



# HEARTBEAT

The 'Birch Hills Heartbeat' newsletter is printed bi-monthly 1st and 15th of the month. It is available at the following locations: **Birch Hills Recreation Office**, Lake Country Co-op, Grumpy's Confectionary, Quayle's Pharmacy, and other businesses downtown. Pick up your free copy and share with a friend. Send your email address and request to be added to newsletter emailing list to [birchhillsrec@sasktel.net](mailto:birchhillsrec@sasktel.net)

June 15th, 2023

Issue 308

## Birch Hills Sr. Brewers Baseball is Back!

### Schedule for the upcoming Season:

June 6th—@ Tisdale 6:30 PM L 14-6

June 13th—@ Prince Albert 6:30 PM W 2-0

June 20th—VS Humboldt 6:30 PM

June 27th—@ Humboldt 6:30PM

July 4th—VS Tisdale 6:30 PM

July 8th— VS Nipawin (in Tisdale) TBD

July 8th—vs Hudson Bay (in Tisdale) TBD

July 11th—VS PA 6:30PM

June issues of this Birch Hills activity newsletter are sponsored by:

**BIRCH HILLS LIBRARY  
BIRCH HILLS SENIOR CLUB**

If you would like to be a sponsor of the 'Heartbeat' newsletter, contact 306-749-7451/ [birchhillsrec@sasktel.net](mailto:birchhillsrec@sasktel.net). The cost is \$100 by 3 sponsors (\$300/month) for printing, advertising and ensuring that the newsletter stays free for everyone.

## Pickleball Beginner Course

Hosted by Terry Malone

@ Tennis courts

Sunday June 18th

2-4:30PM (Weather Permitting)

We ask that you pre-register  
please call Terry @ 306-749-  
2219



**Saturday, July 1st  
Bring your lawn chair  
and join us on the first  
fairway or deck to watch**

**Sunset 9:30pm &  
Fireworks 10:30pm**



**Sunflower seeds and outside  
liquor are not permitted**

# June Newsletter Sponsor:

## Birch Hills Senior Recreation Club

We are a Club that is open to anyone over the age of 50 who would like to become a member. Membership for 2023 is \$20. We currently have 67 members.

We have been quite active as we have held several events over the last few months that have been both fun and educational and some that were available to everyone – not just members or seniors!!

We have had a multi-cultural potluck lunch, a Telemiracle Lunch, a Ham and Scalloped Potatoe Supper, and a member only soup and sandwich lunch. We have also hosted the following information sessions: Wills and Estates, Parkland Ambulance first aid and AED demo, fraud and theft prevention, and the ABC's of Dementia. We went on an overnight bus trip to Moose Jaw to see and hear one of our own – Lorne Deason, play and sing at The Grant Hall Hotel (it was a super trip) and we also just hosted a talent show where we had 17 acts from singing and dancing to a fencing demonstration. It was attended by about 100 people.

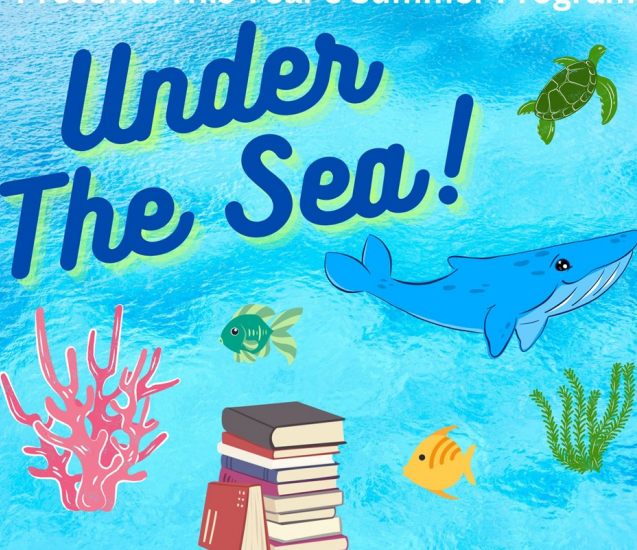
Our club has combined forces with SHA and SPRA to bring Forever In Motion (fitness for older adults) to Birch Hills!!! This is a low impact fitness class for older adults of ALL fitness levels and aimed at increasing balance, reaction time and strength with the goal of helping seniors to stay in their own homes longer. It is a volunteer led program and we now have two leaders, Iris Fjeld and Lorisa Ganes, who share in leading this much needed class. We have an average of 16-18 participants each class and each class is only \$2 to attend and you need NOT be a seniors member. We will however be taking the summer off of this program and resuming classes on Tuesday, September 5. For more information please contact Iris Fjeld @ 306-749-7377.

Our Rec club meets on Tuesday and Thursday afternoons at the Duane Lowe Community Centre on Bellamy St. In Birch Hills from 2-4pm for games, coffee and treats. Games can be anything from various card games, corn hole, Crokinole, carpet bowling, board games, etc..


Keep an eye on the Heartbeat paper and our Facebook page "Birch Hills Senior Recreation Club" for future info and upcoming events!

**Birch Hills Library**  
Presents This Year's Summer Program:

# Under The Sea!



Courtesy of the Community Initiatives Fund



The Community Initiatives Fund contributes to the quality of life of Saskatchewan's residents by providing grants for programs supporting healthy growth and development of children and youth, individual and community wellbeing, and nonprofit and community leadership.

**ABCmouse.com®**  
is **FREE** at this library!



Digital learning resource for children ages 2–8+

With more than **8,500** Learning Activities and **850** lessons, ABCmouse.com is the most comprehensive early learning curriculum available online!

Ask your librarian for more details.

Preschool through 2nd Grade

TM & © 2017 Age of Learning, Inc. All rights reserved.

## **Birch Hills Library Report**

135 Bellamy Ave  
(306)749-3281

[bircirc@wapitilibrary.ca](mailto:bircirc@wapitilibrary.ca)

Open Tuesday: 11-5 and 6-8

Wednesday: 12 - 5

Thursday: 1 - 6

Friday: 9 - 1

Saturday: 10 - 2

Masks are encouraged.

Join our Facebook group at: <https://www.facebook.com/groups/289306315777789/>

### **Special events:**

June – August, our summer program has officially started!! Get your kids registered for a lot of fun this summer, with our kick off party happening Thursday, June 29<sup>th</sup> @ 2:00 pm!

June – August – Birch Hills Library is participating in Notice Nature, a program that encourages kids and families to get outside, enjoy nature, and have outdoor play!

### **Weekly events:**

Tuesdays – afterschool crafts.

Fridays at 10:00 am Story time with craft and snack. All ages welcome.

Saturday at 10:30 am Story Sack Interactive Reading and snack. All ages welcome.

Contact the library if you have a book you would like to recommend for others to read

Check out our artist of the month! This month features Lil Wudrich

### **Alyssa's Pick**

#### **My Dear Henry**

**By: Kalynn Bayron**

This young adult novel is a fascinating remix of Jekyll & Hyde.

Dr. Jekyll does not like who his son is becoming, so he experiments on his son and turns him into someone completely different. Someone more socially acceptable. However, in doing so, he commits many crimes including murder and almost loses his son in the process!

Bayron's storytelling is smooth and moving, keeping you reading and wanting more. While she touches on many sensitive subjects, especially dated to the 1800's such as black heritage, homophobia, schooling and criminal justice system, you can't help but get involved in this story!

## **Carnival Day!**

The library is hosting a Carnival Day

Help kick off our Under the Sea Summer Reading Program

Join us on Thursday, June 29<sup>th</sup> @ 2:00 pm

Enjoy fun carnival games, face painting station

And much more!!!

## **Artist of the Month**

We have a very talented community,

And the library is looking for you!!

Would you like to display your art??

Contact the library for details!

## **Notice Nature**

The library is participating in Notice Nature

A program that encourages children and families

To get outside, enjoy nature, and have outdoor play!

Stop in from June – August to pick up your passport.

Complete activities, have fun and win prizes!

(While supplies last)



**St. Mary's Anglican Church, 279 McCallum Avenue,  
Birch Hills, SK**

All events at **St. Mary's, Birch Hills** unless otherwise indicated. Contact Father Jordan to attend an event via **Zoom**.

Thursday, June 15<sup>th</sup> 5:00-7:00PM – **St. Mary's / St. Anne's Church BBQ** (see poster in Heartbeat for details)

Friday, June 16<sup>th</sup> to Sunday, June 18<sup>th</sup> – **Youth Retreat @ Camp Okema**; \$50 for ages 13 to 18 years. Click this [link](#) to register or visit our Facebook page – see below – to find the link.)

Sunday, June 18<sup>th</sup> 9:00AM – **Second Sunday After Trinity**

Tuesday, June 20<sup>th</sup> 7:00PM – **Parish Council Meeting @ St. James's, Muskoday**

Wednesday, June 21<sup>st</sup> 7:00PM – **Holy Trinity Evening Service @ Holy Trinity, Brancepeth**

Sunday, June 27<sup>th</sup> 9:00AM – **Third Sunday After Trinity**

Wednesday, June 28<sup>th</sup> 7:00PM – **Holy Trinity Evening Service @ Holy Trinity, Brancepeth**

Sunday, July 2<sup>nd</sup> 9:00AM – **Fourth Sunday After Trinity**

**Reach Out – Thanks to all who have contributed to Reach Out; this program is on a seasonal hiatus, but they will be accepting clothing donations again in the fall.**

Contact Ethel Rutherford (306-749-7444) regarding Sunday School.

Contact Fr Jordan to arrange for Holy Communion at home or private confession by appointment.

Reach Fr Jordan by phone: (306) 749-2229 or email: [jordan.g.t.draper@gmail.com](mailto:jordan.g.t.draper@gmail.com)

**For more information** about youth activities and other events:



Follow us on Facebook [Parish of Birch Hills, Kinistino & Muskoday | Facebook](#)

**CHURCH SERVICES:**

Glad Tidings Tabernacle - Sunday services at 11:00 am.



**St. Anne's Roman Catholic Parish**

"A Small Congregation With A Big Heart"

Parish Priest: Father Phong Tran

-Mass: Sundays at 4:00 P.M.

-June 15th: St. Anne's/St. Mary's Annual BBQ

Specific details for this event are elsewhere in the Heartbeat

-June 20th: Birchview Ecumenical Service 2:30 P.M.

Every Sunday Children's Liturgy and Sacrament preparation are available.

Contact Person: Donna 306 314 5672

**Christ Alone Lutheran Brethren Church**

(Formerly called Birch Hills Community Church)

**Sunday Service 11:00 am**

**Corner and 4th of Bellamy**

**Bible Study Thursday Evenings 7:30 pm**

**Saron Lutheran Church**

**Hagen, Sk**

**Sunday Service 9:20 am**

**June 18**

**Lake Park Baptist Church**

**Sunday**

**Sunday School for all ages 10 AM**

**Worship Service 11 AM**

**Tuesday**

**Youth Bible Study 7 PM - Grades 7-12**

**Friday**

**Youth Events 7 PM**

**Contact James Banman for information  
at [lakeparkyouth@gmail.com](mailto:lakeparkyouth@gmail.com)**

The Birch Hills Sportsground has seasonal employment opportunities for 2023 as follows: sportsgrounds workers (full time & part time) - must be physically fit and experience with riding mowers, tractors and other "farm related" equipment would be a definite asset. Please submit resumes to email address:

[birchhillsrec@sasktel.net](mailto:birchhillsrec@sasktel.net) or golf no later than June 15, 2023, or drop off at Birch Hills Recreation Office by June 15th, 2023.



STRUTHERS LAKE REGIONAL PARK

is offering.....

# SWIMMING LESSONS 2023



Lesson Schedule <http://www.swimsafe306.com/struthers-schedule>  
Registration Link: <http://www.swimsafe306.com/struthers-registration>

JULY 31  
to  
AUGUST 4

- ✓ LEARN TO SWIM
- ✓ SWIMSAFE306.COM
- ✓ SELECTED LEVELS/AGES
- ✓ REGISTRATION OPENS 60 DAYS PRIOR TO LESSONS

EMAIL: [swimsafe306@gmail.com](mailto:swimsafe306@gmail.com)

STRUTHERS LAKE REGIONAL PARK

CANADA  
DAY  
Weekend

JULY 1+2 2023



INFO TO BE POSTED SOON!  
**STAY TUNED**

## 2023 UPCOMING EVENTS

MAY 19



CAMPING SEASON OPENS  
PROGRESSIVE 50/50 STARTS

JULY 1

CANADA DAY CELEBRATIONS

PLANNING IN PROGRESS

JULY 28 & 29

SLO-PITCH TOURNAMENT

DRAW FOR BOOZE BASKET

MORE INFORMATION TO COME

JULY 31-AUG 4

SWIMMING LESSONS

[WWW.SWIMSAFE306.COM](http://WWW.SWIMSAFE306.COM)

JULY & AUGUST

FRIDAYS 1-4 Forest Therapy Walks and  
Kids Mindfulness Day Camp  
Must be pre-registered

SEPT 4

CAMPING SEASON CLOSED

DRAW FOR 50-50

STRUTHERS LAKE REGIONAL PARK

STRUTHERS LAKE REGIONAL PARK  
IS OFFERING

REGIONAL PARKS

Connect with Nature

The Forest  
is the Therapist

Enhance your physical  
and mental health

For all fitness levels

FOREST THERAPY  
WALKS *Free to attend*

- REGISTER "for each walk" BY CALLING 306-280-0957
- MUST BE 18 + MAXIMUM PARTICIPANTS IS 15

Every Friday in  
July and August  
1:00-4:00 Pm

Thank you to our  
sponsors Sask  
Lotteries and Sask  
Parks and Recreation



meet @ grassy area by play park!





DON'T HESITATE, **VACCINATE**

PFIZER (5 yrs+), Bivalent COVID (12 yrs+)

## Birch Hills Primary Care Clinic

**May 19, 2023**

**June 16, 2023**

By appointment only—call (306) 749-3331

\* All adults 65 years and up are eligible to receive their **second** bivalent booster dose six or more months from their last COVID-19 booster dose or COVID-19 infection (whichever interval is longer).

\* Adults 18 years of age and older who are moderately to severely immunocompromised.

\* For children aged 6 months to 4 yrs of age, please contact public health at 306-765-6510 for clinic options for COVID vaccine.



# Birch Hills Upcoming Events

## June

1-30—Birch Hills walking Challenge

15— St. Mary's St. Anne's BBQ

18— Learn to play Pickleball

20—Birch Hills Brewers VS Humboldt

24—Town vs Country Golf Tournament

## July

1—Canada Day Parade + Fireworks

4—Birch Hills Sr. Brewers VS Tisdale

**STRUTHERS LAKE REGIONAL PARK**  
IS OFFERING

# KIDS DAYCAMP

**NATURE CONNECTIONS**

**EVERY FRIDAY in JULY AND AUGUST**  
**1:00-4:00 pm**  
**Open to ages 6-12 yrs**  
**No COST TO ATTEND**

We will meet @ the grassy area by play park

**What will we do?**  
Nature games, Music, Mindfulness-Movement, Visual Arts, Literacy, STEM Activities

**Call 306-280-0957**

**REGIONAL PARKS OF SASKATCHEWAN**

**SPONSORED BY:**  
SASK LOTTERIES  
Saskatchewan Parks and Recreation Association

**MUST BE PRE REGISTERED EACH DATE**

**Seats are limited! Maximum 15**

**REGIONAL PARKS OF SASKATCHEWAN**

**STRUTHERS LAKE REGIONAL PARK**

# PROGRESSIVE 50-50 FUNDRAISER

**STARTING MAY 1, 2023**  
**TICKETS AVAILABLE @ GATEHOUSE or ANY BOARD MEMBER**

**TICKETS 1-\$10 OR 3-\$20**  
Lotto License #RR23-0007

**GET YOUR TICKETS THIS SUMMER**

**DRAW WILL BE ON SEPTEMBER 4TH, 2023 @ 12:00 NOON at THE PARK GAZEBO**

**ALL PROCEEDS GOING TO THE PARK**  
For more information or tickets call (306) 290-8882-(306) 280-0957  
Maximum retail value of the draw is \$20,000 if all 5997 tickets are sold



We are 7 weeks into our golf season already!

**Lessons are available** for anyone who would like to learn how to golf or to improve their game. We also have rental clubs available should you need them. It has been very encouraging to see so many youth at the course and to have so many people use the driving range.

**Half-price adult memberships** are available until June 15<sup>th</sup>, 2023 IF you haven't had a membership in the previous 5 years. These memberships don't include the Golf Canada membership (you may purchase separately) and must be paid in full at time of purchase. Loyalty card stamps may not be used towards this membership.

**June 15, 2023** is also the last day to convert 2023 loyalty card stamps to a full-priced membership and to pay for cart storage.

We are open from **7:00am until sunset, weather permitting**. Book on-line at [www.birchhillsgolfcourse.ca](http://www.birchhillsgolfcourse.ca) or call 306-749-2211 to reserve your tee time.

**Ladies Night** (Monday tee times starting at 6:00pm; not held on statutory holidays), **Ladies Day** (Tuesday tee times starting at 9:24am) and **Men's Night** (Thursdays with shotgun tee off at 6:00pm) have started. **Junior Nights** will be held after ball season and we are entertaining the idea of a **Couples Night** if people are interested. We are looking for someone to organize Ladies Night and Ladies Day – please call the clubhouse 306-749-2211 if you are interested.

For this year's **Club Championship**, if you want to be entered to win the Men's "Net Trophy" (low handicap), you will be required to have an up-to-date handicap. This would require at least 10 rounds in the past calendar year in the calculation. If you have the regular priced \$635 membership, the Golf Canada membership is included. They have a handicap calculator and a dedicated app. This is the preferred method as it is easy to check. For the ½ price memberships, you can pay for a Golf Canada membership (also includes insurance), or use another app as long as you can show your rounds when requested.

We hope that you can get out and enjoy a round of golf on our beautiful course. Or at least come out and enjoy the view from the deck...the sunsets are spectacular. We are licensed and we have a limited menu for you to enjoy (homemade buns... mmmm)! We are offering a daily **Lunch Special** this season:

June 15 – Beef Dip (w veggies or chips)  
June 16 – Turkey Caesar Salad  
June 17 – Hot Dog (on a homemade bun)  
June 18 – Burger (on a homemade bun)  
June 19 – Pulled Pork (on a homemade bun)  
June 20 – Toasted Denver (w veggies or chips)  
June 21 – Chef's Salad  
June 22 – Beef Dip (w veggies or chips)  
June 23 – Taco Salad  
June 24 – Hot Dog (on a homemade bun)  
June 25 – Taco in a Bag  
June 26 – Bratwurst, Perogies, Corn & Bun  
June 27 – BLT (w veggies Or chips)  
June 28 – Turkey Caesar Salad  
June 29 – Beef Dip (w veggies Or chips)  
June 30 – Chef's Salad

**Our Bunwiches are always available!**

11:30AM – 1:00PM; Call 306-749-2211 to preorder

All prices include GST and PST

*Menu is subject to change*

Keep up to date with the Birch Hills Golf Course - Follow us on **Facebook** [Birch Hills SK Golf Course | Facebook](https://www.facebook.com/BirchHillsGolfCourse) and check out our **website** [www.birchhillsgolfcourse.ca](http://www.birchhillsgolfcourse.ca)

## EVERY WEEK IN THE HILLS

### Open to Community

#### Monday

Fire Dept Meeting (every 2nd Mon) 7:00 pm @ Fire Hall

#### Tuesday

2PM-4PM Senior Games @ DLCC

#### Wednesday

Thrift Shop/Museum Open and Coffee 10:00 am-4:00 pm

9 am @ Civic Centre Line Dancing

#### Thursday

2PM-4PM Senior Games @ DLCC

7 PM R. C. Legion #122 Meeting (second Thursday of the Month)

#### Saturday

Thrift Shop/Museum Open and Coffee 10:00 am-2:00 pm

# Thank You

To everyone who attended our

**Garage Sale Day**  
**Grab & Go Breakfast**

**The Birch Hills**  
**Sr Blackhawks**





Town vs. Country June 24	Hunter Nelson Memorial July 8	Battle of the Hills July 15	Jack & Jill (Proceeds to new Clubhouse) July 16
Royal Canadian Legion July 22	Birch Hills Blackhawks Aug 19	Club Championship Aug 20	Junior / Senior August 27

#### Ladies Golf:

**Mondays starting at 6:00pm** (1/2 price green fees for non-members)

**Tuesdays starting at 9:24am**

**Men's Night Thursdays 6:00pm**

**\$5.00 annual membership; \$5 - \$7 nightly fee  
plus green fees / cart rental if applicable**

Meal reservations required by Tuesday 12:00pm

Prebooking is recommended for Ladies & Men's Golf

Book online at [www.birchhillsgolfcourse.ca](http://www.birchhillsgolfcourse.ca) or  
Call 306-749-2211 for more information



Birch Hills Golf Course Fundraiser

# JACK & JILL SCRAMBLE

JULY 16<sup>th</sup> – 10:00AM SHOTGUN START

**\$200 PER TEAM – 1<sup>ST</sup> 36 PAID TEAMS ACCEPTED**  
**Must be paid by July 12<sup>th</sup>, 2023**

**INCLUDES 18 HOLES OF GOLF, STEAK SUPPER \$10,000  
HOLE-IN-ONE AND PRIZES**

**\*CARTS EXTRA**

**CALL 306-749-2211 TO REGISTER**

## Daily Special



- June 15** – Beef Dip (w veggies or chips)
- June 16** – Turkey Caesar Salad
- June 17** – Hot Dog (on a homemade bun)
- June 18** – Burger (on a homemade bun)
- June 19** – Pulled Pork (on a homemade bun)
- June 20** – Toasted Denver (w veggies or chips)
- June 21** – Chef's Salad
- June 22** – Beef Dip (w veggies or chips)
- June 23** – Taco Salad
- June 24** – Hot Dog (on a homemade bun)
- June 25** – Taco in a Bag
- June 26** – Bratwurst, Perogies, Corn & Homemade Bun
- June 27** – BLT (w veggies or chips)
- June 28** – Turkey Caesar Salad
- June 29** – Beef Dip (w veggies or chips)
- June 30** – Chef's Salad

**Our Bunwiches are always available!**

11:30AM – 1:00PM; Call 306-749-2211 to preorder

All prices include GST and PST / Menu is subject to change



Meal reservations required by **Tuesday noon** prior to Men's Night

Bratwurst & Perogies May 18	Pulled Pork May 25	Burgers June 1	Buffalo Chicken June 8
Beef Dip June 15	Chicken Wrap June 22	Pork Chops June 29	Taco in a Bag July 6 Wade's Bday

**Men's Night Thursdays 6:00pm:**

**\$5.00 annual membership; \$5.00 games & \$2.00 deuce pot  
plus green fees / cart rental if applicable**

Prebooking is required for Men's Golf Meals







# BIRCHVIEW HOME IS TURNING 40!!

Calling All Staff and  
Volunteers~

## Throughout All the years

Would you like to come and be a part of  
our Birchview float, for the Threshing Day  
Parade on Sunday, August 13<sup>th</sup>??

40 years of wonderful service and  
commitment to the Town of Birch Hills!

More details to follow



*St. Mary's - St. Anne's Church*



**Thursday June 15th**

**5pm-7pm  
at the Church**

**Adults: \$15.00/plate  
Children (7yrs & younger) \$5.00**

**\*\*Take out orders available  
for pick up only call (306)749-7444\*\***

**STRUTHERS LAKE REGIONAL PARK**  
**ANNUAL SLO-PITCH TOURNAMENT**  
**BOOZE BASKET**  
**FUNDRAISER RAFFLE**

**ALL PROCEEDS GO TO THE PARK**

**DRAW 29 JULY**

**TICKETS**  
1-\$5.00  
3-\$10.00

**TICKETS available from board members STARTING MAY 19TH**

**FOR MORE INFO CALL: (306) 290-8882**

**RAFFLE!**  
enter to WIN!

**REGIONAL PARKS OF SASKATCHEWAN**

## Blackhawks Windup & Golf Tournament

**Open to all current and past  
Blackhawks players, volunteers  
sponsors and fans**  
**1<sup>st</sup> 72 paid accepted**

**Golf & Supper - \$45 (Carts Extra)  
Steak Supper Only - \$25**  
Mail cheques to Box 783 Birch Hills, SK  
or etransfer to  
**blackhawksgolf@gmail.com**  
**Entries accepted until August 12, 2023**

**Sat  
19  
August  
2023**

**9 holes Golf | 1:00 PM  
Supper | 6:00 PM**

**Golf - Birch Hills Golf Course  
Supper to follow**

### RECYCLE

Please Share your Newsletter with a friend.  
Send request to [birchhillsrec@sasktel.net](mailto:birchhillsrec@sasktel.net) to  
receive the news letter online.





Father's Day

Steak  
Tenderloin

Barbecue

June 18th

1:00 -3:00 p.m.

\$20.00 per  
adult

\$10.00 per child  
14 yrs and  
under

Weldon  
Auditorium

Proceeds to the  
Weldon Cooper-  
ative Care Home  
Ltd.

## June is Recreation Month!

Once again our Mayor Stewart Adams is hosting the Mayor walking Challenge. Starting June 1st and ending at the end of June 30th log your hours and get active for a chance to win a prize.

Use the chart on the following page and log your hours or stop in at the rec office or town office to pick one up.

Turn in your sheet no later than July 7th to the rec office or text a picture to 306-749-7451.

- Additionally to your daily exercise if you meet someone while out exercising, that you don't know (or have forgotten their name) introduce yourself
- And if we're walking, can I ask while your being active and you happen to find trash laying around please pick it up and keep our town looking its best.

If you have any questions contact Zac at the Rec office @ 306-749-7451



# Birch Hills Summer 2023 Walkathon

Name:		Age Grouping:					
Record your activities in Kilometres		under 14: under 30: under 60: Seniors					
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
2023 June					1	2	3
	4	5	6	7	8	9	10
	11	12	13	14	15	16	17
	18	19	20	21	22	23	24
	25	26	27	28	29	30	
Walking		25 minutes = 2 km		1 hour = 4.8 km	1. Self Satisfaction		
Cycling		25 minutes = 2 km		1 hour = 4.8 km	2. Getting know your neighbours		
Exercising		25 minutes = 2 km		1 hour = 4.8 km	3. Vlt. D and fresh air		
Aquacizing		25 minutes = 2 km		1 hour = 4.8 km	4. To be determined		
Swimming		25 minutes = 2 km		1 hour = 4.8 km			
Dancing		25 minutes = 2 km		1 hour = 4.8 km	Join us for the next 4 weeks and		
Bowling		3 games = 3.2 km			enjoy the beautiful summer days and		
Gardening		25 minutes = 2 km		1 hour = 4.8 km	lets see how many kilometres		
Sports		25 minutes = 2 km		1 hour = 4.8 km	our community can walk		