

CHAMPLAIN SPEAKER



<https://champlainpark.org/>



Sleigh ride Thursday, **Dec. 21**

Volunteers needed. *Make Santa's nice list!*

One of our favourite seasonal events is back!

The sleigh ride and carol sing-along is scheduled to depart the Fieldhouse about **6:15 p.m.** and return at about **8 p.m.**

The sleigh ride operator has asked us to help cope with safety issues related to overcrowding. We ask that priority seating be given to young children, their caregivers and seniors.

Unless space permits, adults and older youth are asked to walk behind the sleigh.

In case of poor weather, check the Champlain Park website (champlainpark.org) for news. Freezing rain can sometimes cancel the sleigh.



If the horses are unavailable, we'll meet at the Fieldhouse for a get-together.

Please feel free to bring Christmas cookies or snacks.

Jim Cocks has very generously donated his time to organize the

event,

If you're able to volunteer any time with setup, cleanup, treats or hot chocolate, please let Jim know at jim.co@sympatico.ca or 613-728-7881.

Meanwhile, down by the fire...

Something a little different this winter in Champlain Park.

A community bonfire is being planned for the park on Sunday, **Jan. 14**, from 3:30 p.m. to 5:30 p.m.

Everyone welcome. It's a great way to warm up after a skate on the rink, a ski on the trail or a little fat-biking in the snow.

Expect to find smores and hot drinks. Check our website over the holiday season for updates.



SJAM trail opens for season

The groomed ski trail along the Sir John A. Macdonald Parkway is now open.

It has been hugely successful since a community-led effort, with NCC

permission, created a 16-kilometre trail along the Ottawa River.

We are lucky enough to have the trail go through the Champlain Woods. For updates, follow @SJAMWinterTrail on twitter or check the web for conditions.



Volunteers needed for outdoor rink work

Check out the new beauty boards!

Planning for the operation of the outdoor rink is underway and Jim Kot is putting out a call for volunteers to help with shoveling and supervision.

Please contact Jim at 613-722-7519 or kris.tom@sympatico.ca for more details. High school students can earn community volunteer hours by helping out.

Opening day is, of course, weather dependent, but it's usually not sooner than Dec. 27 but no later than Jan. 1.

The last official day is Feb. 28 but that could be extended, as it was last year, when skating ended March 7.



Notes on Use/Permits:

- * Only if the group is related to our neighbourhood will a permit be considered after regular hours of operation.
- * During weekdays, the school has priority.
- * Tunney's Pasture staff may use rink during lunch.
- * Special events can be arranged, as long as they don't interfere with regular skating hours. (Some exceptions)

Regular hours:

Monday to Friday: 6 p.m. to 9:30 p.m.

Saturday: Noon to 6 p.m.

Sunday: Noon to 6 p.m.

Reserved times:

Women's hockey: Sunday, 8 to 9:30 p.m.

Hockey, kids 10 & under: Tuesdays, 6 to 7 p.m.

Hockey, kids 11 to 14: Tuesdays and Thursdays, 7 to 8 p.m.

Regular Fieldhouse programs resume in January



Just remember: Many more details on each program on-line <https://champlainpark.org>

Yoga

Begins: **Jan. 10**
When: **Wednesdays from 6:30 to 7:30 p.m.**
Ends: May 30
No. of classes: 21
Cost: \$147, or \$7 each.

Fitness

Begins: **Jan. 8**
When: **Mondays from 6:45 to 7:45 p.m.**
Ends: May 14
No. of classes: 16
Cost: Reasonable, based on numbers.

Bridge

Begins: **Jan. 10**
When: **Wednesdays, at 2 p.m.**
Ends: June 20
Skill: All levels welcome.
Info: Amy Kempster,
613-722-6039

Garden Club

Begins: **Jan. 9**
When: **Second Tuesday** of every month.
Cost: \$25 for season or \$5 drop-in.
Info: Laurie Fagan,
613-728-1945.

Karate: Thursdays, 10 a.m. to 11:30 a.m., for those over 60, starts **Jan. 11**. Please check our website for many more details on this activity.

Mindfulness/Meditation: Mondays, beginning **Jan. 8**, ending March 26, from 5:30 p.m. to 6:30 p.m. Cost is \$144. More info: paula.pyne@gmail.com



Winter Carnival, Saturday, **Jan. 27**, noon to 3 p.m. Watch for news on web, next Speaker.