Community Advertisers

Browse through our community advertisers section for other great opportunities to be active this season.

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Sunrise Preschool
Island Early Childhood Centre Ltd
Building Learning Together
Errington and Coombs Community Child Care
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Lighthouse Recreation
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893 Beaufort Squadron Air Cadets
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Innovate Dance Arts formerly Parksville Ballet
Society of Organized Services

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RDN Sustainability

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Terry Fox Run

Redeem your QF Points for Rec Bucks!

Cash in 200,000 QF Points for $20 worth of Rec Bucks!
Redeem for any program or service, including rentals, program registration, camping fees, swimming or skating.
Great for fundraising!
**Errington Community Childcare Centre**

Located in Errington Elementary school. Qualified, amazing staff offering:
- Pre-school Programs for 3-5 year olds
- Before & After School Care for 5-12 year olds.
- July and August camp care

(250) 240-7210

(License # LSHP 744U2K)

**Sunrise Preschool**

A Non Profit Preschool Est. 1974
ECE Certified

“LEARN WHILE YOU PLAY”

248-8552

www.sunrisepreschool.ca

**PARKSVILLE ELEMENTARY SCHOOL**
Po Box 895
PARKSVILLE V9P 2G9

**Little Star Children’s Centre**

Inspired Preschool Curriculum
Early Childhood Educators
Morning & Afternoon Classes
KinderPrep, Full & Half Day Programs

250-752-4554
littlestar@shaw.ca
www.littlestardaycare.ca

**Thimbleberry Childcare**

At home in the forest.
Nature inspired for Preschool age.

250-752-8342
thimbleberrychildcare@gmail.com

**Qualicum First Nation Child & Family Centre**

Licensed Daycare
30 months – 5 years
Open Monday to Friday
8:00 am to 5:00 pm

Preschool classes
9:30 – 12:30 Mon-Fri

Everyone Welcome!
250-757-8092
303 Salish Way
Qualicum Beach

**Island Early Childhood Centre**

GROUP CHILDCARE
PRE-SCHOOL
BEFORE & AFTER SCHOOL SUMMER CARE PROGRAM
DROP-IN’S WELCOME
Qualified staff, in a fun & learning environment
Additional Allowances Available for “Student & Low Income” Families
Parksville: (250) 248-8128
(Next to Boston Pizza)
www.islandearlychildhoodcentre.com

**Building Learning Together**

Visit us at one of our FREE programs!
- Two Munchkinlands!
- Words on Wheels WOW Bus
- Alphabet Garden
- Dads’ Night Out
- Mother Goose
- Storybook Village
- Technology Learning Centre
- BLT2Go Bus
- MyStory

Follow Us
OceansideBLT @goosetx

Get all the details at our website:
WWW.BLT.SD69.BC.CA
OR CALL: 250-947-8252

**Sunrise Preschool**

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- Technology Learning Centre
- BLT2Go Bus
- MyStory

Follow Us
OceansideBLT @goosetx

Get all the details at our website:
WWW.BLT.SD69.BC.CA
OR CALL: 250-947-8252
The Active Living Cards include:

- Admission to both facilities for public swimming and skating sessions.
- Admission to Aquafit and Scrub Hockey sessions.
- Free skate rentals at Oceanside Place Arena.

See page 7 for more information
Ongoing classes in Qualicum & Parksville, for Schedule visit
www.yoga4you.me
or call (250) 248-4168

Learn to Skate
Oceanside Place

PARKSVILLE CURLING CLUB
Learn or renew your interest in CURLING on Arena Ice
All levels of skill welcome

Clinics available for new curlers
Refreshers for the experienced
Leagues for Men, Ladies, Mixed, Youth, Seniors and STICK CURLERS

For more information visit our website www.parksvillecurling.com

Qualicum & District Curling Club
We offer fun, exercise, instruction, clinics, competition, friendships, social events, and volunteering. Proud of our reputation for being an excellent place to curl.

Day & evening leagues.
Novice clinic & Novice league for adults
Wednesdays at 7:00 pm
Eileen 250 249-5212

JUNIOR CURLING
10 yrs and up,
Thursdays 3:30 - 5:00 pm
Irene 250 752-0143

“ANYONE CAN CURL!”
When we begin our curling season in the Fall...watch the local papers for further information in early September. Join us!

at Spirit Square
644 Memorial Ave., Qualicum Beach
250 752-6162
qualicumcurling.ca
qbcurling@shawcable.com

Getting your game on.

Taking up golf, or wanting to take your game to the next level?
With our affordable lessons and clinics for adults, ladies only, and juniors, we can help you get ready for golf season!

We offer professional instruction for all ages and skill levels.

Voted Best Golf Course on Vancouver Island by BCLiving.ca readers, Fairwinds Golf Club’s Learning Centre offers a spectacular setting for an unforgettable experience.

Space is limited. To find out more, or to register, contact us today!

1.888.781.2777 | www.fairwinds.ca | 3730 Fairwinds Drive, Nanoose Bay
NANOOSE PLACE
FULLY MODERN COMMUNITY CENTRE
FACILITIES FOR ALL OCCASIONS

ADULT PROGRAMMES
CLOGGING • TAI CHI • YOGA
BADMINTON • EXERCISE • PICKLEBALL • BINGO

SENIOR PROGRAMMES
FLOOR CURLING • BRIDGE
CARDS • BADMINTON • MAJONG

CHILDREN'S PROGRAMMES
MOMS & TOTS • AFTER SCHOOL ACTIVITIES

“A FAMILY AFFAIR”
NANOOSE BAY ACTIVITIES
AND RECREATION SOCIETY
2925 NORTHWEST BAY ROAD, BOX 272,
NANOOSE BAY, BC V9P 9J9
nanooseplace@shawbiz.ca
468-5339

Book now
1 - 250 - 797 - 5314
LONG DISTANCE FROM MOST AREAS
Receive Treatment for
Stress, Sprains, Tendinitis,
Chronic Pain, headaches,
spasms & so much more!

#204 Magnolia Court (upstairs)
6996 Island Highway
www.bowsermassagetherapy.com

Bowser Massage Therapy

Sports Events at the
Arrowsmith Activities Hall

• Volleyball, Mon, 7pm
• Badminton, Tue & Thu 1pm
• Ladies Badminton, Wed 1pm
• Oceanside Floor Curling Club
• Youth Sport Drop In Wed 6:30
• Gynmastics Fri & Sat

Please check our website for
contacts and activity updates
or to book your own event.

www.coombsfair.com or call
Janet Boley 250-752-9757
At the Coombs Fair Grounds

Arrowsmith Agricultural Assoc.
1014 Ford Road Coombs

Beating the Blues
DEPRESSION SUPPORT & INFORMATION
take steps, share, find joy

10 week program in Parksville
250-937-1223
stephanie@spetercounselling.ca
www.spetercounselling.ca

Stephanie Peter Counselling

Lighthouse Recreation Commission
IT’S HAPPENING
IN AREA H
(Qualicum Bay, Bowser, Deep Bay)

Badminton
Floor hockey
Community Halloween Party
Gardening Workshops

Have an idea for a program
or would you like to instruct a class?
We want to hear from you.

Contact: Phyllis Taylor
250-757-9363
wandptaylor@shaw.ca

The Lighthouse Recreation Commission (LRC)
is a volunteer organization that promotes
and co-ordinates recreational activities
in Area H.

Find us on Facebook.

Errington • Coombs • Hilliers
Whiskey Creek • Meadowood
COMMUNITY EVENTS
arrowsmithcalendar.com

Click on CALENDAR to see
what’s happening in Arrowsmith!
Upcoming events are highlighted.

Click on LINKS to connect with
local community organizations.

Arrowsmith Community invites you
and your family to come out and
enjoy all the activities and events.

Arrowsmith Recreation Team:
Marilynn Sims mailsims@telus.net
Kim Longmuir ranlong@telus.net
Kado
Martial Arts
& KarateTots

Give yourself the advantage
of new abilities
• Preserving and extending
the best Okinawan Goju
karate teachings
• We can save you years of
slow imprecise learning
• Increase your powers
of Intuition,
Pattern Recognition,
Memory, Reasoning and
High Order Observation
• Learn to be confident in
our changing world.

Accepting registration
for children, adults
& Karate tots.

248-7544
Martin & Colleen
Nicholson

Qualicum
PHYSIOTHERAPY
CLINIC

Cory Pahl BMR, PT
Janet Hepenstall BSR, MCPA, CERT. AP
Laurie Vanderhoeven BS(PT), MCPA, CAMT
#1 – 140 West 1st Ave.
Qualicum Beach, BC, V9K 2R5
Ph (250)752-3212
Email: qbphysio@shaw.ca
qualicumphysiotherapyclinic.com

Ravensong Waterdancers
Oceanside’s Synchronized
Swimming Club

Ages 7+, swim level 5
grace - flexibility
strength - endurance
CAROL 250-248-7017

Winter Caving at
Horne Lake Caves
3 hr. Wet & Wild Adventure
Cave Theatre & new trails
Guided or Self-Exploring

Horne Lake Caves
OPEN EVERY DAY
www.hornelake.com
(250) 248-7829

Oceanside
Minor Lacrosse
Open to Boys & Girls ages 5 - 17
Box Lacrosse March - July
Registration opens January 1st

Oceanside
Sharks

Field Lacrosse
September – February
Registration opens July 1st
OCEANSIDE
BUCCANEERS

For further information or
registration enquiries:
www.oceansidelacrosse.com

‘Building self-esteem and character
through competitive sportsmanship’

Come be a part of our small swim
club with really big success!!
Expert coaches
Great team spirit and camaraderie
Open to ages 5 - 18
Registration year round
For further information or
registration enquires:
250-947-9089
www.racbreakers.ca
breakerregistrar@gmail.com

Ravensong Breakers
SWIM CLUB
Children’s Programs support and strengthen physical and emotional health.
Teen/Young Adult Programs encourage and support self-esteem and self-sufficiency.
Family Programs support and address the wellbeing of the whole family.
Adult and Seniors Programs address social, emotional, and financial issues.

Call or visit www.sosd69.com for information on all our programs and services.
Give the gift of recreation
Gift Certificates make great gifts all year round!

Purchase at Ravensong Aquatic Centre or Oceanside Place Arena.

CANSKATE
Programs for all ages and levels of skaters!

Upon graduation from our CanSkate program a child will have the skills to excel in hockey, ringette, speed skating or figure skating!

Contact: www.sandyshoresskatingclub.com
Launie 250-594-5491
sandyshoresskatingclub@gmail.com
*mention this ad and get $10 off registration!

Free admission courtesy of:
Quality Foods

Give the gift of recreation
Gift Certificates make great gifts all year round!

Purchase at Ravensong Aquatic Centre or Oceanside Place Arena.

BC Family Day
Feb 9, 2015
Everyone Welcome
Swim and Skate

Ravensong Aquatic Centre
Swim 10:00 am - 2:00 pm

Oceanside Place Arena
Skate 1:00 pm - 5:00 pm

Free admission courtesy of:
Quality Foods

Girl Greatness starts here!
Register Online Today
www.girlguides.ca
or contact Kris Kjellbotn
250-248-0062

2014
RDN
Green Building Series

FREE
Open houses, tours, mini film festival and more... to learn
- residential renewable energy systems
- innovative design
- super efficient homes
- on-site water management

Sept 14th - Oct 5th

Registration 1-877-607-4111 or 250-390-6510
Information www.RDNGetInvolved.ca
Email sustainability@rdn.bc.ca

Girl Guides of Canada
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Registration 1-877-607-4111 or 250-390-6510
Information www.RDNGetInvolved.ca
Email sustainability@rdn.bc.ca
Join Parksville in working together to outrun cancer

LOCATION: Rathtrevor Beach Provincial Park
TIME: 9 AM Registration
       10 AM Run
ROUTE: Walk, ride or run
       3.3km, 5km, 10km
VOLUNTEER: Please contact: Colleen Jordan, 250-248-3252
PARTICIPATE: Register and pledge online at terryfox.org

Walk, wheel, ride, run
Inspired by a dream
Grounded in tradition
No minimum pledge
Volunteer-driven
No entry fee

TERRYFOX.ORG | 1-888-836-9786
Special Events in Oceanside

Active Aging Week
Sep 22-27
See rdn.bc.ca/recreation for a full schedule of free activities

Coombs Museum
Adjacent to the Coombs General Store
Open daily 12:00-4:00pm until Oct 30
Sat/ Sun until Nov 30
Open by request: Sharon 250-248-6655

Lighthouse Country
Pancake Breakfast
Second Sunday of every month
9:00am-1:00pm
778-424-9900 www.communityclub.ca

Bradley Centre Pancake Breakfast and Garage Sale
3rd Sun of every month Jan-Nov 8:30-11:30am
250-248-2336 or bradleycentre@shaw.ca

Soundgarden Jam Nights
Coombs Fairgrounds
Days and times TBA
www.thesoundgarden.org

44th Annual Lighthouse Country Fall Fair
Lighthouse Community Centre
Sat Aug 30 10:00am-4:00pm
250-757-9991 www.communityclub.ca

Errington Hall Coffee House
Errington War Memorial Hall
1st Saturday monthly 7:30pm
www.erringtonhall.bc.ca

SPCA Paws for a Cause
Parksville Community Park
Sun Sep 7, Registration time TBA
spca.bc.ca

Bubble Bonanza
Welcome Back Swim!
Ravensong Aquatic Centre
Sat Sep 13 1:30-5:00pm
250-752-5014

34th Annual Terry Fox Run
Rathdown Provincial Park
Sun Sep 14
9:00am registration 10:00am start
250-248-3252

Youth and Senior Mini Golf Tournament
Paradise Adventure Mini Golf
Tue Sep 23 4:00-6:00pm
Free with registration
250-248-3252

Skate with the Oceanside Generals
Oceanside Place Arena
Sat Sep 27 2:00-3:30pm
250-248-3252
Free

Parksville Lions and Save On Foods Family FREE Skate
Oceanside Place Arena
Begins Sun Sep 28
Sundays 12:15-1:45pm
250-248-3252

Mother Goose Sing-a-long Family Swim
Ravensong Aquatic Centre
Sat Oct 14 10:00am-12:00pm
250-752-5014

Qualicum Beach Harvest of Music
The Old School House
Oct 17-19
www.theoldschoolhouse.org/events
250-752-6133

Mardi Gras Pro-D Day Swim
Ravensong Aquatic Centre
Fri Oct 24 1:30-3:00pm
250-752-5014

DJ Pizza Teen Swim Night 13-18yrs
Ravensong Aquatic Centre
Fri Oct 24 7:00-9:00pm
250-752-5014

Lighthouse Country
Hallowe’en Party
Lighthouse Community Centre
Sat Oct 25
rglekx@shaw.ca
250-752-3943

Halloween Skate
Oceanside Place Arena
Wed Oct 29 3:30-5:00pm
250 248-3252

Halloween Howl
Ravensong Aquatic Centre
Wed Oct 29 6:30-8:00pm
250-752-5014