

PROGRAMS & ACTIVITIES

Game Night:

The first Saturday of each month at 7 pm. play everything from old favourites such as Twister to interactive games like Rock Band and Wii Sports.

Boys Night Out:

Wednesdays 6-7:30 pm Ages 11-17, Fill out a registration form at the Rec Centre & ask for more information on upcoming activities.

Every Friday Night is Movie Night!

8pm Rec Centre Lobby

Saturday Night Activities

There is something on every week. Call the Rec. Centre for more information.

Fitness Classes

There have been some changes to our fitness class schedule. Please call the Rec Centre at 827-2446 for more information. Sorry for any inconvenience!

Sponsored Swims:

May 9 - Sponsored by EnCana
May 10 - Sponsored by EnCana
June 13- Sponsored by EnCana
Thank-you to our local businesses for supporting recreation in Grande Cache!

Special Events at the Pool:

Teen Swim April 24 - 9:00 - 11:00pm
Balloon Swim April 29 - 6:00 - 8:00pm
Beach Party May 6 - 6:00 - 8:00pm
Jungle Day May 13 - 6:00 - 8:00pm
Drain the pool Swim May 22 - 6:00 - 8:00pm

Swim Lessons:

Tuesdays & Thursdays April 21 - May 21
\$31.00, 10-11am ½hr classes & 5:30-7pm ½hr classes

Akasaka Recreation Centre Spring / Summer Hours Effective Monday, Apr. 6, 2009

Monday - Friday 6am - 9pm Saturday & Sunday 12noon - 6pm
Front Desk Hours: Monday - Friday 9am - 9pm Saturday & Sunday 12noon - 6pm

REMINDER - Annual Pool Shut Down May 23 - 31, 2009

Pool will re-open: June 1, 2009

Drop in Sports - Adult Volleyball (16 & up) and Adult Basketball (16 & up) is finished for the season.

Upcoming Children's Programs:

Sign up for upcoming programs at the recreation centre for kids 8-13 years old. We are offering a variety of programs from a bugs life, science experiment to run, jump and climb & everything in between. There's bound to be something that interests you.

Just a Touch

Date: Saturday April 25

Times: 1-5pm

Description: Want to learn how to apply make up flawlessly? Secrets of the stars, with make up consultant all these questions will be answered & more. Adults are more than welcome! Cost: \$5

Girls in Motion

Thursday's April 23-June 11 3:30-5:30pm
If you're a girl between the ages of 10 & 14 come out and join us as we try some great alternative ways to stay active from dance to water running. Cost: \$40
Please pre register at the recreation centre.

Green Thumb

Date: Saturday May 2, Times: 1-6pm

Description: Join professional horticulturist & florist, William Thompson. He has arranged floral arrangements for various events including the IAFF World Game 2001, Canadian & World figure skating, as well as the most recent Queen's private visit to Canada. He has also taught various courses on gardening hints, landscape design as well as floral & green house workshops. Cost is \$8 - includes a plant (Must pre- register, as space is limited)

Canada Health Day

Tuesday May 12th, From 5-8pm

Free Swim! 7-8pm

FREE Barbecue sponsored by the Town of Grande Cache with hamburgers served by mayor & council. Come check out various vendors & free demonstrations by a variety of local organizations. Open to people of all ages.

NEWS

WOW!!!!!! LOTS OF NEW STUFF TO CHECK OUT AT THE TOURISM CENTER THIS WEEK!!!!!!

Our new nature and wildlife tiles are stunning with their interknit color and shine. Our rose quartz, amethyst and beautiful rainbow geodes are great for all ages to add to an exciting or to start a new rock collection. But if its books you're interested in we have a great new collection of heritage books that just arrived. Our new leather address books and amazing design on our paper blanks are a great gift for all buy 2 get one free. These handy books are stylish for business or pleasure.

VIDEO CONFERENCING SEMINARS

If you're starting or expanding a business and looking for direction, you cannot afford to miss these great training sessions designated to save you time and money! All video conferencing sessions are held at the Tourism & Interpretive Centre. Seminars are 3 hours and cost \$35. Brown Bag Presentations are free and are held over the lunch hour. You must pre-register for all seminars 2 days prior to the presentation day.

- Tues. April 21 Get Writing! Get Published - Noon Hour - FREE!
- Wed. April 22 Preparing a Business Plan - 1-4 pm - \$35
- Thurs. April 23 Promotional Strategies: Create Buzz for Your Business - 6-9 pm - \$35
- Tues. April 28 Designing Products and Services (Noon Hour) FREE!
- Wed. April 29 How to Buy a Business - 1-4pm - \$35

Let's Clean-up the Town!

The Town of Grande Cache and the Grande Cache Chamber of Commerce is kicking off a "Clean Up The Town Event" beginning April 22nd. (That's tomorrow) The snow will almost be gone, and the garbage is EXPOSED! ~ Let's all work together and pick up the litter! Garbage Bags will be supplied, and Public Works will be offering a FREE PICKUP service for those unsightly large items like old fridges, rusty old barbeques and old bath tubs! Beginning April 22/09 call Public Works for a pick-up (827-3610) White goods and heavy metal tipping fees still apply. pay at the Town Administration Office, and then call Public Works to pick up your items.

A dog's waste can expose humans to some pretty nasty conditions including; adenovirus, parvovirus, giardia, roundworm, whipworm, tapeworm, hookworm, and coccidia. Children, especially, are susceptible to these diseases. Responsibility: If we all clean up after our dogs, the town will be a cleaner and safer place! When you stoop and scoop, the sidewalks, parks and green spaces are much cleaner and therefore nicer for everyone to enjoy.



Administration Office: (780) 827-3362

Public Works: (780) 827-3610

Recreation Centre: (780) 827-2446

FCSS: (780) 827-2296

Tourism Centre: (780) 827-3300

ext.21
ext.23
ext.24
ext.25
ext.27
ext.28
ext.30
ext.31
ext.31
ext.33
ext.34

Receptionist: Judith Coughlin
Accounts Payables, Receivables and Tax Clerk: Louise McMann
Payroll Clerk: Diane Fournier
Chief Financial Officer: Carolyn Ferraby
Manager of Economic Development & Tourism: Tara Wignes
Marketing Officer: Jane Barber
Development Officer: Debbie McCann
Executive Secretary: Lisa Brown
Chief Administrative Officer: Darren Ottaway
Mayor: Louise Krewusik
Coordinator of Economic Development & Tourism: Denise Rinn

Community Focus Weekly: is a supplement to the quarterly newsletter publication created by the Town of Grande Cache. For a copy of the current newsletter please visit our website: www.grandecache.ca