









FORT GARRY COMMUNITY CENTRE

# Spring Programming 2019

\*Programs and details subject to change without notice.

| Monday   | Tuesday   | Wednesday   | Thursday  | Friday  | Saturday  |
|--|---|---|---|---|---|
| <p><b>Meditation &amp; Mindfulness with Ingrid</b><br/>6:30pm to 7:45pm<br/>@ Hobson<br/>Year-round<br/><a href="mailto:toewsingrid@gmail.com">toewsingrid@gmail.com</a></p>                           | <p><b>FGCC Playgroup</b><br/>Kids 0-5<br/>9:30 to 11:30am<br/>Sept to June<br/>@ Hobson<br/>204-505-3970</p>   |   | <p><b>MS Exercise Group</b><br/>10am to 11am<br/>@ Hobson<br/>Sept 13 to Nov 29<br/><a href="mailto:Deana.Austin@mssociety.ca">Deana.Austin@mssociety.ca</a></p>  | <p><b>Family Movie Nights</b><br/>Every other Friday<br/>6:30pm @ Hobson<br/>End date: April 12<br/><a href="http://www.fortgarrycc.ca">www.fortgarrycc.ca</a><br/><i>Free movie &amp; popcorn!</i></p> | <p><b>Yoga with Ingrid</b><br/>10:30am to 11:45am<br/>@ Hobson<br/>Year-round<br/>Ingrid Toews<br/><a href="mailto:toewsingrid@gmail.com">toewsingrid@gmail.com</a></p> |
| <p><b>Yoga with Ingrid</b><br/>8pm to 9:15pm<br/>@ Hobson<br/>Year-round<br/>Ingrid Toews<br/><a href="mailto:toewsingrid@gmail.com">toewsingrid@gmail.com</a></p>                                     | <p><b>IAM Fitness for Seniors</b><br/>10am to 11am<br/>@ Victoria<br/><a href="http://www.fortgarrycc.ca">www.fortgarrycc.ca</a><br/>204-505-3970</p>   | <p><b>Palette Club</b><br/>9:30am to 12pm<br/>@ Hobson<br/>Sept to May<br/>204-269-5769<br/><a href="mailto:gndgray@mts.net">gndgray@mts.net</a></p>  | <p><b>FGCC Outdoor Rink Schedules*</b><br/>(Hobson and Victoria)</p> <p><b>Weekdays 4pm - 9:30pm</b><br/><b>Sat. 11am - 9:30pm</b><br/><b>Sun. 11am - 6pm (Hobson)</b><br/><b>Sun. 11am - 9:30pm (Victoria)</b></p>   <p>Skate shacks open during posted hours<br/>*Schedule is weather permitting and subject to change without notice</p> |   |   |
| <p><b>Boot Camp with Jeff &amp; Mckenzie</b><br/>6:30pm - 8:30pm<br/>@ Victoria (M/Th)<br/>Spring session dates TBA<br/><a href="mailto:mckenziehill11@hotmail.com">mckenziehill11@hotmail.com</a></p> | <p><b>Zumba for Kids</b><br/>5pm to 5:45pm<br/>@ Hobson<br/>Jan 15 - Mar 5<br/>Spring session dates TBA<br/>204-505-3970<br/><a href="http://www.fortgarrycc.ca">www.fortgarrycc.ca</a></p>   | <p><b>Yoga with Ingrid</b><br/>7pm to 8:15pm<br/>@ Hobson<br/>Year-round<br/>Ingrid Toews<br/><a href="mailto:toewsingrid@gmail.com">toewsingrid@gmail.com</a></p>  | <p>To rent FGCC facilities or register for FGCC programs, contact <a href="mailto:info@fortgarrycc.ca">info@fortgarrycc.ca</a> or call 204-505-3970<br/>Office hours Monday to Thursday, 9am to 3pm</p>   |   |   |
|   | <p><b>Dog Obedience Classes</b> <span style="color: red; font-weight: bold;">NEW</span><br/>7pm to 8:30pm<br/>@ Victoria<br/>Mar 5 - Apr 10<br/>Candor Canine Co.<br/>Jamie Barber<br/><a href="mailto:candorcanineco@gmail.com">candorcanineco@gmail.com</a></p>  |   |   |   |   |



@FortGarryCC

Hobson - 880 Oakenwald  
Victoria - 80 Derek Street

For the latest info: [www.fortgarrycc.ca](http://www.fortgarrycc.ca)



# SPRING SPORTS REGISTRATION

Soccer, Basketball, Baseball & Softball

February 21 to March 15

# FORTGARRYCC.CA



FORT GARRY  
COMMUNITY  
CENTRE

**VOLUNTEERS NEEDED  
HELP COACH OUR KIDS!**

## FREE registration for your child!

Volunteer as a Convenor or Coach and qualify for up to \$300 in free registration fees per family for any sport or recreational program hosted by FGCC. Contact [info@fortgarrycc.ca](mailto:info@fortgarrycc.ca) or 204-505-3970 today!

## Summer Jobs at FGCC - Skate Park Mentors

Resumes will be accepted for Skate Park Mentor positions until Sunday, April 7. Submit your resume to [info@fortgarrycc.ca](mailto:info@fortgarrycc.ca) or mail/drop-off to FGCC, 880 Oakenwald Avenue, Winnipeg, MB R3T 1N1.

# Winter Carnival 2019!

Saturday, February 16



FORT GARRY COMMUNITY CENTRE

2pm to 8pm

Hobson site

880 Oakenwald at Woodgrove

**GREAT VOLUNTEER  
OPPORTUNITY!**

2-5pm Carnival games\*

Rink Games\*

Snowshoeing\*

Chicken bowling\*

Crafts\*

2-7:30pm Silent auction  
50/50

2-8pm Fire pit\*

S'mores\*

Canteen

3-5pm Sleigh Rides (\$2 ea ch  
toddlers free w/adult)

4:45pm Candy scramble\*

5-7:30pm Chili & Stew

5:30-7:30pm Bingo

7:30pm Fireworks\*

**FREE  
ACTIVITIES!**

Visit [fortgarrycc.ca](http://fortgarrycc.ca) or FGCC's Facebook page for the latest updates  
Contact [info@fortgarrycc.ca](mailto:info@fortgarrycc.ca) or 202-505-3970 to volunteer or for more info

**James  
Allum**

MLA for  
Fort Garry-Riverview  
204-475-2270  
[JamesAllum.ca](http://JamesAllum.ca)

## ZUMBA FOR KIDS

All kids ages 4 - 12 welcome  
Current session ends March 5

**Tuesdays 5:00 - 5:45pm**

Hobson site (880 Oakenwald)

Drop in, or register at

[fortgarrycc.ca](http://fortgarrycc.ca)

Spring session dates TBA



## FGCC PLAYGROUP

Parents &  
Kids ages  
0 - 5 are  
welcome!



**Tuesdays 9:30 - 11:30am**  
**Hobson site (880 Oakenwald)**