



Revelstoke

Recreation Guide Winter/Spring 2010



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Designed, produced and coordinated by **REVELSTOKE PRINTING COMPANY**
To advertise or take part in this program please Call (250) 837-3822 or
Email: revprint2@telus.net

Brochure is available online at:
www.revelstokecurrent.com

Extra copies are available at: **RE/MAX**® 209 W First Street.



REVELSTOKE CHILD CARE SOCIETY

Room 106 - 1401 West 1st Street Phone 250 837-6669 • Fax 250 837-6668
Email: revccrr@rctvonline.net Website: www.childcarechoices.ca (follow the links to Revelstoke)

The Revelstoke Child Care Society is a non-profit organization that works to provide parents with information about quality child care choices and early childhood development and supports child care providers through training, education and resources.

The Revelstoke Child Care Society gratefully acknowledges the financial support of the Columbia Basin Trust, a regional corporation created to deliver social, economic and environmental benefits to the residents of the Columbia Basin.



Child Care Resource and Referral:

- FREE child care referrals to Registered License Not Required Child Care, Licensed Family Child Care, Licensed Group Child Care and Preschool.
- Provides parents with information about quality child care choices & early childhood development.
- Maintains a registry of child care providers in Revelstoke.
- Provides information and in person support for Child Care subsidy.
- Supports child care providers through training opportunities.
- An early learning and child care newsletter.
- Offers child care providers' and parent's workshops & educational opportunities.



The Revelstoke Child Care Resource and Referral Program is looking for suitable, compassionate caregivers to provide quality home based family child care. By becoming a CCRR Child Care Provider, you will have access to:

- Financial start up assistance for Licensed Not Required Child Care
- Increased subsidy rates for qualified parents attending your facility
- Toy and resource lending library free of charge
- Professional development and networking opportunities
- Consultant support
- Home support visits
- Free early learning and care newsletters
- Photocopying, laminating and craft supplies (min. fees apply)
- A professional child care community
- Computer and internet access
- Referrals (upon completion of program standards)
- And so much more!!

The CCRR program is funded by
the Province of British Columbia.



Early Learning Resource Library:

A full range of early childhood development resources including children's books; resource materials; developmentally appropriate toys; infant and toddler equipment; activity kits; Early Childhood Education resource books; parenting books and DVD's and so much more. The Resource Library is an incredible community resource - stop by for a tour!

First Steps to Stepping Stones

First Steps Infant and Toddler Centre offers care to children 6 months to 2 1/2 years in a beautiful environment designed for young children. The program includes songs, stories, free play, art activities, socialization, nap time and outside play with the needs and interests of the infants and toddlers guiding the program. Staff have an Infant and Toddler Diploma and Early Childhood Education Certificate. Call 250 837-5855.

Stepping Stones Child Care

Revelstoke's Licensed Group Child Care Centre offers care for children 2 1/2 years, 5 years, Kindergarten and school aged. The Stepping Stones team of Early Childhood Educators provides a child focused program in a vibrant environment to promote individual love of learning.

For more information about full or part time care; our morning preschool programs; after Kindergarten care and after school care, call 250 837-5855.



Stepping Stones, Too School Aged Care

Kindergarten and After School Licensed Care with toys, games and equipment that are developmentally appropriate and fun for school aged children. Snack is included and transportation is available from Mt. View School (limited spaces available) and Columbia Park School to Stepping Stones Too. Call now to book! 250 837-5855.

Leap & Learn Preschool

This unique preschool program has parents involved in all aspects of the program by volunteering in the preschool approximately once every 18 times. "Learning will transfer between home and preschool helping to ensure a smooth kindergarten transition." Our Early Childhood Educators' offer an enriched play-based program that promotes learning for the whole child. The program is offered: Tuesday/Thursday and Wednesday/Friday mornings, 9:00am to 11:30am, for children 3 to 5 years of age.

Location: 1401 West 1st Street, Room 105.
For more information call 250 837-6669.



Phone: 250-837-6669

www.cbal.org

All programs are FREE

Family Literacy Drop-In Please drop by at Room 106-1401 West 1st Street or call with any questions or requests for information about literacy development, ask about our current programs and use the Book Exchange program!

Revelstoke Mother Goose Program

Come join us for a chance to share rhymes, songs, stories and giggles with your infant – 3 year old! It is also an excellent chance to meet other parents! Ask us about Little Goslings Activity Time for older siblings. Don't let the name Mother Goose mislead you Dads and other family members are



welcome too! Please call 250-837-6669 to register.

When: 10:00-11:00 am

Tues: January 11-March 15 & April 5-June 7

Wed: January 12-March 16

Family Night Out:

This is an evening program for the whole family to enjoy together. Family activities, preschool circle time, storytelling, family games, and multi-age group activities are some of the features of this fun time together. Different theme each week!

Cost: FREE

Where: Stepping Stones, 1401 West 1st Street

When: Mondays, 5:45 – 7:45pm, Jan 10 to May 30

Parents as Literacy Supporters (PALS) and Parents of Primary Students (POPS):

These programs are offered in local elementary schools in partnership with School District #19. These fun sessions are designed for parents and their children to support learning at home. For more information on when and where these programs will be held, please call Tracy at 250-837-6669.



Stress Free Reading Workshop for Parents


A free evening workshop to provide tips and tools to parents of primary children to take the stress out of reading at home.

When: Spring 2010 – call for dates


Please call 250-837-6669 to register.



For information on community literacy programs and services for all ages, please see the **Revelstoke Literacy Directory**. Copies can be found at the Revelstoke Community Centre, local schools or the offices of the Columbia Basin Alliance for Literacy.



Thurs., January 27th is Family Literacy Day!!
Celebrate with your family
Watch for information on events or call to find out what is happening in Revelstoke to celebrate families and learning!!! This years' theme: **PLAY**
Join us for Sing and Swim in the Pool and send your photos to Revelstoke Early Childhood Development to **"Celebrate Play in Revelstoke!"**



Clear Language Workshop

A free workshop for anyone who provides information and documents to the general public. We will explore what clear language is and how it can help you communicate with customers, clients and the community at large. Please call 250-837-6669 to register.

When: Thursday, Mar. 3, 2011 at 7:00 pm

Family Tutoring - a tutor is provided to families to help reach learning goals set by the family. Tutors work with the family group or individuals in the family. Parents can request assistance in how to help and support their children's learning. If you or someone you know would like to talk about tutoring please call Tracy at 250-837-6669.

Story Adventure Kit Lending Library: 17 Fun take-home kits to borrow free of charge and discover the magic of imagination. Kits will include a book and engaging activities for families to explore together. Kits are available to borrow from the StrongStart Centre and the Revelstoke Child Care Society. Call 250-837-6669 for more information.

One to One Children's Reading Volunteers

Needed! Call to become a trained volunteer working with children who are struggling with reading. Our strategies are aimed at increasing self-confidence and skills! Call for details.



Revelstoke Share the Word Book Exchange

The book exchange offers free books for all ages to borrow and bring back or keep and treasure. There are 8 locations – the Community Centre, CBAL, QV Hospital waiting room, Family Laundry, R.A.O.P., the Food Bank, Revelstoke Arena and the StrongStart Early Learning Centre.

If you have books you would like to donate or want more information, please call 250-837-6669

The Book Exchange is a project of the Literacy Action Committee and the Columbia Basin Alliance for Literacy.



Revelstoke Early Childhood Development Committee

Room 106, 1401 West 1st Street, Revelstoke, BC
250-837-6669

We envision a caring community that acknowledges, values and supports the shared responsibility of investing in young children so that they may live, learn, play and dream in safe and healthy surroundings.

The Revelstoke Early Childhood Development (ECD) Committee is committed to strengthening supports and services for families with young children in our community. Positive early childhood development benefits our entire community.

Information for Families: We have created a number of resources to ensure that families know where to find information, programs and services in Revelstoke.

- **Children's Services Directory:** available throughout the community including the Revelstoke Community Centre, the Revelstoke Child Care Society and the StrongStart Centre. (Call for directions)
- **Prenatal Services Directory:** find out more about services and materials available to expecting families. Copies available at the Community Centre, the Child Care Society. Call for other locations.
- **Children's Information Board:** located at the Revelstoke Community Centre on the way to the Reception Desk. This board is updated regularly and provides the latest brochures, event and program information.
- **Young Children's Monthly Calendar:** The latest program and event information for young children. The Calendar is displayed at the Revelstoke Community Centre and a number of organizations throughout our community. You can call 250-837-6669 or email tspannier@cbal.org to have your email address added to our list to receive the calendar directly.



Follow Revelstoke Early Childhood Development on Facebook for instant updates!

talk early, talk often
because the first 6 years are so important

Talk Early & Often

- Talk to your baby from birth.
- Talk often about your child's interests.
- Talk using new and interesting words.
- Talk about events, emotions, opinions and explanations.
- Talk about family photos, pictures and stories.

Talk Together !!!

Success By 6
Helping all children succeed for life.
www.successby6.ca

The Revelstoke ECD Committee appreciates support from Success by 6, Children First, Revelstoke Credit Union and community partnerships with the Revelstoke Community Foundation.

Ages and Stages Initiative

The Ages and Stages Questionnaire (ASQ) is a simple questionnaire that provides a quick check of your child's development and an opportunity to learn about developmental milestones and fun learning activities.

The **Ages and Stages Initiative** is a Subcommittee project of the Revelstoke Early Childhood Development Committee to ensure that all families of **three year old children** have the opportunity to fill in an Ages and Stages Questionnaire at 36 months.

We are here to help:

If you have any questions about your child's development no matter what age he or she is, ask your community early learning and care service provider.



For information, contact the Early Childhood Development Committee at **250-837-6669**

Celebrating Play in Revelstoke! Photo Contest



Revelstoke Early Childhood Development is partnering with the Columbia Basin Alliance for Literacy (CBAL) to celebrate Family Literacy Day. This year's theme is: Play! Send in your photos and show us what is great about children living and playing in Revelstoke!

Your photos of children playing in Revelstoke can be submitted to: revelstokeeed@gmail.com
(please send full file size)

Deadline for submissions: January 22, 2011

Enter for fantastic prizes! Call 250-837-6669 for contest details

All contest participants consent to use of photographs now or in the future for publicity, events or promotions. In addition, participants may be asked to sign a photo release and consent form.

If you have ideas or feedback to share regarding services for young children in our community we would be pleased to have you join us or forward your ideas to the committee.

For more information on programs, projects, Success by 6, Children First or the Revelstoke ECD Committee please contact Tracy Spannier, Early Childhood Development Coordinator at 250-837-6669 or tspannier@cbal.org.



School District 19
(Revelstoke)

Early Learning Programs

For children ages 5 and under

StrongStart Early Learning Center

A free school-based interactive program that is for children five years and under and their parent/caregiver. This drop-in program, facilitated by an Early Childhood Educator, promotes early learning through art, songs, stories and play with quality materials. We have access to "Leap Land", an indoor playground for active play including sliding, bouncing, riding and climbing. StrongStart is fully funded by The Ministry of Education. Where: Mountain View School, Room 102 When: Monday to Friday from 9:00 to 12:00 pm Saturday from 9:00 to 12:00 pm (fall & winter months)



Leap Land

Leap Land is an INDOOR PLAYGROUND located at Mountain View School for preschool children accompanied by their parent/caregiver. Leap Land is funded by School District #19 Hours are the same as StrongStart Early Learning Centre.

Call 250 837-1273 for more information.

Phone Tabatha Jones at 250 837-1273 for details or drop in!



READY, SET, LEARN



Mark Your Calendars!

Coming to your Neighbourhood School
JANUARY 2011

An opportunity to have your 3 year old child (born in 2007) visit school to participate in a wide variety of activities for preschool children which will help you to prepare for school years.

Participate in informative activities, meet school and community staff, enjoy a pizza supper and at the end of this event leave with resources and gifts for both you and your child

This is an event you won't want to miss!

Columbia Park Elementary School	January 17 th , 2011	4:30 – 6:00 pm @ CPE
Mount Begbie and Mountain View Elementary Schools (combined)	January 18 th , 2011	4:30 – 6:00 pm @ MVE
Arrow Heights Elementary School	January 19 th , 2011	4:30 – 6:00 pm @ AHE



RESP: Special Savings Plan for Education

Education is among the best investments you can make today for your child's future. This evening program will help you learn how to choose a **RESP** and an **RESP** provider and get you informed about the Federal Grants.

Topics covered will be:

- What is a Registered Education Savings Plan?
- Saving with an RESP
- Choosing the Right RESP for you
- Service Fees
- Help from the Government of Canada
- Using your RESP.

A question and answer period will allow participants to acquire additional knowledge. Information is provided on an objective basis and does not favour any specific RESP provider.

Refreshments will be served.

Free Childcare provided when requested at registration.

Date: Wed. January 26, 2010 @ 6:30pm

Okanagan College Revelstoke, Room 104

Register by calling (250) 837-9621, This course is FREE



204C First Street West (250) 837-3822 revprint2@telus.net

Do you know what one of the most asked for items at the Chamber of Commerce info centre is?

THE REVELSTOKE DINING GUIDE!

Did you know at Revelstoke Printing we print 6,000 Dining Guides that are updated every year?

We mail out 2,700 in our local post office so everyone in town receives one!

1,300 are available to all Motel/Hotels, Bed & Breakfast's, Campgrounds, etc...
2,000 are distributed by the Revelstoke Chamber of Commerce.

We are currently working on the 2011 edition.
Call us if you would like to be in, don't be left out!



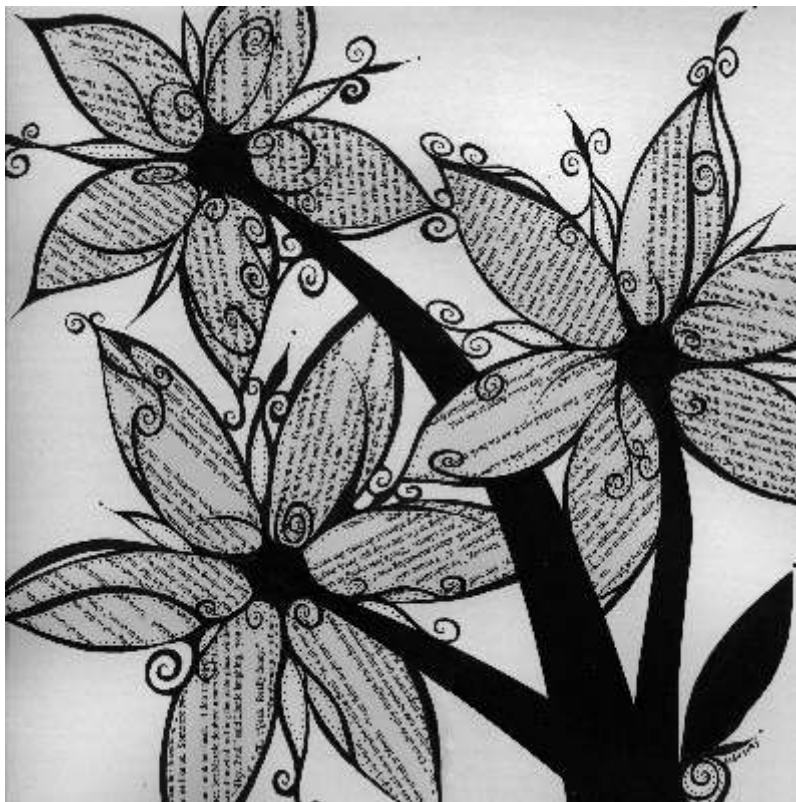
SOUL AWARENESS WRITING CLASSES

Fun, uplifting, experiential adult writing classes to inspire, heal and transform!
Learn to discern your creative flow playfully!

Allow and acknowledge your inner voice,
Trust your creative sensibilities,
Unearth your inner author, one step at a time,
Tap into your natural, insightful, writing capability,
Hear your heart-voice by choice.

A course filled with self-discovery. Trust yourself, you'll be glad you did!
Feel self appreciation. There will be no critiquing in this course.
Slow down and allow your life to flow, co-creative unfolding at its best!

Frieda Livesey is an author & self awareness teacher and has just completed a Love Anthology of Soul awareness writings titled: "The Legends of NOW"
www.thelegendsofnow.com



Three Course Offerings for Winter/Spring are:

Wednesday Mornings - 9:00am - 11:00am
February 2nd through March 2nd, 2011 (5 sessions)

Wednesday Evenings - 7:00pm - 9:00pm
February 2nd through March 2nd, 2011 (5 sessions)

Thursday Evenings - 7:00pm - 9:00pm
February 3rd through March 3rd, 2011 (5 sessions)

All courses are at 1741 Tillen Road
(Arrow Heights)
Wear comfortable clothing, Bring a writing book and pen.

Cost: \$125.00 + HST

~ Register at the Rec Centre ~
for further info contact Frieda Livesey @
250 837-3724.

Energy Matters Canada

Massage - Art - Jewelry

NEW!!

Jewelry
Making
Supplies

**Rocks
Crystals
Giftware**

Superfoods - Tea - Supplements

110B 1st Street West, Downtown Revelstoke

250-837-4244

Come have some fun at Jumping Jacks Preschool!

Join us for art, singing, games, puzzles, books, toys, movement and more! We have 2 classes to choose from:

Monday/Wednesday/Friday's or Tuesday/Thursday's
Class times for 3-5 year old's are: 9:00am to 11:30am.

For more information or to register, during the school year, call us in the mornings at: 250-837-5773

During the summer months call Rosetta at:
250-837-4660 or call Community Connections anytime
at: 250-837-2920

Jumping Jacks Preschool is pleased to offer the Seeds of Empathy program. For more information see the link on our website at:

www.community-connections.ca

Jumping Jacks is located at 1550 Illecillewaet Rd.



COMMUNITY CONNECTIONS
(REVELSTOKE) SOCIETY

New Programs Fill In The Gaps

Good Morning Program



- A friendly phone call each day for those in need.
- A great way to stay safe and be connected with others.

Volunteer Driver Program



- Transportation for those in need.
- In-town rides to medical appointments, programs or special events.
- Out-of-town rides to or from medical appointments.
- When other transportation options are not available.

Seniors Computer Classes



- Basic computer skills, email, power point, photo editing & more!
- At the seniors center for Seniors Association members only.
- Membership is 10/year.

For more information, or program and volunteer registration please call: Jean Pedersen, Coordinator of Volunteers, at the Seniors Center between 9 a.m. and 1 p.m. – Tuesday thru Friday

250-837-9456

Or email

revelstokeseniors@rctvonline.net

Volunteers do not need to be seniors or members of the association to give the gift of their time.

RECREATION CLUBS IN REVELSTOKE

ALPINE RUNNERS CLUB-Jarrett Spannier	837-5303	REVELSTOKE AQUADUCKS SWIM CLUB	
AERO MODELLERS-Roger Eddy	837-3834	-Connie Pfeiffer	837-6152
ATV CLUB-AI Obrigewitsch	837-4582	REVELSTOKE COMMUNITY BAND-Terry Marshall	
ART COUNCIL-Gary Pendergast	837-5125		837-6865
ART GROUP-Mark McKay	837-6651	REVELSTOKE GOLF CLUB - John Franks	837-4276
BADMINTON-Bobbie Doebert	837-3504	REVELSTOKE JR. CURLING CLUB	837-2948
BC RABBITS -Mary Clayton		REVELSTOKE MINOR SOFTBALL	
(Children's Cross Country Skiing)	837-3733	-Rosalina Sihlis	837-4869
BOWLING-Agnes Kowalsuk	837-2144	REVELSTOKE NORDIC SKI CLUB	
YOUTH BOWLERS -Agnes Kowalsuk	837-2144	-Dave Kaegi	837-5784
BOXING-Sam LeRose	837-6619	REVELSTOKE PAGENT SOCIETY-	
CADETS-Kelly Rienks	837-3808	Leanne Anderson	837-2919
CANOE/KAYAK-Debbie Koerber	837-6376	REVELSTOKE QUILTERS GUILD	
CURLING CLUB-Brian LeCompte	837-2948	-Irene Scarcella	837-4354
CYCLING ASSOCIATION-Wade Viznaugh	837-2775	REVELSTOKE HIGHLANDERS PIPE BAND	
FARMER'S MARKET-Christine Parsons	814-0214	-Louise Dubasov	837-6385
FREE STYLE SKI LEAGUE-Trent Kappler	837-9211	REVELSTOKE SKATING CLUB	
FRIENDS OF MT. REV/GLACIER-Office	837-2010	-Nicole Mckenzie	837-2132
GIRLS GUIDES OF CANADA	1-800-565-8111	REVELSTOKE SKI CLUB-Mark Schwenck	837-9431
-Brownies, Girl Guides, Pathfinders, Rangers,		REVELSTOKE THEATRE COMPANY	
GRIZZLY JR. B HOCKEY CLUB -Rylan Ferster	837-5588	-Lyn & Denny Kaulback	837-3687
HISTORICAL ASSOCIATION-Ann Catto	837-9404	REVELSTOKE ROD & GUN-Gary Krestinsky	837-3003
HOCKEY (Ladies)-Naomi	814-9477	SCOUTS CANADA (Beavers, Cubs, Scouts)	
HOCKEY (Minor)-Kevin Grimm	837-4488	-Clara Maltby	837-5845
ITALIAN CANADIAN CLUB-Frank Pupo	837-3867	SELKIRK SADDLE CLUB/4H CLUB	
JUNIOR GOLF PROGRAM-Gerry Kelly	837-4276	-Kelley Richards	814-8554
JUST FOR KICKS DANCE STUDIO		SELKIRK SKY SAILORS-Alan Polster	837-5206
-Patty Fleming	250-832-6245	SENIOR CITIZENS ASSOCIATION OF B.C.	
JUDO-Cornelius Suchy	837-5556	-Ruth Boettger	837-4126
KARATE (Shotokan)-Chic Sharp	837-4884	SOCCER-ADULT MEN-Roy Jones	837-3788
LACROSSE-John Leeder	837-7130	SOCCER-YOUTH-Renee Carter	837-2575
LAKE REVELSTOKE DRAGONBOATSOCIETY		SNOWMOBILE CLUB-Billy Hughes	837-5546
-Ginger Shoji	837-4129	SNOWMOBILE SOCIETY-Office	837-3325
MASTER'S SWIM CLUB-Rosemary Kelsall	837-7081	STAMP CLUB-Harvey Wiege	837-2494
MODEL RAILROADERS-Greg Brule	837-9375	TEEN PROGRAMS	
MT. BEGBIE RIFFLE & PISTOL CLUB		-Community Connections	837-2920
-Ian Hill	837-9535	TOASTMASTERS - Michelle Cole	837-5445
NANCY GREENE SKI LEAGUE		T.O.P.S. Rose Piatelli	837-4301
-Karyn Molder	837-2914	TREES FOR TOTS-Randy Driediger	837-9247
N. COLUMBIA ENVIRONMENTAL SOCIETY		VINTAGE CARS-Rudy Funfer	837-7051
- Sarah Newton	837-4290	VOLLEYBALL (ADULT)-Dawn Doebert	837-8075
REVELSTOKE ACROBATS TRAMPOLINE/TUMBLING		WINEMAKERS-Mike Dragani	837-9418
-Heather Cretelli	837-4406 /Janice McNutt		
837-4388			
Hockey - Revelstoke Old Timers			
-Mark Davis	837-7676		



We are open at 5:00am
Coffee's on and the pastries are coming out of the oven.

Try a Chalet Breakfast Bagel - *Just like having a whole breakfast on a toasted bagel.*

Donuts, pastries, muffins, fresh bread and rolls, made from scratch, all day long!

For lunch try out hot or cold deli
Soups, fresh sandwiches, pizza, meat pies, quiche, quality cold cuts, cheeses and salads.

Meat and cheese platters, veggie or fruit trays, pastry trays made to order for all your party needs.

Make it fresh. Make it right. Chalet Bakery.
415 B Victoria Road • 250 837-4556

Revelstoke Massage Therapy Clinic

David
Walker



Liane
Dorrius

Debra
Logan

Karen
Schneider

Registered Massage Therapists

- * Deep Tissue Massage
- * Sports Massage
- * Manual Lymph Drainage
- * Muscle Energy Techniques
- * Neuromuscular Therapy
- * Somatic Release
- * Cranialsacral Therapy
- * Myofascial Release
- * Pre- and Post-Natal (Pregnancy) Massage
- * Therapeutic Exercise Programs
- * Relaxation Massage
- * Hot Stone Massage



Physician's referrals accepted – MSP, ICBC, WCB,
and RCMP coverage

Experienced Professional Care

301 First St. East

250-837-6677

www.revelstokemassagetherapy.com



GIVE THE GIFT OF GOLF

All Apparel up to 50% off

*Callaway Diablo Edge Drivers
\$199.00*

Ping G15 & K15 Drivers - \$309.00

Men's Full Club Sets - \$379.00

*Ladies Adams 14pc Sets
\$799.00*

*Many Great Gifts and
Stocking Stuffers
For everyone on your list*

Golf Passes and Gift Cards
are available for gift giving at Christmas.

*Golf Shop Open 10-4 / Tuesday - Saturday
Until December 18th for Xmas Sales*



www.revelstokegolfclub.com

Golf Shop 250-837-4276

MEMBERSHIPS

BUY EARLY and RECEIVE a DISCOUNT
on your **2011 ANNUAL DUES!**

Purchase your 2011 Dues **on or before**
January 31st, 2011 and you will receive
a discount on the **annual dues fee.**

All 2011 Rates and Fees
will posted on our WEBSITE
following the **Annual General Meeting**
on Dec.8 at 7:00pm,
held at the RGC Clubhouse
www.revelstokegolfclub.com

The **GOLF SHOP** will be open for dues payment
from **January 28-31, 2011**

Revelstoke Golf Club LESSON PROGRAMS

CPGA Teaching Professionals

Offered for 2011

ADULT Golf Lessons and Golf Clinics

JUNIOR Golf Lessons

*See our website beginning in 2011 for rates and
programs available or call 250-837-4276*

250-837-2440

OPEN YEAR ROUND!

Breakfast, Lunch and Dinner

Daily Specials & Seasonal Menus

Great Food & Great Times
Custom Catering

Large Seating Capacity

Large Parking Area w/Bus Parking

**And Don't forget our
Wonderful Views!!**

Get Home Safe Service
Bring us your Events!

**We offer experienced Event and Catering
Services for your Special Occasion in a
remarkable, scenic location.**

Off-Site Catering is available as well.





February 4-13, 2011

Friday February 4th:

Anything Goes Art Auction, 5-7pm at the Rev. Visual Arts Centre
Music, 5-7pm & 9pm-Close at Zala's Restaurant
Official Opening, 7pm at the Revelstoke Visual Arts Centre

Saturday February 5th:

Carousel of Nations, 4-7pm at the Community Centre
Wines of the World, 7pm at Mackenzies Restaurant
Musical Pub Tour, 7pm-Close at the Last Drop Pub
Free Swim, 4-7pm at the Community Centre

Sunday February 6th:

Ski Bum the Musical, 7-9pm at the Community Centre
Musical Pub Tour, 8:30-10:30pm at the Village Idiot
Community Snowball Fight, 2-4pm Centennial Ball Field

Monday February 7th:

Ski Bum the Musical, 7-9pm at the Community Centre
Maritime Kitchen Party, 8-11pm at the Regent Pub
Vidiots, at the Village Idiot Restaurant

Tuesday February 8th:

School Event, Time TBA at Various Schools
Family Night Out, Time TBA at Stepping Stones
Steve Hughes, 8pm at The Cabin
CC Youth Bowling, Time TBA at The Cabin

Wednesday February 9th:

School Event, 7-9pm on Mackenzie Avenue
Open Mic, 8pm at the Last Drop Pub
Evening of Dance, 7-9pm at the Community Centre
Ice Sculptures, Time & Location TBA
Fuse, 5:30pm at The Cabin

Thursday February 10th:

Romanza, 7:30-9:30pm at the United Church
Blind Spot, 8pm at the Big Eddy Pub
Top Bloke Ladies Night, 8pm at the Big Eddy Pub

Friday February 11th:

Top Bloke Final, 7:30pm at the Last Drop Pub
Charity Lantern Launch, 4pm at Powder Springs Parking Lot
Film Festival Opening, Time TBA at the Village Idiot
Teridactal and the Extinctions, 8pm at the Last Drop Pub
Curling Drop in, 5pm at the Curling Club

Saturday February 12th:

Mountain Roots Film Festival, 12pm, 3:30pm & 7:30pm at the Roxy Theatre
Free Skate, Time TBA at the Forum
Ash Grunwald, 8pm at the Regent Hotel
Amazing Race, 2pm, all over town

Sunday February 13th:

Mountain Roots Film Festival, 12pm & 3:30pm at the Roxy Theatre
Film Festival Awards Gala, 7:30pm at the Roxy Theatre
Closing Party, 9:00pm at the Last Drop Pub
Ash Grunwald, 8pm at the Last Drop Pub
Snow Sculpture Competition, 3pm, all over town



For more information Email: spiritfestival@hotmail.com

At **Helios Rehabilitation & Performance**, we're excited to be offering a number of classes through the new year and into the Spring...



Pre & Post-Natal Core Strengthening

4-week program. Runs monthly Jan.-May 2011. Exact dates & times TBA.
Cost: \$75 for the 4-week program.

There is a need for specific core strengthening during & following pregnancy. If not properly retrained, weak core muscles can lead to an increased risk of back and neck injury as well as urinary incontinence.

Level 1 classes will be offered monthly
Level 2 classes will be offered based on demand

Balance & Strength Training for Seniors

Wednesday mornings at 9:00am. Jan 5th - Feb 9th. Location TBA.
Cost: \$65 for all 6 weeks, \$12 drop-in.

This 6 week program is intended to help older individuals reduce their risk of falling, and enhance physical functioning and quality of life, while at the same time providing a fun interactive social experience. The program will focus on strength, balance, coordination and functional activities through a series of weekly group based classes.

Pilates

Wednesday nights, 6-week programs starting Jan. 5th. Programs run consecutively.
Cost: \$60 for all 6 weeks, \$10 drop-in.

After such a great response to the beginner Pilates classes offered by Stephanie China, we will continue to offer Pilates at the beginner and intermediate levels through the winter & spring.

Spring Circuit Classes

Monday nights at 6:30pm. March 28th-May 2nd.
Cost: \$65 for all 6 weeks, \$12 drop-in.

We had a fantastic turnout for our fall session and we hope all our attendees were in great shape when they hit the slopes for the first time this winter! We're excited to be bringing back our circuit class in the spring to get you in shape for your summer sports.

Technical Aspects & Strengthening for Runners

Monday nights at 6:30pm. Feb 14th- March 21st
Cost: \$80 for all 6 weeks, \$18 drop-in.

The program will focus on improving ones running mechanics, a quicker turn-over, injury prevention and endurance. The course is taught by Fraser Sprigings, physiotherapist and past member of the University of Saskatchewan Cross-Country Running Team and Saskatchewan's Provincial Triathlon Team.

Strength Training for Golfers

Running Feb -March 2011, exact dates & time TBA.
Cost \$80 for the 6-week program.

This class will help golfers improve their game by preparing them for the season in both technique and strength.

Helios has appointments available daily with our physiotherapists, our registered massage therapists and our holistic nutritionist.
Phone us: **250-837-7171** • Email us: clinic@heliosphysio.com • Stop by: **1605 Victoria Rd. West**
For more info visit our website: www.heliosphysio.com - we have convenient online appointment booking available.



Shendra Kelly 250 837-4825

Physiotherapist *Sports & Orthopedics*

Yoga Instruction & Therapy



Sheri Zebroff, RMT 250 837-4007

Therapeutic, Pregnancy & Hot Stone Massage, Yoga Instruction & Therapy

Located at the Taproot Yoga Centre #215 B MacKenzie Ave.
(above Chantilly Kitchen, Bed & Bath, entrance through the alley)

REVELSTOKE RAILWAY MUSEUM

Museum Memberships: Free admission for a year, discounts in the gift store, quarterly newsletters, free passes for friends and family, and regular event updates included. Fee includes tax.

Individual: \$28 Family: \$39.20 Youth: \$16.80 Corporate: \$84

Winter Hours

OPEN 11 - 4pm
Closed Wed. & Thurs.

Holiday Hours
Closed Dec. 22 - 25
OPEN Dec. 26 - 28
Closed Dec. 29 - Jan. 1

Upcoming Events

- **February** - Travelling exhibit "The history of the Swiss Guides in Western Canada" from the Consulate General of Switzerland in Vancouver on display at the museum
- **February 26** - Railway Reflections, part of Heritage Week
- **April 12** - Volunteer Appreciation Evening

Join us on Facebook!



250-837-6060 ■ railway@telus.net ■ www.railwaymuseum.com



Upcoming Courses for the Winter/Spring 2010 Season:

For more information please contact Mary Kline (250) 837-4235 ext. 6503 or Email: mekline@okanagan.bc.ca

Becoming an Executor

If you have been named as the executor of co-executor you may have some questions regarding your obligations. This program will cover the 10 main points about becoming an executor: Making sure you have the last will and codicil(s), decisions the executor must make early in the administration, protecting the estate assets, executor's personal financial responsibilities, dealing with beneficiaries, the court, government, banks, in addition to the income tax department, and fees and expenses that can be charged to the estate.
Saturday, Feb 19, 2pm-4pm
CRN# 80500
\$32.00 + HST
Instructor: Melissa Klages

Pleasure Craft Operator

(formerly Safety Afloat)
Students who successfully complete this course will be issued the Pleasure Craft Operator card. This card is required by Federal Law for all persons wishing to operate a boat less than 4 meters in length and all people under 20 years of age wanting to operate a pleasure craft fitted with a motor. The P.C.O.C. is valid for life. Instructor, curriculum and examination are all Canadian Coast Guard accredited. Course fee includes cost of certification. Min. age is 13, youth 13-15 must be accompanied by an adult. Additional programs for youth ages 8-12 can be set up. Contact our office to have your child placed on a wait list.
Saturday, April 23, 9am-3pm CRN# 90235
\$65.00 + HST
Instructor: Jake Jacobson

Quilting

This course will take you through the steps from rotary cutting to piecing and layering, quilting and binding. Participants will learn to make their own table runner.
Kit for table runner will need to be purchased.
Saturdays: Feb 12 - Mar 5
9:30am-12:30pm
CRN# 80315
\$85.00 + HST
Instructor: Irene Scarcella



Upcoming Courses for the Winter/Spring 2010 Season:

For more information please contact Mary Kline (250) 837-4235 ext. 6503 or
Email: mekline@okanagan.bc.ca

Sewing Made Simple

Always wanted to learn to sew? Have a sewing machine gathering dust in the corner? This course is designed for the absolute beginner, or for those of you who have had the best intentions to learn! This course will teach you the workings of your sewing machine from threading to cleaning, how to sew a straight line to more complex curves, simple pattern projects (crafts, bags from recycled fabrics, Ipod case, hair and personal accessories, home décor projects, one seam convertible dress), how to choose and read simple patterns and how to choose and buy fabric. Students will sew a final projects. Students will require their own sewing machine.

Tuesdays, Jan 11 - Feb 10 (last class on Thurs. Feb 10)

6:30pm-9:30pm CRN# 80608

\$199.00 + HST

Instructor: Tammy Smith

Fundamentals of Pruning

Discover the basics of pruning. This two session course starts with the principles and theory of pruning: how, when, why and what to expect when you use different pruning techniques.

Saturday, March 26
9:00am - 2:30pm

CRN# 80564

\$45.00 + HST

Instructor:

Gaila Hemphill

Worm Composting

Worm composting allows for composting household and backyard waste. There is virtually no smell and the compost is considered superior to conventionally produced compost. Learn the secrets of worm composting and how you can incorporate it in your life. Receive approx. \$75 in materials so you have everything you need to start composting! Students will receive composter and worms as part of the course.

Saturday, April 23

1:00pm - 2:30pm

CRN# 90185

\$99.00 + HST

What Perennial Where?

Get a head start with your garden plans! Learn to use perennials as accents, focal points, masses of colour or intriguing scenes of constant change. The colour, form and texture available in perennial plantings can add elegance and beauty to your home garden.

Tuesdays, April 19

6:00pm-8:00pm

CRN# 90203

\$28.00 + HST

Instructor: Gaila Hemphill

What Perennial Where?

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Tuesdays, April 19

6:00pm-8:00pm

CRN# 90203

\$28.00 + HST

Instructor: Gaila Hemphill

Square Foot Gardening

This course teaches you how to harvest more food with less space, less water, less seed and less effort! Could there be a better time to learn this proven, earth-conscious method of gardening? Whether you're a seasoned gardener or a novice, young or young-at-heart, anyone can Square Foot Garden!

Wednesday, May 4

6:00pm-9:00pm

CRN# 90202

\$45.00 + HST

Instructor: Gaila Hemphill

Water-Wise and Wildlife

Friendly Landscaping

Spend a day learning about xeriscape (water-wise) and nativescape (wildlife friendly) landscaping. Topics will range from designing and planning a project to long-term maintenance.

Saturday, May 14

9:00am-3:30pm

CRN# 90205

\$59.00 + HST

Instructor: Gaila Hemphill

A Gardener's Soil

Learn the basics to improve and maintain your soil in optimum condition!

Monday, May 16

6:00pm-8:00pm

CRN# 90294

\$28.00 + HST

Instructor:

Gaila Hemphill

Food Lover's Series (\$45 + HST)

Cupcakes!

Give cake decorating a try with Wilton's One-Lesson Cupcakes Class. This 3 hour class will introduce you to some of the basic skills of cake decorating as you decorate cupcakes. Students will go home with a 12 piece Wilton Cupcake Decorating Set from Chantilly Kitchen, Bed n' Bath. Please bring six to eight undecorated cupcakes to decorate and take home.

Sunday, January 30

1:00pm-4:00pm CRN#

80604

Instructor: Colleen Morrison

Culinary Tour Through

Switzerland Part 2

Part 2: From the point where Switzerland, France and Germany meet to Lake Constance and upper Thurgau. The menu includes samples of balsamic vinegars and oils with melon, Swiss cheese and bread, vegetable soup, saffron risotto and sweet lasagna.

Sunday, February 13

1:00pm-4:00pm CRN#

80565

Instructor: Crescendo

The Ukrainian Feast: Part 2

Learn to prepare a traditional Ukrainian Feast that will impress your friends and family! This course is part of a series that will introduce you to comforting Ukrainian dishes. Learn to make delicious Christmas Bortsch. You will also learn to make small mushroom peroghyts to add to the Bortsch. The other dish you will learn to prepare is Nylynsnyky which is a delicious cottage cheese filled crepe baked in a creamy dill sauce.

Sunday, February 27

1:00pm-4:00pm

CRN# 80534

Instructors: Dave & Lise Tataryn

French Country Cooking

Learn to bake delicious bread and prepare fresh pasta! Participants will also learn how to make an incredible mushroom-parmesan alfredo sauce!

Sunday, March 6

1:00pm-4:00pm

CRN# 80609

Instructors: La Baguette

Culinary Tour Through Switzerland Part 3

Part 3: Over the mountains from Cabbage land to the wine country. This region is well known for hearty, down-to-earth cuisine. The menu includes samples of balsamic vinegars and oils with melon, Swiss Cheese and bread, seeland savory cabbage salad, pork medallions with mushroom sauce and noodles and Chocolate mousse black and white. (Swiss Chocolate from Armstrong).

Sunday, March 20

1:00pm-4:00pm

CRN# 80566

Instructors: Crescendo

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