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SPONSOR FEATURE

KENASTON COMMON PHYSIOTHERAPY

Kenaston Common Physiotherapy is celebrating 15+ years of improving the health of those in the community! We are incredibly grateful for the support that has allowed us to expand and grow alongside the community over the years.

When we opened in 2009, we started with just two physiotherapists and one massage therapist. Today, we have nine physiotherapists, nine massage therapists, and one athletic therapist on our team. Our services have also expanded to include home visits to those in the community and surrounding areas, hip and knee exercise classes in our newly renovated and expanded gym, pelvic floor therapy, vestibular therapy, neuro-rehabilitation, and more. Our massage therapists specialize in therapeutic massage, lymphatic drainage, and relaxation massage.

Thank you for your continued support. We look forward to helping everyone move, live, and feel better for many more years to come!

Join us during the week of September 9th - 12th to say hello and enter to win one of our fantastic raffle prizes! Check out our newly renovated space, and enjoy some food, prizes, and fun. We can't wait to see you there!

We will also be offering free hip and knee classes that week! Spots are limited, so call us at 204-489-4737 or email us at questions@kcphysiotherapy.com to reserve your spot.



Linden Words

THE ONLY LINDEN WOODS COMMUNITY CENTRE NEWSLETTER

Created and distributed by...



LINDEN WOODS COMMUNITY CENTRE

414 Lindenwoods Dr W
204-487-2435

The next edition of Linden Words will be digital only. No paper copy will come to your door. If you want access to read our digital issue, scan the QR code below or go directly to our website and sign up!



WE ARE LOOKING FOR AN ACCOUNTANCY FIRM!

Linden Woods Community Centre is looking for an accountancy firm to complete the review of the financial statements for the next 3 years. The successful firm will also prepare and file the T2 and the T1044 Information Return each year. Contact the community centre at 204-487-2435 or e-mail admin@lindenwoodsc.com for a copy of the proposal package.

FALL HARVEST FARMERS MARKET

SUNDAY, SEPTEMBER 15
3:00 pm–7:00 pm

A great team of volunteers are hosting our inaugural Farmers Market and Harvest Festival at LWCC on Sunday, September 15 from 3:00 pm–7:00 pm. This will be a great community event with a variety of vendors.

We still have space for local farmers, bakers or food product engineers, artist and artisans, food trucks, entertainers and more! Vendor application is under Special Events on the website.

Please contact our Special Events Coordinator, Corinne Barker at cbarker@lindenwoodsc.com for more information.

See you at the market Linden Woods!



AN UPDATE ON OUR STRATEGIC PLAN

Following the election of several new board members in June 2023, the board of LWCC recognized the need for a strategic plan to guide budgeting, operational planning, and overall direction for the centre. A committee was struck to review input and develop a plan.

In late 2023 the Board adopted a strategic plan with five priority themes and a series of action items under each.

- **Infrastructure:** pursue minor and major improvements to the building, grounds, and recreational infrastructure.
- **Programs:** increase and enhance existing programming to meet the changing needs of the community.
- **Special events:** establish a special events schedule and deliver multiple special events throughout the year to bring the community together.
- **Communication:** modernize and enhance communication with the community.
- **Operations:** generate improved efficiency and effectiveness in general administration of the centre.

In June 2024 the board assessed its progress against the approximately 25 action items in the plan. We determined that approximately a third had been completed, a third were underway, and a third were yet to begin. The board and staff will continue to work on the plan throughout 2024 and into 2025.

The entire process has proven to be a positive experience and has created a common direction and vision for the board and staff. We expect to repeat the process following board elections in 2025. The board is always open to hearing good ideas from the community and encourage you to share your ideas with a board member or staff.

Nathan Gerelus, Member-at-large and Chair of the Strategic Planning Committee

LINDEN WOODS COMMUNITY CRAFT SALE

SUNDAY, NOVEMBER 3 10:00 am–4:00 pm

Save the date for our annual community craft sale! Vendor application is under Special Events on the website or contact our Special Events Coordinator, Corinne Barker at cbarker@lindenwoodsc.com for more information.

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WHAT'S HAPPENING THIS FALL AT LWCC? Something for everyone!

Seniors Sports and Programming (but open to everyone)

Duplicate Bridge

Are you interested in playing duplicate bridge in a friendly environment? Join us year round at LWCC Thursday mornings (9:00 am–12:00 pm). The fee is \$3 per session and coffee is included. Please note that this is not an ACBL sanctioned club; no masters point awarded. For more information, contact Judy Tozeland at jutozeland@gmail.com or call/text 204-228-8353.

Pickleball

Many seniors join us to play pickleball for fun, friendship and fitness. There is both a recreational group and a more competitive group. Visit the website under the Sports page for more information about pickleball.

Line Dancing

Our level one classes introduce basic steps with easy choreography, moderate tempos and lots of repetition. Level 1 runs Monday's 11:00 am – 12:30 pm September 9 through November 18. Our level 2 classes increase the complexity of the dance steps and choreography. Level 2 runs Thursday's 9:30 am – 11:00 am September 12 through November 14. Ten sessions for \$100 or \$12 drop-in fee. Register on our website!

Knit and Purl Group

The LWCC knit and purl group will be starting up again Tuesday, September 3! The group has expanded the crafts to include knitting, crocheting and other crafts. The cost is \$2 per session and it is hosted every Tuesday from 2:00 pm–4:00 pm.

Balance and Bones Yoga with Cathy Jaman

LWCC offers yoga classes focused on helping seniors with mobility and strength. Classes start with a more active and dynamic practice to energize and strengthen the body for the first half of class followed by a Yin style which targets joints, ligaments and fascia. The fall session runs for 10 weeks starting September 24 through November 26 on Tuesday's 9:30 am–10:30 am (\$120). Visit the website under the Programming page to register.

Youth Sports and Programming

Intro to Sport

Intro to Sports is a youth program that offers multiple learning opportunities for several sports. The goal is to provide youth with the opportunity to try a variety of sports and learn the fundamentals of these sports without having to commit to a long-term team. It will allow youth to gain experience in sports and provide them with the basic skills and understanding to enjoy playing. Register on our website by September 22 for these 10 week sessions (\$150). Classes include:

- Intro to Fencing (ages 8–13) on Mondays 5:30 pm–6:30 pm from September 23 through December 2
- Intro to Badminton (ages 8–13) on Mondays 6:45 pm–7:45 pm from September 23 through December 2
- Intro to Soccer (ages 5–8) on Wednesdays 5:30 pm–6:30 pm from September 25 through November 27
- Intro to Basketball (ages 5–8) on Wednesdays 6:45 pm–7:45 pm from September 25 through November 27

WMBA Youth Basketball

LWCC's basketball program is provided through the Winnipeg Minor Basketball Association (WMBA). Players practice one time a week on a weeknight, with one to two additional games per week on the weekend. Leagues for ages 7-13 typically have Saturday games and ages 14-17 on Sundays. There are also developmental options for ages 5-6 and 7-12. For more information and to register visit www.wmba.ca (registration opens August 19).

Basketball Drop-in

Drop-in for family basketball Mondays, Wednesdays and Friday starting in September from 3:30 pm – 5:00 pm. Drop-in fee is \$3 per person.

Mad Science After School Program and Young Engineers Sessions

We are working on confirming a Mad Science After School Program and Young Engineers Session, stay tuned to our social media and website for more information!



**BASKETBALL
AT LWCC**

JOIN A LEAGUE OR DEVELOPMENTAL TEAM
THROUGH WINNIPEG MINOR BASKETBALL
ASSOCIATION (AGES 5-17)

TRY OUT INTRO TO SPORT BASKETBALL (AGES 5-8)

OR COME FOR OUR FAMILY BASKETBALL DROP IN
MONDAY/WEDNESDAY/FRIDAY AT 3:30 PM - 5:00 PM

WYSA Youth Indoor Soccer

LWCC's youth soccer program is a recreational program provided by the Winnipeg Youth Soccer Program (WYSA). The indoor program runs October through March. Leagues for ages 7-13 typically have Saturday games and ages 14-17 on Sundays. There are also developmental options for ages 5-6 and 7-12. Visit the website under the Sports page for more information.

Adult and Family Sports and Programming

Fit Together—pre and postnatal fitness

Feel empowered and motivated with our high intensity Parent and Baby Bootcamp! This is an intermediate to advanced level class focusing on strength, power, agility, balance, cardio and core. Postnatal participants must have been exercising at least 8 weeks postpartum and babies must be 12 weeks+. Tuesdays and Thursdays from 11:30 am – 12:30 pm. See Fit Together website for more details and to register: www.fittogetherwpg.ca.

Zumba and Yoga

Yvonne Bayer-Cheung is a licensed zumba Instructor with certifications in zumba levels 1 and 2, zumba toning, zumbatomic and zumba gold. Yvonne has over ten years of dance and teaching experience. Her instructors are top-notch and help you enjoy exercising. You can register for a session, or for a drop-in—so many flexible options! Fall classes start September 9 and run through November 2.

Zumba with Laura and Anthony: Tuesdays and Thursdays from 7:15 pm – 8:15 pm and Mondays 9:30 am – 10:30 am

Yoga with Caryn: Thursdays from 6:00 pm – 7:00 pm

Strong Nation with Judy: Saturdays from 9:15 am – 10:15 am

There are also lots of livestream and virtual options! Visit www.yvonnefitness.ca for more information and to register!

Kendo

Tuesdays and Saturdays at 5:30 pm. For more details on the program and how to register, please contact David Westhead at tesshinkendo@gmail.com.

Badminton Drop-in

Come by the Centre for some drop-in Badminton fun! There is a drop-in fee of \$3.00 per person. Bring your own racquets. Nets and birdies are provided. Please bring clean indoor gym shoes. Check online calendar for all times and dates.

Adult Badminton: Thursdays from 8:30 pm - 10:00 pm and Family Badminton: Sundays from 5:30 pm - 7:30 pm

Volleyball Drop-in

Come by the Centre for some drop-in Volleyball fun! There is a drop-in fee of \$3.00 per person. Nets and balls provided. Please bring clean indoor gym shoes. Check online calendar for all times and dates.

Adult Volleyball: Mondays and Saturdays from 8:00 pm – 10:00 pm

NEED TO BOOK LWCC'S GYM OR MULTI-PURPOSE ROOM?

We have an online booking system for gymnasium and multi-purpose room bookings. Check out the Calendar & Rentals page on our website and use the booking link—easy as that!



#LINDENWOODSMOMENT

Tag us with your #lindenwoodsmoment and be featured in the next Linden Words!

IN THE COMMUNITY...

Congratulations to Kenaston Common Physiotherapy on 15 years!

Kenaston Common Physiotherapy is celebrating 15+ years of in the community! Visit them during the week of September 9th to check out their newly renovated space, and enjoy some food, prizes, and fun. They are also offering free hip and knee classes that week! Spots are limited, so call 204-489-4737 or email questions@kcphysiotherapy.com to reserve a spot.

Audra's Sweet Delights

Audra makes her delicious (and beautiful) cupcakes, cakes, sugar cookies, cookie sandwiches, cake cups and other treats out of LWCC's commercial kitchen. Orders can be arranged to be picked up from LWCC! Check out her website to order: www.audrassweetdelights.ca. Audra will be at the LWCC Fall Harvest Festival!

Peart Music Studio

Rosemarie Peart has over 45-years of experience and Peart Music Studio offers piano, violin, guitar, voice, flute, clarinet, drums and musical theatre out of their home music studio on Brentcliffe Drive in Linden Woods! September registration is open and you can find details on their website at www.lindenwoodsmusicstudio.com

LWCC welcomes Raj Menon, our new Buildings and Ground Coordinator!

Raj is a long-time member of the Linden Woods community and worked for 22 years at The Fairmont Winnipeg as their Chief Engineer. Raj retired last year but when he saw the Buildings and Ground Coordinator position advertised, he knew he would enjoy the role! Welcome to the team Raj!