



PROGRAM INFORMATION GUIDE

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Town of Cornwall Town Hall * 39 Lowther Dr * Monday - Friday 8am - 4:30pm
902-566-2354 or 902-628-6260 * www.cornwallpe.ca

Check us out on * Facebook @ "TownofCornwallPE" * & Twitter @ "CornwallPE"

MAYOR'S MESSAGE

Welcome to the program information guide for the 2018 fall season. Fall is the season of change, and such a beautiful time to see the colors of the season. Our staff work hard to create and provide programs that promote a healthy body, mind and a sense of community belonging. We hope you will find something of interest, and if there is something you would like to see offered please feel free to contact the Parks & Recreation Department.

This guide also provides information on the Town's upcoming events including the Terry Fox Run, Halloween Parties, Christmas Events and our annual "Cornfest" Community Festival which is scheduled to take place from October 10th – 14th, 2018. Events like these bring communities together, instills a sense of community pride and strengthens community relationships. So, mark your calendars and get out and enjoy.

The Town continues to be committed to the various needs of our residents. With its funding partners, the Town has installed brand new turf on the soccer field at the Terry Fox Sports Complex and will be adding some new play equipment in the fall.

The Town also worked with the Trail Enhancement Committee to complete the Naturalization Gallery at the Terry Fox Sports Complex. This wonderful showpiece will not only serve as a great place to enjoy nature but to educate you and your family on the more than 3,000 native P.E.I. trees, shrubs, ferns and wildflowers.

Get out and enjoy the fall!



COUNCILLORS



DEPUTY MAYOR GARY RAMSAY
(902) 566-3727
gcke@eastlink.ca



COUNCILLOR ELAINE BARNES
(902) 394-2034 (cell)
barnspei@gmail.com



COUNCILLOR IRENE DAWSON
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COUNCILLOR JILL MACISAAC
(902) 314-9765 (cell)
jhmacisaac@gmail.com



COUNCILLOR SHANE MCGUIGAN
(902) 213-1985
shanemcguigan121@gmail.com



COUNCILLOR PETER MEGGS
(902) 566-1757
pcmeggs50@gmail.com

NEW RESIDENTS

Are you a new resident to Cornwall? Looking for some information on what's available in your new neighborhood? Contact our Engagement Coordinator, Lori Bingley for your "Welcome Package" 902-628-6260 ext. 228 or by email at: lbingley@cornwallpe.ca

CULTURAL & DIVERSITY COMMITTEE

This Committee provides input to the Mayor, Members of Council and staff to ensure inclusiveness and the elimination of barriers for the diverse population of our community. For more information or to join the Committee please contact our Engagement Coordinator, Lori Bingley at 902-628-6260 ext. 228 or by email at: lbingley@cornwallpe.ca

QUALITY RECREATION



The Town of Cornwall is a HIGH FIVE® Certified Organization

The Town is happy to be a community partner in HIGH FIVE®. Canada's quality standard for children's recreation and sport. Before HIGH FIVE, no standards existed and there was a clear need for an innovative approach to help organizations enhance program quality and provide positive experiences for children that would remain with them for a lifetime.

Today, HIGH FIVE holds true to the five ***Principles of Healthy Child Development*** which research indicates are essential for quality programs: **1) A Caring Adult; 2) The opportunity to make friends; 3) The opportunity to play; 4) The opportunity to master skills; 5) The opportunity to participate**

Do you have Feedback on our Recreation Programs?

The Town of Cornwall is always looking for ways to increase the quality of programs. If you have feedback regarding your program experience, please let us know at: kmeunier@cornwallpe.ca or call our Recreation Coordinator at 902-628-6260 ext. 225.

FINANCIAL SUPPORT

Jump Start - Jumpstart is a charity backed by Canadian Tire which helps kids in financial need participate in organized sports by assisting with costs associated with sports. If you are a parent or guardian, you can apply for funding on behalf of your child(ren) by clicking on the link below. All information provided will be kept confidential.

<http://jumpstart.canadiantire.ca/en.html>

Kid Sport - KidSport PEI believes all Island children should have the opportunity to experience the positive benefits that sports offer. Organized sports teach children important life skills such as leadership, commitment, teamwork and self-confidence. Staying physically active is important for everyone, and playing sports helps develop healthy lifestyles for children across Prince Edward Island. KidSport PEI helps remove the financial barriers that limit some children from participating in sports in PEI. To apply; <http://www.kidsportcanada.ca/prince-edward-island/apply-for-assistance/>

The Town of Cornwall offers many exciting volunteer roles for enthusiastic individuals wishing to contribute within their community. Whether it's helping at programs or assisting at one of the many events the Town has to offer, we always have somewhere you can help. Volunteering provides many benefits such as: (a) Meet new people, gain new friendships and network within the community; (b) Gain experience, leadership and interpersonal skills; (c) Be challenged and active while spending time indoors and outdoors; (d) Acquire documented volunteer hours (if requested); (e) Receive recognition for your participation.

Volunteering can provide volunteer hours for both the ***Community Service Bursary Program*** and for the ***Duke of Edinburg Program***. Contact Shelley McKenna by at 902-566-2354 ext. 226 or by email at: smckenna@cornwallpe.ca about getting more information on how you can contribute to your community!!

REGISTRATION INFORMATION

Three ways to register:

1. Online registration – recommended method

To register online, you will need to set up your account information and will require a credit card. Please visit <http://cornwallpe.ca/parks-recreation/registration-information/>. Online registration begins: **September 1, 2018 at 8:30am**

2. Phone-in registration

Call 902-566-2354 and press “0”. To register by phone, you will need your credit card and name of classes you want to register for. If you have never registered in any of our programs you will be required to complete the registration process. We will require medical information including your provincial health card and physician’s name and phone number. The initial registration could take up to 10 minutes.

Office Hours: Monday to Friday - 8:00am - 4:30pm

3. Walk-in registration

Come prepared to register with the courses or classes you want to register for. You can register for any of the fall programs as of September 1, 2018, by visiting Town Office at 39 Lowther Dr.

PROGRAM CHANGES/CANCELLATIONS

Our best effort is made to provide you with the most accurate information at the time of printing, however schedules are subject to change. We reserve the right to cancel, amend, change, postpone or combine classes/activities that are listed in this guide.

REFUNDS / WITHDRAWALS

- **Prior to the program start date:** Withdrawals may be made up to **48 hours before** a program starts and a full refund will be provided.
- **On or after program start, prior to second class:** Requests received on or after the start date of the program, regardless of class start time, will be pro-rated as of the date of notification and cannot be backdated. Withdrawal/Refund requests may be made no later than one business day prior to the second class. A pro-rated credit for the remaining classes can be left on your account for future program registration use. Refund requests will be pro-rated, as of date of notification and subject to a service fee of \$10.00.
- **After the second class of the program:** Requests made after the second class of the program, will be processed for medical reasons **ONLY** for the remaining classes of the program and must be accompanied by a doctor’s note.
- Requests will be processed as of the date of notification and cannot be backdated. Medical requests are not subject to a service charge.

MISSED CLASSES

In the event a participant is unable to attend due to their own circumstances, or due to weather cancellations; the Town does not offer make-up classes, nor issue refunds or credits.

HARMONIZED SALES TAX

15% HST is applicable on programs offered to participants 15 years of age and older. This fee is not included in the rates and fees advertised in this brochure.

PRESCHOOL PROGRAMS

On My Own

Program Dates: Sept 17-Jun 14

This program is designed to assist children in experiencing independence, social interaction and learning. This program provides both structured and non-structured activities. Your child will enjoy circle time, games, arts & crafts, learning and so much more! **All participants must be toilet trained.**

Location: Cornwall Civic Centre

Rate: \$45.00/week

Non-Resident: \$50.00/week

Days: Mon, Wed & Fri **Ages:** 2.5-5yrs

Time: 8:30am-12:00pm



Active Start

Program Dates: Sept 29 – Dec 1

Physical literacy is the development of Fundamental Movement Skills (the ABCs of movement) that allow children to move more confidently in a wide range of physical activity, rhythmic (dance) and sport situations. **Active Start** is a fun, play based program developed to help children in their early years learn basic movement skills (such as balance, coordination, agility, running, jumping, throwing, kicking, catching) to develop a foundation for sport and being active for life!

Location: Cornwall Civic Centre

Rate: \$40.00/session

Non-Resident: \$50.00/session

Day: Saturday **Ages:** 3-6yrs

Time: 9:30am-10:30am

Intro to Sports

Program Dates: Sept 29 – Dec 1

Intro to Sports is an introduction to sports programming for preschoolers who may be playing sports for the first time. A strong emphasis will be made on fundamental sport skills, with a key focus on participation, friends, fun and teamwork. This is a great program to introduce your child to a variety of sports in a positive environment.

Location: Cornwall Civic Centre

Rate: \$40.00/session

Non-Resident: \$50.00/session

Day: Saturday **Ages:** 4-6yr

Time: 11:00am – 12:00 pm

A, B, C – 1, 2, 3

Program Dates:

1st Session: Sept 25 – Nov 1

2nd Session: Nov 6 – Dec 13

This program is a fun exploration of both the alphabet and numbers! It incorporates crafts, coloring, songs, games and other engaging learning activities. Each session will concentrate on a different letter and number to make learning easy and entertaining. Adult participation is not required. **All participants must be toilet trained.**

Location: Cornwall Civic Centre

Rate: \$40.00/session

Non – Resident: \$50.00/session

Day: Tues & Thur **Ages:** 3-5yr

Time: 9:30am-11:00am

Make a difference – be an In-School Mentor!

Who can be a mentor? You can! Kids need real people with real experience to help them realize their dreams. Spend an hour a week with a child at his or her school. Whether you are playing games, making crafts or just chatting, you can have fun while providing the guidance and support a child needs to succeed. Imagine who they will become because of you! Sign up to be an In-School Mentor today. For more information, e-mail info@bbbspei.ca, call 902-569-KIDS (1-877-411-3729) or visit www.bbbspei.ca.



**Big Brothers Big Sisters
of Prince Edward Island**

YOUTH PROGRAMS

Youth Dodgeball Program

Program Dates: Sept 26 – Dec 12

Duck, dip, dive and dodge your way to a great time. This program is a supervised event that teaches the correct way to play the wonderful game of dodgeball. Participants will be divided into different teams each week and will have a "ball" playing while getting a great workout too! Safe, gatorskin balls will be used for this program. Two different age divisions are offered and safe.

Location: Cornwall Civic Centre

Rate: \$ 35.00/session

Non-Resident: \$45.00/session

Day: Wednesday **Ages:** 9-13yrs

Time: 6:00pm-7:15pm

Jr Chefs Program

Program Dates: Sept 26 – Nov 28

Make use of proper cooking techniques, learn about safety in the kitchen, prepare yummy snacks and discover the tasty temptations of healthy eating.

Location: Cornwall Civic Centre

Rate: \$40.00/session

Non-Resident: \$50.00/session

Day: Wednesday **Ages:** 9-13yrs

Time: 6:00pm-7:15pm

Multi Sports Program

Program Dates: Sept 25 – Dec 4

Multi Sports Program is an introduction to sport programming for youth who may be playing sports for the first time. A strong emphasis will be made on fundamental sport skills, with a focus on participation, friends, fun and teamwork. This is a great program to introduce your child to a variety of sports in a positive environment.

Location: Westwood School

Rate: \$35.00/session

Non-Resident: \$45.00/session

Day: Tuesday **Ages:** 6 - 9yr

Time: 6:00pm-7:30pm

Girls Club

Program Dates:

1st Session: Sept 25 – Oct 30

2nd Session: Nov 6 – Dec 11

Hey Girls, would you like somewhere to go where you can hang with your friends and where you can choose your own activities? Girls Club is all about bringing like-minded girls together to explore art, music, cooking, getting active and more! Our leaders will be engaging you for your program activity ideas.

Location: Cornwall Civic Centre

Rate: \$30.00/session

Non-Resident: \$ 40.00/session

Day: Tuesday **Ages:** 7-12yrs

Time: 6:00pm-7:30pm

Atomic Volleyball

Program Dates: Oct 1 – Dec 17

The atomic volleyball program is a great tool for teaching children the basics of the sport & getting them ready for the more complex 6 on 6 game. This program focuses on fair play, skill development, teamwork and most of all a rewarding game-play experience.

Location: Westwood School

Rate: \$50.00/session

Non-Resident: \$60.00/session

Day: Monday **Ages:** 9-13yrs

Time: 6:30pm-8:00pm

Disc Golf Program

Program Dates: Sept 29 – Nov 10

Disc golf is a flying disc game in which individual players throw a flying disc at a target called a basket. The game is played like traditional golf, with 9 or 18 baskets on narrow "fairways". When the "putt" lands in the basket, the "hole" is completed. The object of the game is to traverse a course from beginning to end in the fewest number of throws of the disc. There will be different courses set up each week.

Location: Terry Fox Sports Complex

Rate: \$40.00/session

Non-Resident: \$50.00/session

Day: Saturday **Ages:** 9-13yrs

Time: 9:30am-11:00am

Home Alone

Program Dates:

1st Session: Oct 1

2nd Session: Nov 26

This course is designed to give children the strategies to look after themselves for short periods of time. Topics will include: internet safety, stranger danger, basic first aid emergencies, healthy snacks and how to stay constructively occupied while at home alone.

Location: West River United Church

Rate: \$ 25.00 /session

Non-Resident: \$ 35.00/session

Day: Monday **Ages:** 9-13yrs

Time: 9:00am-12:00pm

Babysitting Course

Program Dates:

1st Session: Oct 1

2nd Session: Nov 26

This course teaches the skills necessary to care for infants, toddlers and preschoolers. It emphasizes safety, dealing with emergencies, and first aid basics. Topics include Basic First Aid, Injury Prevention, Responsibilities of a Mature Babysitter, and hands-on practice will help build confidence. Course materials include a student activity book, a certificate suitable for framing, and a wallet-size certificate.

Location: Cornwall Town Hall

Rate: \$55.00/class

Non-Resident Rate: \$ 65.00/class

Day: Monday **Ages:** 11-15yrs

Time: 9:00am-3:00pm



TEEN PROGRAMS

Babysitting Course

Program Dates:

1st Session: Oct 1

2nd Session: Nov 26

This course teaches the skills necessary to care for infants, toddlers and preschoolers. It emphasizes safety, dealing with emergencies, and first aid basics. Topics include Basic First Aid, Injury Prevention, Responsibilities of a Mature Babysitter, and hands-on practice will help build confidence. Course materials include a student activity book, a certificate suitable for framing, and a wallet-size certificate.

Location: Cornwall Town Hall

Rate: \$55.00/class

Non-Resident Rate: \$65.00/class

Day: Friday **Ages:** 11-15yrs

Time: 9:00am-3:00pm

Dodgeball

Program Dates: Sept 19 – Dec 12

Duck, dip, dive and dodge your way to a great time. This program is a supervised event that teaches the correct way to play the wonderful game of dodgeball. Participants will be divided up into different teams each week and will have a "ball" playing while getting a great workout too! Safe, gatorskin balls will be used for this program. Two different age divisions are offered and safe.

Location: Westwood School

Rate: \$40.00/session

Non-Resident: \$50.00/session

Day: Wednesday **Ages:** 16 & up

Time: 7:30pm-9:00pm

Ball Hockey

Program Start: Sept 11

Are you looking for a great way to get some exercise while having fun playing an old favorite? This is a drop-in program where teams are formed each week. Just throw your stick in and have lots of fun!

Indoor non-marking footwear must be worn. Sticks must be plastic blade and be non-marking.

Location: Westwood School

Rate: \$3.00/drop in

Day: Tuesday **Ages:** 16 & up

Time: 7:30pm-9:00pm

YOUTH ADVISORY COUNCIL

Starts: Sept 17

Do you want to.....

Make a difference in your community? Do you want to see your ideas come to life? Get volunteer hours? If you answered "YES," you should join the Y.A.C.!

This exciting leadership opportunity provides young people in grades 8 – 12 an active role in enhancing opportunities for themselves and their peers.

Council will ensure a collective voice of the local youth population is heard and represented throughout the community. Don't just sit back and wait for someone else to do it get on board and join today!!!

Location: West River United Church

Day: 1st Monday of Month

Time: 4:00pm

CORNWALL & AREA YOUTH CENTRE

The Centre will re-open on Sept 17

The Cornwall & Area Youth Centre offers social, recreational and extracurricular opportunities to youth between the ages of 12 – 18yrs. The Youth Centre provide opportunities to empower youth to make a real difference in their community. Participants will gain self-esteem, self – confidence, life skills, find new interests, and make new friends and above all have FUN!

So, if you need a place to hang out after school, whether you like to spend your free time on arts, sports, or an epic game of foosball, we will have you covered!

The Cornwall & Area Youth Centre will feature:

- Art Corner
- Homework Help
- Board Games
- Special Programming
- Job Preparations
- Guest Speakers
- Movie Nights
- High School/ Prep Events
- Volunteer Opportunities

Location: West River United Church

Days: Mon, Tues & Thurs

Time: 3:00pm-7:00pm

Days: Wed & Fri

Time: 3:00pm – 8:00pm

THE TOWN THANKS OUR MAJOR SPONSORS.....SUPPORTING COMMUNITY RECREATION



KidHub is a premium before and after-school program for boys and girls that provides healthy snacks, catered interest-based activities and a variety of opportunities for strengthening leadership skills. Time is spent both indoors and outdoors and explore a variety of activities depending on what the children are interested in. Contact Rachel at 902-314-7225 or rachel@kidhub.ca to reserve your child's spot now! Located at 9 Cornerstone Dr in Cornwall.

ADULT PROGRAMS

(All adult programs are subject to 15% HST)

Zumba Fitness

Program Start: Sept 4

Zumba® Fitness is a program that fuses fitness, entertainment and culture into an exhilarating dance-party workout. A mix of low-intensity and high-intensity moves for an interval-style, calorie-burning dance & strength fitness. Super effective and super fun!! Children welcome.

Location: Cornwall Civic Centre

Rate: \$50.00 for 10 card pass (2-month expiry) \$6.00/drop in

Day: Tues & Thurs

Time: 6:00pm-7:00pm

Yoga Flow

Program Dates: Oct 29- Dec 17

Physical poses are presented in a sequence, flowing one to the next. The class follows a set sequence of asana but is presented at a slower, more relaxed pace. There is only minimal focus on basic alignment, the main emphasis being on breathing while holding asana as well as transitioning into and out of asana gracefully and safely. This class is suitable for all levels.

Location: Cornwall Civic Centre

Resident: \$50.00/session

Non-Resident: \$60.00/session

Day: Monday

Time: 6:30pm-7:30pm

Lunch Time Zumba Fitness

Program Start: Sept 5

Zumba's fusion of Latin, International and Pop music creates a dynamic, exciting, and effective fitness class - groove and shake while getting a great workout. Children welcome.

Location: Cornwall Town Hall

Rate: \$50.00 for 10 card pass (2-month expiry) \$6.00/drop in

Day: Mon & Wed

Time: 12:00pm -12:45pm

Lunch Time Yoga

Program Dates:

1st Session: Sept 11 – Oct 30

2nd Session: Nov 6 – Dec 18

The focus of each class will be connecting to your breath by matching the breath to the movement, strengthening the total body in a gentle way at your own pace, tuning into sensations to enhance mind body connection and improving balance and flexibility. Each class begins with clearing the mind while connecting to the breath, followed by gentle mindful movement while moving into an easy flow of poses to strengthen the body. Then, stretches to improve flexibility and mobility, along with balance challenges and final relaxation to complete the class. Modifications for poses will be provided to ensure everyone is accommodated.

Location: Cornwall Town Hall

Resident: \$50.00/session

Non-Resident: \$60.00/session

Day: Tuesday

Time: 12:00pm-1:00pm

Yoga for Chronic Pain Management

Program Dates: Sept 13 – Nov 8

No Class October 18th

A specialized gentler yoga class for those with chronic pain that offers students the time to approach movement in mindful ways, experience the body's response, and react accordingly. This class allows the student the time and mental space to observe and appropriately react to such sensation thus learning to release unnecessary tension, helping them to develop more efficient, anatomically informed movement patterns. Breath connection techniques are presented to reduce anxiety, stress and to ultimately reduce pain.

Location: Cornwall Town Hall

Resident: \$50.00 / session

Non-Resident: \$ 60.00/session

Day: Thursday **Time:** 12:00pm -1:00pm

Mind – Body Fitness

Program Dates: Sept 13 – Nov 1

This is a gentle, go at your own pace class that includes traditional fitness exercises matched with yoga postures, pilates exercises combined with mindfulness techniques.

Holistic mind-body approach to group fitness helping participants to improve their body awareness and mind-body connection. Many components of fitness will be included each class: strength & endurance, balance & stability, mobility & flexibility.

Each class will have a different theme or focus/intention and choice of resistance (body weight and/or dumbbells) Stretches and final rest with body scan meditation at the end of class to promote stress reduction, ease in the body and mind.

Location: Cornwall Town Hall

Resident: \$ 50.00/session

Non-Resident: \$ 60.00/session

Day: Thursday

Time: 10:30 – 11:30am

Ball Hockey

Program Start: Sept 11

Are you looking for a great way to get some exercise while having fun playing an old favorite? This is a drop-in program where teams are formed each week. Just throw your stick in and have lots of fun!

Location: Westwood School

Rate: \$3.00/drop in

Day: Tuesday

Time: 7:30pm – 9:00pm

Adult Dodgeball

Program Dates: Sept 17-Dec 10

Are you looking for a great way to get some exercise while having fun playing an old favorite? This is a drop-in program where teams are formed each week.

Location: Westwood School

Resident: \$40.00/session

Non-Resident: \$50.00/session

Day: Monday

Time: 7:30pm - 9:00pm

OLDER ADULTS

(All adult programs are subject to 15% HST)

Gentle Yoga

Program Date: Sept 28 – Dec 7

For 50 +, and others wishing to start a Yoga Practice. This class offers a slower paced Yoga practice that will incorporate gentle poses with stretching as well as breathing basics to tone the body, build strength and improve overall health.

Location: Town Hall Community Room

Rate: \$ 75.00/session

Non-Resident: \$ 85.00/session

Day: Friday

Time: 10:00am-11:15am

Senior's Lunch Program

Program Dates: Sept 20 – Dec 13

Join us on Thursdays at the Cornwall Civic Centre for a variety of delicious meals. Best part is you don't have to cook and it's only \$4.00 a meal. This is social event, come and catch up with friends!

Location: Cornwall Civic Centre

Cost: \$4.00/meal

Day: Thursday

Time: 11:30am-12:30pm

SPONSORSHIP

Sponsorship marketing is one of the easiest, most affordable ways for a small business to gain a lot of exposure. The Town has several sponsorship opportunities that will meet any budget. Whether it is providing product to local community programs or events, placing an ad in one of our community flyers or newsletters, or purchasing signboards at our premier recreational facilities; we have a plan that will meet any budget. Please contact Shelly McKenna at 902-628-6260 or email smckenna@cornwallpe.ca.

MAJOR SPONSOR

L I V E W E L L W I T H

WALLYS PHARMASAVE SUPPORTING OUR COMMUNITY CORNWALL PLAZA 629-6870

PHARMASAVE®

Lunch Time Yoga

Program Dates:

1st Session: Sept 11 – Oct 30

2nd Session: Nov 6 – Dec 18

The focus of each class will be connecting to your breath by matching the breath to the movement. Strengthening the total body in a gentle way at your own pace, tuning into sensations to enhance mind and body connection and improving balance and flexibility. Each class begins with clearing the mind while connecting to the breath, followed by gentle mindful movement while moving into an easy flow of poses to strengthen the body.

Then, stretches to improve flexibility and mobility along with balance challenges and final relaxation to complete the class. Modifications for poses will be provided to ensure everyone is accommodated.

Location: Cornwall Town Hall

Resident: \$50.00/session

Non-Resident: \$60.00/session

Day: Tuesday

Time: 12:00pm-1:00pm

Disc Golf Program

Program Dates: Sept 22 – Nov 3

Disc golf is a flying disc game in which individual players throw a flying disc at a target called a basket. The game is played like traditional golf, with 9 or 18 baskets on narrow "fairways". When the "putt" lands in the basket, the "hole" is completed. The object of the game is to traverse a course from beginning to end in the fewest number of throws of the disc. There will be different courses set up each week.

Location: Terry Fox Sports Complex

Rate: \$ 30.00/session

Non-Resident: \$ 40.00/session

Day: Saturday

Time: 11:30am-1:00pm

Lunch Time Zumba Fitness

Program Start: Sept 5

Zumba's fusion of Latin, International and Pop music creates a dynamic, exciting, and effective fitness class - groove and shake while getting a great workout. Children welcome.

Location: Cornwall Town Hall

Rate: \$50.00 for 10 card pass (2-month expiry)

Rate: \$6.00/drop in

Day: Mon & Wed

Time: 12:00pm-12:45pm

OUR EXCITING KIDS CAMPS

BEFORE SCHOOL PROGRAM

This program is open to all children who attend Westwood or Eliot River School. Drop your child off at 7am and we will be sure they get on the bus and get to respective schools. **Rate:** \$ 10.00 / week **Non-Registered:** \$ 15.00 / week

AFTER SCHOOL PROGRAM

The Town of Cornwall Parks & Recreation Department provides a licensed after school program for children in kindergarten – grade 6. We provide a well-rounded quality program that provides children the opportunity to experience social interaction in a safe place while parents are at work. We will have positive adult role models who will encourage your child to participate daily/weekly in physical activity, arts & crafts, cooking, homework (quiet time), drama, music, special outings and so much more.

Location: Cornwall Civic Centre **Resident:** \$ 210.00 / month **Non-Resident:** \$ 250.00/ month **Time:** 2:30- 6:00pm

PD or STORM DAY CAMPS

Have you ever wondered what to do when school is cancelled because of school professional development days or storm days? The Parks & Recreation Department has you covered...we will be offering a full day service when school is closed and the weather is fit for staff to travel. The day would consist of a variety of activities including sports, games, arts & crafts, special outings on occasion, etc. Pre-registration is required.

Program Dates: October 1st, October 19th, November 8th, November 9th, November 23rd, November 26th

Rate: \$20.00/day - if currently enrolled in After School Program / if not enrolled in After School Program - \$30.00/day

HOLIDAY CAMP

The ultimate in fun and games to get in the festive spirit! Whilst you plan your perfect Christmas, jingle all the way to Cornwall Civic Centre and let us look after the children. The fun will be non-stop with some great seasonal activities and special Christmas outings. All our camps deliver a great experience for children, allowing them to have fun and be active in a safe and supportive atmosphere.

Program Dates: December 24th (7:30am-3:00pm), December 27th, 28th, December 31st (7:30 – 3pm) and January 2nd, 2018

Time: 7:30- 5:30pm **Location:** Cornwall Civic Centre **Resident:** \$90.00/full camp **Non-Resident:** \$110.00/full camp

Daily: \$30.00/day

FAMILY EVENTS

FAMILY TRAIL SERIES

Program Dates: Sept 29, Oct 6 and Oct 13

Have you ever wanted to take your family for a hike or walk on a trail in Cornwall? Not sure where to go, what to bring, or how to convince your kids it will be fun? Then join us for the new Walking / Hiking Program for Families!!

Location: Ferry Rd Centre (Week # 1),

Other meeting locations to be determined

Day: Saturdays **Time:** 10:00am

FAMILY CRAFT NIGHT

Program Dates: Sept 28, Oct 19, Nov 9 & Nov 30

A fun night with friends or family! Come learn how to make a unique craft over snacks and music. Each craft is guided by a leader but can be decorated to match your personality! At the end of the evening the crafts are taken home, along with the memories made while making them!

Location: Cornwall Civic Centre

Day: Fridays **Time:** 6:30pm

FAMILY MOVIE NIGHT

Program Dates: Sept 21, Oct 19, Nov 23 & Dec 14

Bring the family out for a free movie night! Bring your blankets & pillows to get comfy!!

Location: Cornwall Civic Centre

Day: Fridays **Time:** 6:30pm

UPCOMING EVENTS

TERRY FOX RUN

Everyone is welcome to participate in the Terry Fox Run, regardless of age, athletic ability or socio-economic standing. While the Run does not have an entry fee or minimum donation we do ask all participants to fundraise or donate. You can raise funds online, use a pledge sheet or donate at the run site. Whatever your choice, please know that every dollar counts.

Date: September 16th Time: 1:00pm (Registration begins 12:00pm)
Pledge sheets can be picked up at the Town Hall or online at terryfox.org

CORNWALL REMEMBRANCE SERVICE

The Cornwall Cenotaph Service will honour all men and women who served during the First, & Second World Wars, Korea and to those doing peacetime service to our country that did not return home.

This tribute to our fallen will take place at the Cornwall Cenotaph on Sunday September 16th at 2:00pm.

In case of inclement weather this service will take place in the West River United Church hall on Cornwall Road.

CORNWALL 50 PLUS CLUB

Cribbage: Every Tuesday, October 2nd 1:30pm / **Skip Bo:** Every Thursday, October 4th 1:00pm

For more information contact Ernie Stavert at 902-566 -2467

Bridge: Every Thursday, October 4th 1:00pm (**no partners required**)

For more information contact Marion at 902-892-1446

Cornwall Civic Centre: \$2.00 per person

CORNWALL CORNFEST

The Town of Cornwall is very excited for another Cornwall Cornfest!! Mark your calendars for events happening October 10th - 14th!! Activities will include: Corn Boil, Pancake Breakfast, Farmer's Market/Yard Sale, Zumba, NRRFD Open House Fire Safety Demonstration, Cornball Tournament, Senior's Luncheon...plus so much more!!! Lots of fun activities for the whole family!!

Watch for the Cornfest flyer & full list of activities!!

We are looking for volunteers to be on the organizing committee and to help at individual events.

If you're interested in being a part of this exciting event or have any ideas, please contact us.

CHILDREN'S HALLOWEEN PARTY

Get your little Goblins dressed up for a "Kid Friendly" Halloween Party. Lots of fun & treats without the scary. Saturday, October 27th 1:00pm – 3:00pm (by donation) Cornwall Civic Centre.

VETERAN'S DINNER

The Town of Cornwall in partnership with the Cornwall Lions Club is honoured to host the 2nd annual Veteran's Dinner at the Cornwall Civic Centre, Date: To be confirmed. Invitations will be sent in advance.

YORK POINT CHRISTMAS CRAFT FAIR

Please join us for a Christmas Craft Fair Saturday November 10 from 10:00am-2:00pm at York Point Community Centre, located at 346 York Point Road in Cornwall. It will feature a variety of hand-made items and goodies by Island artisans. All are welcome to drop in and get a start on Christmas shopping.

If you are a vendor looking for a table, please contact Mary at 902-628-1575 or marycc@eastlink.ca for more info.

UPCOMING EVENTS

BREAKFAST WITH SANTA FUNDRAISER

The Cornwall Parks and Recreation Department in partnership with the Cornwall Lion's Club and sponsored by Leary's Independent Grocer invite you for a special pancake and sausage breakfast. All proceeds go towards supporting families in need for the holidays. Saturday, December 1st 8:00am -11:00am at Cornwall Civic Centre
Cost: \$5.00/person & \$2.00/child

CELEBRATION OF LIGHTS

Come join Mayor and Council as they mark the beginning of the festive season by lighting the Town tree. There will be light entertainment and refreshments Tuesday, December 4th at Town Hall 6:30pm

SENIOR'S CHRISTMAS DINNER

Join us on Thursday, December 13th at Sam's Family Restaurant 4:00pm for a Traditional Christmas Dinner with all the Trimmings!!! Relax and let us do all the work!! Cost: \$8.00/person
There may even be a visit from special guest. ** Must pre-register, please call 902-628-6260

FACILITIES AVAILABLE TO RENT

TERRY FOX SPORTS COMPLEX



This beautiful facility is located adjacent to Eliot River School. It houses two full size turf fields, one which doubles as a lines football field, baseball field, softball field, 4 tennis courts, two which double as basketball courts, toboggan hill, outdoor rinks and over 2km of trail where you will see some of the most beautiful species of trees, shrubs, etc. Don't forget to stop by and see Peace Garden. Trails are groomed during the winter months. This facility is available for bookings, please contact (902) 628 – 6260 or email: Greg Lucas at recreation@cornwallpe.ca

CORNWALL CIVIC CENTRE



The Cornwall Civic Centre has space available for your next wedding, family reunion, meeting or if you would like to offer a class. The space has a large hall, kitchen and small meeting rooms. If you would like further information, feel free to contact the Town Hall at 902-566-2354 or email town@cornwallpe.ca.

OTHER FACILITIES IN THE TOWN

APM CENTRE – Contact Donna Butler 902-628-8513

EMBER HALL – North River Fire Department 902- 566-2550

YORK POINT COMMUNITY CENTRE - Owned and operated by not-for-profit group York Point Historical Society. Rental rate is \$10.00/hr. Features: A/C, wheelchair accessible washroom, stage, kitchenette, built in sound and projection equipment, stage lighting, seating for up to 50, parking lot, large deck. Check them out on Facebook at York Point Community Centre! Call/text 902-629-5737 to book the facility.

CORNWALL & AREA MINOR SPORT ORGANIZATIONS & CLUBS

CORNWALL TIMBERWOLVES FOOTBALL CLUB

Season runs from late August to end of October. All gear is provided.

Ages: Tykes (Introduction to Football) Non-Contact 6 – 9yrs

Atom: 10 & 11yrs Bantam: 12 – 14yrs Varsity: 15 – 17yrs

Practices are 2 – 3 times per week with games on weekends.

For more information please email: cornwalltimberwolves@gmail.com or visit  group Cornwall Timberwolves

NORTH RIVER MINOR HOCKEY ASSOCIATION

Registration Information Online: <https://registration.hockeycanada.ca/registration/?ID=2384>

Thursday September 13th 6:00pm – 8:00pm APM Centre


Saturday September 15th 9:00am – 12:00pm APM Centre

Come Try Hockey- APM Centre - (Free Sessions- Gear Required)

September 15th- 8:30pm-9:30pm

****LATE FEES OF \$25 / FAMILY WILL BE CHARGED ON ALL RETURNING PLAYER REGISTRATIONS AND PAYMENTS/INSTALLMENTS NOT RECEIVED BY SATURDAY SEPTEMBER 16th.**

*****Online Registration*** (Must be completed before Registration Dates)**

Payment Details can be found on the website: www.northriverflames.ca or  North River Minor Hockey Association

CORNWALL COMETS MINOR BASKETBALL ASSOCIATION

The Cornwall Comets Minor Basketball Association (for grades 1-6) is in the process of finalizing this year's schedule. Registration is Sat. Sept 22nd from 10:00am-12:00pm and Wed. Sept 26th from 5:30pm - 7:00 pm at the Eliot River Gym (please use the back doors). Our season runs October 15th to March. The fee for all players is \$110.00. An additional \$10.00 is payable if you need or want a basketball and \$30.00 is due for Rep team players to cover the costs of referees for the season (Mini Boys/ Girls only). For more info contact us at cornwallcomets@gmail.com or our Facebook page (Search: Cornwall Area Basketball Association).

GIRL GUIDES OF CANADA

Girl Guides of Canada enables girls to be confident, resourceful and courageous, and to make a difference in the world. We have programs for girls aged 5 – 17. There are Sparks, Brownies and Guides units meeting in Cornwall on Thursday evenings. Girls can make new friends, discover the outdoors, explore science and technology, make the community a better place, learn life skills and gain skills to last a lifetime. If you're interested, please see www.girlguides.ca or call the PEI/ NB Council office at 1-800-565-8111 to register or contact Yvonne, Cornwall Guide Leader, at yvonnebarbour@yahoo.com for more information.

CADETS

The # 107 Royal Canadian Army Cadets in New Haven / Cornwall meet on Wednesday evenings at the Royal Canadian Legion Kingston Branch on the Trans-Canada Highway at 6:30pm. Start date: September 12th, 2018 Cadets are open to youth between the ages of 12 – 18 yrs. The program offers hiking, camping, canoeing, community service and sports. The program is FREE. For more information, please contact me at 902-393-5823 or greggallant@pei.sympatico.ca or visit the website at www.cadets.ca.

CORNWALL & AREA MINOR SPORT ORGANIZATIONS & CLUBS

CORNWALL LION'S CLUB

The Cornwall Lion's Club is looking for new members!! If you are interested in helping the Community & being a part of a great organization, contact Don Bell pdgdon@hotmail.com for more information.

KZ SKATING SCHOOL

New to the APM Centre is the KZ Skating School, offering skating lessons in a group format for children age 5 years and up. Two programs will be offered, Learn to Skate and Hockey Skills program. For more information, go to www.k-intelligent.com or email tony@k-intelligent.com. Registration will be accepted on September 21st from 5:00pm-7:00pm at APM Centre, online or at the office at Room 301, 119 Great George Street between 9:30am - 2:30pm call 902-316-1160. Learn to Skate & Hockey Skills Programs being offered.

CORNWALL PICKLEBALL CLUB

Pickleball club will soon begin its 5th year of operation. Most club members are 50+ but membership is open to adults of all ages. Please bring indoor running shoes as outdoor shoes are not allowed in the school gym - we'll have a few spare paddles on hand for new players. For more info please contact Bonnie or Tom Stewart 902-566-9192.

CORNWALL JUNIOR BADMINTON CLUB

For players aged 9-15, preferably with some badminton experience (players aged 16+ are welcome to join the adult badminton club in Cornwall). The 2018-19 season will begin at the Eliot River Elementary School gym in mid-September through to May 2019. The club emphasizes competitive fun with a combination of training and active play. Each member should bring his/her own racquet and indoor running shoes - outdoor shoes are not allowed in the school gym. For more information please contact Bonnie or Tom Stewart 902-566-9192.

NORTH RIVER 4 H CLUB

The North River 4H members enroll in projects, give back to the community, make new friends and have lots of fun! The traditional livestock and small animal projects are offered (cattle, sheep, goats, horse & pony, rabbits, canine) plus, there are many other exciting and challenging projects including photography, crafts, sewing, cooking, outdoor exploration, just to name a few. Members can even create their own 4-H project. For more information about the North River 4-H club, its project and registration process, please contact Allan MacQuarrie: 902-675-2266

NEW COMMUNITY THEATRE IN CORNWALL

Professional Actor and Director (Theatre New Brunswick, Neptune Theatre, The Watermark, CBC), former Theatre Arts Instructor (the Sault College), and Cornwall resident, David Bulger, will present a six-session introduction to the various arts that make up the Theatre. This will include acting, directing, stage management, scenic and costume design, lighting and stagecraft.

This program is intended to serve as a prelude to the formation of a Community Theatre group under the sponsorship of the Town of Cornwall. Through the spring and early summer, this group will be involved in the rehearsal, staging and presentation of one of Shakespeare's masterpieces in the performance space at the Terry Fox Sports Complex, slated for August of 2019.

Session: Oct 20 – Dec 1 **Time:** 10:30am **Ages:** All ages **Cost:** FREE
Must call to register (902) 628-6260 or email: recreation@cornwallpe.ca

LIBRARY

PROGRAMS

BOOK SALE 2018

21st annual Cornwall Public Library book sale. Great reads for great prices!

Friday afternoon, September 28 from
12:00 p.m. to 5:00 p.m.

Saturday morning, September 29 from
9:30 a.m. to 2:30 p.m.

ADULT & TEEN

Writers' Group

Would you like to meet other people who are interested in writing?

Third Saturday of the month

September 15 / Oct 20 / Nov 17 / Dec 15

1:30 p.m. to 3:00 p.m.

Historical Mysteries Book Club

Read any book by this month's author, then join us for a lively discussion.

Thursday, September 20 (Check with the library for dates for Oct Nov Dec)

1:00 p.m. to 2:00 p.m.

Drop-In Computer Help

Bring your electronic gadget and your questions.

Every Tuesday 2:00 p.m. to 5:00 p.m.

Every Friday 9:30 a.m. to noon

Book Club

Read this month's book, then join us for a lively discussion.

Fourth Wednesday of the month

Sept 26 / Oct 24 / Nov 28

7:00 p.m. to 8:30 p.m.

Cornwall Library Art Opening

Tuesday, September 18 at 7:00 p.m. Opening celebration of the Thomas Scantlebury exhibit

Tuesday, October 30 at 7:00 p.m. Opening celebration of the Autumn Group Show

Tuesday, December 4 at 7:00 p.m. Opening celebration of the Youth Art Show

English (EAL) Conversation Group

Saturdays, 1:00 p.m. to 3:00 p.m.

Begins November 3 (runs six months)

CHILDREN

Origami for All Ages

Learn three new folds each week

Every Tuesday at 5:00 p.m.

Wiggle, Giggle, Read

Songs and rhymes for babies and toddlers.

Every Thursday at 10:30 a.m.

Junior Writers' Group

Play a noisy game of Apples to Apples to get started, then try out our writing challenge.

Third Saturday of the month

10:30 a.m. to noon

Preschool Storytime

Stories, songs, felt board rhymes and more: promoting the six early literacy skills while having fun.

Every Friday at 10:30 a.m.

No School! Join us for stories and crafts

Oct 19, Nov 9, Nov 23

Friday at 10:30 a.m.

LIBRARY HOURS

Tuesday / Wednesday

1:00pm - 8:30pm

Thursday / Friday / Saturday

9:30am - 12:30pm

1:00pm - 5:30pm

Cornwall Public Library
39 Lowther Drive, Town Hall
Cornwall, PEI
902- 629-8415

Mailing Address: P.O. Box 700

Email: cornwall@gov.pe.ca

Website: www.library.pe.ca

Follow Cornwall Library on [Facebook](#)
Follow PEI Libraries on [Twitter](#), Instagram,
[GoodReads](#) & [Pinterest](#)

BIRTHDAY PARTY PACKAGES

Let our staff take care of all the planning...parents bring the cake, ice cream & treat bags! Our staff will do the rest including the cleanup. Packages include 2 pieces of pizza and 1 drink per child. Extra fee of \$7.00 per each additional child. Call (902) 628-6260 to book your party to remember. Payment is due at the time of booking. * **ALL PARTIES REQUIRE A TWO-WEEK BOOKING NOTICE.** What if I need to cancel? More than 1 week before the party date, a full refund less a \$10 administration fee. Within 1 week of the party, no refund.

PRINCESS PACKAGE

\$110/10 children.... Get dolled up for a magical party! Dancing, crown making, pampering & games

SUPERHERO PACKAGE

\$110/10 children Games & activities will include your favorite super hero's..... Come dressed up!!

BIRTHDAY FUN PACKAGE (Ages 3 – 6yrs)

\$110/10 children Join us as we play parachute games, musical chairs, freeze dance and many of your child's favorite games

SPORTS GALORE PACKAGE

\$110/10 children..... This action-packed party takes place at the Terry Fox Complex. Your child will get to pick from a variety of sports for an hour & then back to the clubhouse for food, cake & presents

AHOY MATEY PIRATE PACKAGE

\$110.00 / 10 children.... Hoist the flag, it's time to celebrate! Our friendly staff will help you enter the world of pirates with games, crafts and adventurous treasure hunt. Join us on the high seas they may even get you to walk the plank!!!

CRAFTS & GAMES PACKAGE

\$125/10 children.....Does your child enjoy using their creativity? The children will enjoy making a craft then participating in a variety of planned games

PARTY IN THE KITCHEN PACKAGE

\$135/10 children.... Little Chefs will make their own little treats while learning to cook. The day will begin with each child making their very own cupcake. Once they go in the oven, then they make their own personalized pizza. The children will also take part in a variety of related games and activities.

VIDEO GAME PARTY PACKAGE

\$125/10 children.... Does your child enjoy all the latest gaming systems, we have Xbox, PS 3, PS 4, Nintendo Switch or maybe there into pool, foosball, etc. We have the perfect set up to suit the gaming needs of your child. This package provides access to 1 hour of gaming and then enjoy a pizza party.

Did you know....

Recreation programs, events, community parks, trails and facilities provide many benefits to our community. These benefits help strengthen families, build healthy communities, improve the quality of life for Cornwall residents, encourage the healthy development of children and help inspire community leaders. Don't just sit there, get involved today by calling (902) 566-2354

