

Winter 2011 Newsletter of the

CORKERY COMMUNITY

Dear Corkery residents,

We are ramping up for an exciting holiday season and we have lots to report! We are happy to be collaborating with the Western Ottawa Community Resource Centre. Their services will help us focus our efforts to better reach our fellow community members. We hope to gather new data on the residents of Corkery to ensure that we invest in programs that will meet the changing needs of our community. Lookout for our survey in 2012!

Help us continue to enrich the Corkery community by **renewing your community memberships** online for 2012. The fee of \$25 per family and \$10 for seniors or singles goes directly into the coordination of fun activities and outreach programs for our community!

Happy holidays and all the best in 2012!
- Your CCA Board Members

Ice rink

Our ice rink season is around the corner and as always, we need volunteers to help clean the ice. This not-so-glamorous but much appreciated job is crucial in maintaining a great ice rink. If you can help once in a while or on a regular basis, please contact Pat Cavanaugh at 613-256-7595 or patrick.cavanaugh@genband.com. Thank you in advance to the volunteers of this upcoming winter!

More information on men and women's hockey leagues will be posted on our website soon!

Our community centre and the ice rink can be rented for activities and events. Check out our online booking tool! Insurance is required and is available through the city of

Ottawa. Great for everything from birthday parties to fundraisers! Contact Elaine Menard at swaymen@storm.ca for more information.

Last but not least, we'd like to thank Kelly Freeman for her amazing contributions to the CCA Board! Kelly has moved back out West to Calgary and her enthusiasm for this community will definitely be missed. Thank you Kelly!

If you are interested in volunteering for the CCA Board, we are looking for a secretary and other volunteers. Please contact Elaine Menard at swaymen@storm.ca for more information.

ICE RINK / ACTIVITIES

Yoga

Every Monday at 7:00pm in the gym of St-Michaels Elementary School (1572 Corkery Road). Enhance your core strength and improve your posture with a great group of people! Beginners welcomed. \$15 per drop in or \$12 per week/session. For more info, contact Silva Tratnik at 613-256-6372.

Playgroup

For kids 0-5 every Wednesday from 9:15-11:15am at the CCC. This informal gathering is as much for the moms and caregivers as it is for the kids! Crafts, coffee and conversation! Bring a peanut-free snack and join us for some fun! For more info, contact Donna Jones at 613-256-3532 or briandonna@sympatico.ca.

T'ai Chi

Every Wednesday at 7:00pm at the CCC. Recognized for its numerous health benefits, this ancient form of Chinese movement will help you relax and focus your body's energy. Beginners very welcomed. \$10 per session. For more info, contact Glenn Morisson at 613-256-9281 or glennx@hotmail.com

Weight Watchers

We're already planning for our new year's resolutions! We'd like to start a weight watchers club in January. We need 15 members to have meetings one night a week at the CCC. Weeknight to be determined. If you're interested, please contact Elaine Menard at swaymen@storm.ca.