio!



Heart Centre Yoga

\$10 off any punch or unlimited card
Can be combined with existing specials
Expires Nov. 30 2008

3978B Hastings St. Burnaby BC
www.heartcentreyoga.ca

"It has been a blessing getting to know you all over the years!
We look forward to seeing you at Heart Centre Yoga."
Contact Natalie at shantiuganda@yahoo.ca

Meditation for a

Healthy and Happy Life Workshop

With Natalie in the Downstairs Dance Studio

Thursday, October 16th at 7pm

A minimum number of registrations are required by 5pm, Oct. 9th.

Email your registration to Wendy at infinitefit@shaw.ca

Please register once you know you can commit to attend this workshop. Wendy will send workshop details by Oct. 11th to all those from whom she has received an email registration.

Pilates

With Sherry

Saturdays at 9:30am
(Drop-In. Downstairs Dance Studio)

October 4, 18 and 25
**No class October 11th,
Thanksgiving weekend.**



**Make a
Pine Cone
Turkey!**



Thanksgiving Kids Craft

Sunday, October 12th at 9:30am.

Email your registration to Wendy at infinitefit@shaw.ca by the **registration deadline of 5pm Tuesday, October 7th**. Registrants will receive a confirmation email with workshop location and details from Wendy by October 10th.



Activity programs have been kindly sponsored by Polygon Klahanie Development Ltd. since December 2005 for the enjoyment of the Klahanie Community.

Klahanie Communiqué ~ Oct/08

www.klahaniecommunity.com

Deadline for newsletter/website submissions by 20th each month. Email info@klahaniecommunity.com

Wine & Cheese Evening

Meet your Klahanie neighbours!

Drop-in for this casual monthly gathering on Friday October 10th from 7pm-9pm, Canoe Club Lounge

Bring your own bottle of wine, a glass & appetizer to share!

RSVP to Kate: krswire@shaw.ca

VOLUNTEER

Want to get involved in the Klahanie community?

Have ideas or suggestions?

Let us know.....

info@klahaniecommunity.com

? Kids Halloween Trick or Treat Event ?

We need help! A few volunteers are needed for Friday, October 31 between 5:30-7:30pm at the Canoe Club.

We'll have treats for the kids, BUT without Klahanie participation, this event will not happen.

If you can help with this community event, email info@klahaniecommunity.com before October 24.

Our Canoe Club Needs Help

The Canoe Club is looking for a few residents who can contribute one - 4 hour shift, once a month, to spend time in the Canoe Club at the information desk, particularly on Friday/Saturday/Sunday nights.

To volunteer or for further information contact Christine Stanley #604-635-5034.

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.

☞ Network & Learn ☞

Last Sunday of every month 5:00pm at the Canoe Club beginning September 28 *free* but registration is requested. Please RSVP by Sunday morning 10am to: prepostnatalnetwork@klahaniecommunity.com

☞ Weekly Playtime ☞

Every Thursday 10:00am at the Canoe Club beginning October 2 *free* but registration is requested. Please RSVP by Wednesday evening 6pm to: prepostnatalnetwork@klahaniecommunity.com

Attention Crafters!

Every Tuesday night 7-8:30pm until October 21st bring your own craft projects to the Canoe Club activity room (downstairs) to share & enjoy the company of other crafters! Kids are welcome! Please email RSVP by 5:30pm each Tuesday if you plan to attend this volunteer based event. If not RSVP's are not received, we'll cancel that night. RSVP & info: crafts@klahaniecommunity.com

THANK YOU Klahanie Community for your support of the September 20th 2nd Annual Klahanie Community Bring n Buy Fundraiser!

A total of \$545 was raised from the sale of baked goods, contributed & purchased by YOU! The proceeds have been donated to the Canadian Breast Cancer Foundation BC/Yukon on behalf of the KLAHANIE COMMUNITY!

Klahanie Communiqué

www.klahaniecommunity.com

Monthly deadline for newsletter/website submissions by 20th each month. Email info@klahaniecommunity.com



CRIME PREVENTION INFORMATION DAY at the Canoe Club on NOVEMBER 1st 10am-4pm Saturday

The mission of the BC Crime Prevention Association is to promote active community participation in crime prevention initiatives through awareness and education. This is one of many community events held during BC Crime Prevention Association Week November 1-7.

Representatives & speakers from organizations will include:

- Kids Identification
- Safety Bear
- Port Moody Crime Prevention
- Port Moody Fire Department
- Crime Prevention Through Environmental Design
- Crime Free Multi-Housing
- Women in the Workplace

Refreshments will be available!

This is an important community event. Learn how you can be pro-active and help prevent crime in our community!

This community event has been planned and sponsored by the Canoe Club, Gateway Property Management and Christine Stanley, Property Manager.

We require help from a few residents during this event. If you can help, contact events@klahaniecommunity.com by October 24.

Additional details will be posted on the Klahanie website later in October, and a Klahanie Update email will be sent to residents who subscribed to receive Klahanie Updates.

Klahanie CLASSIFIEDS

Email your classified ad & we'll post on the Klahanie website
info@klahaniecommunity.com

- Klahanie Communiqué reserves the right to amend or refuse ads or content. The classified postings will appear for a period of 1 month. To renew your classified for the next month, you will need to resubmit your request. Classified postings are for residents of Klahanie only. Include your name, address, phone & email with each request.

SUBSCRIBE to Klahanie Event & Program Updates!

If you subscribed to Wendy's email updates, you will now need to **re-subscribe** through the Klahanie website to continue receiving event & program updates. From the Klahanie website home, click on "subscribe to our mailing list" and you will be added.

Canoe Club LOST & FOUND

If you've lost anything, check the tote bin at the Canoe Club behind the café counter. All items remaining after 60 days are donated to the Port Moody Share Society. **To claim any of the items below, call Kathryn at the Canoe Club to identify:**

bracelet (x3)	lens from glasses (1 only)
ladies watch (1)	ring
men's watch (1)	cross pendant
child's plastic watch (1)	necklace
earring (1 only)	hair barrette (1)

Canoe Club Activity Programs

Email the Klahanie Health & Wellness committee with your questions & suggestions
healthandwellness@klahaniecommunity.com

Canoe Club Room Reservation Bookings

To book Canoe Club facilities call Resident Manager Kathryn Lobanova at **604.461.2805** or email canoecub@shawbiz.ca. A deposit must be submitted to secure the booking. Resident Manager business hours are Tuesday-Saturday 9am-5pm. Please respect these work hours.

Canoe Club Rules/Regs & Facility Booking Info

is available in the binder at the Canoe Club "café" & the Klahanie website www.klahaniecommunity.com.