

The Lindenleader

Newsletter of the Lindenlea Community Association

December 2019

Happy Holidays



We're so lucky to live in our caring and warm community: Lindenlea is a small neighbourhood with a big heart! Thank-you to all our volunteers who work so hard to keep our events running – we're grateful for your time and your efforts. Thanks also to our Board of Directors for their help and leadership throughout the year. We'd like to wish you all a safe and happy holiday season. We hope you enjoy spending time with your family, friends and neighbours and we wish you all the best in the new year.



Welcome to our new Lindenleader

The Lindenleader got a makeover! We hope you enjoy the new look and feel to our community newspaper. We've added a new column for your neighbourhood news. This will feature your little community announcements, births, birthdays, condolences, anniversaries, weddings, graduations, retirements, congratulations, welcomes, farewells and other miscellaneous items. If you have anything you'd like to share for future issues, please email me at lindenleacommunitycentre@gmail.com.

We would like to thank Daniel Hanson for designing and laying out our new *Lindenleader*. Daniel has done a fantastic job and we're grateful to him for donating his time

and skills. Thanks also to Donna Kemp for continuing to collect and edit articles from the community. Donna has been our editor for many years and has spent countless hours reading over submissions. We're very excited to have Adrienne Blair join our editing team as well. Adrienne is an experienced editor and has been given the difficult task of editing my articles! She's done a wonderful job and has made my life easier. We appreciate the time and effort that all our volunteers have spent putting this issue together for us. We hope you enjoy reading it!

Seanna Kreager
LCA General Manager

If you have news or notices of local interest, contact our team at lindenleacommunitycentre@gmail.com.



The Lindenlea Community Association gratefully acknowledges the financial support of the City of Ottawa.

From City Hall

Taking care of our most vulnerable residents during the holidays



The holiday season is an occasion to reflect on the past year, take a moment to count our blessings and find opportunities to help those less fortunate than we.

But the holidays can also be a hard time for those living in poverty, in temporary housing and shelters or even on our streets. Ottawa has been experiencing a high demand for emergency housing. Our local shelters are struggling, and the low vacancy rate of under 1.6 per cent makes it hard for individuals and families to find adequate housing.

City Council is committed to helping our most vulnerable residents and to providing safe and affordable housing for all. Last year, we invested \$15 million to build 266 new affordable housing units in Ottawa, the first investment of this magnitude in the City's history. I am pleased that we will be repeating this investment with Budget 2020 by investing an additional \$15 million into affordable housing.

Meanwhile, many families are also struggling to make ends meet and to put food on their tables. In Ottawa alone, more than 39,000 people visit an emergency food bank program every month. This holiday season, I urge you to lend a helping hand to those less fortunate in our city.

Each year, several Food Drives are organized across the city in support of the Ottawa Food Bank, including:

- the 35th annual OC Transpo/Loblaw Christmas Food Drive on Saturday, Nov. 30
- CTV Morning Live's Holiday Helpers Food Drive on Thursday, Dec. 5
- my 19th Annual Christmas Celebration at City Hall on Saturday, Dec. 7
- CBC's Project Give on Friday, Dec. 13

In addition to these food drives, you can fill donation boxes with canned and non-perishable items at several City of Ottawa facilities, local schools, workplaces or community centres, or make a monetary donation to the Ottawa Food Bank by visiting **ottawafoodbank.ca/donate**. I invite you to support the various food drives in our city by donating non-perishable items such as peanut butter, pasta, rice, tomato sauce, canned and packaged soups, any canned food items, baby food and formula and diapers. Visit **OttawaFoodBank.ca** to consult the Ottawa Food Bank's calendar of events and find out where you can donate.

Last year, your generosity helped the Ottawa Food Bank collect and distribute hundreds of thousands of food and non-perishable items and thousands in cash and food vouchers to those in need during the holiday season. Together, let's try to make an even bigger impact this year.

I am proud to support the Ottawa Food Bank each year and hope that you will join the City in spreading a little bit of holiday spirit. Every donation, whether big or small, goes a long way in helping the most vulnerable in our community.

I wish you all a safe and happy Christmas and Holiday Season.

Jim Watson
Mayor, City of Ottawa

From our MP on the Hill

Ottawa-Vanier's strength is its diversity, which is representative of the Canadian social fabric. It is these multiple voices that inspire me in my work and that I represent on Parliament Hill. From helping over 15,000 children in our riding every month with the Canada Child Benefit to reducing the frequency of sewage overflows into the Ottawa River, I am proud of the change we have implemented over the past two years.

I want to thank the residents of Ottawa-Vanier for giving me their trust and support for a second mandate and thank Prime Minister Trudeau for his trust in recently appointing me as the Minister of Middle Class Prosperity and Associate Minister of Finance. While I am proud of what we have achieved so far, I am eager to build on that progress together and work to improve the quality of life in Ottawa-Vanier even more. I am looking forward to working hard with my caucus colleagues to make life more affordable for all Canadians.

As we approach the holiday season, I want to encourage everyone to support our local food banks. There are many in our community who must rely on food banks for help. Thanks to the great work of organizations like the Ottawa Food Bank, Partage Vanier, and the Gloucester Food Cupboard, many in our community will enjoy a better holiday season.

My constituency office is always there to help you with any interactions with federal services. It is open Monday to Thursday from 9:30 to 4:30, and Friday from 9:30 to 4:00. Contact us at mona.fortier@parl.gc.ca or call us at 613-998-1860.

Hon. Mona Fortier
Member of Parliament, Ottawa-Vanier

AGM Highlights

We had a wonderful opportunity to hold the Lindenlea Community Association (LCA) Annual General Meeting on Oct. 24 and to celebrate all our amazing volunteers.

Part of the meeting was to thank the previous board members – including Dean Frank who stepped down from the Board of Directors after serving for many years in many different roles – and welcome members joining for the first time. We are so happy that Miklos Horvath, Angela Christiano and Ralph Hesse have decided to take the plunge and be part of a dynamic and experienced Board. We also heard from our City Councillor, Rawlson King, who provided some city updates, and took questions. We also had a moment to thank all the volunteers in our community. This year was especially volunteer-heavy as we had a mammoth celebration for our 100th anniversary on Jun. 30 – not to mention the very popular Canada Day Pancake Breakfast the day after!

LCA meetings take place on the second Thursday of every month and are open to all residents. If you have questions or concerns related to the Board, please contact me directly: stelios_togias@hotmail.com. Thank you to our General Manager, Seanna, for her tireless efforts related to the AGM (and many other things), and to all new and previous members of the Board for putting their names forward.

Stelios Togias
LCA President



L'honorable Mona Fortier
Ministre de la Prospérité de la classe moyenne et ministre associée des Finances, C.P. députée d'Ottawa-Vanier
Minister of Middle Class Prosperity, and Associate Minister of Finance, P.C. M.P. Ottawa-Vanier

Joyeuses fêtes! | Happy Holidays!
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Join the coolest group in Lindenlea

As the temperature drops and the snow accumulates, we anticipate one of our favourite pastimes: skating in Lindenlea Park. Did you know that our rink is kept in beautiful condition by a dedicated group of volunteer hosers? For several years, Jeff Murray has led this group of happy hosers to create an award-winning ice surface. This year Jeff will be stepping down from this role but has passed the torch to Olivier Cullen. We are happy to have Olivier take on this challenge and would like to have more people join the team to help him out. People generally volunteer to flood one night a week. A team of two or three people each night is ideal. No experience is necessary – we will provide training for new hosers. If you'd like to join (or rejoin) the hosers, please contact Seanna at lindenleacommunitycentre@gmail.com. We'll be hosting a kick-off party and info session at The Clock Tower Brew Pub Tuesday, Dec. 3 – RSVP to the email above!



Help Needed for Local Public School

I teach at Robert E. Wilson Public School in Vanier and have been grateful for and touched by the generosity that Lindenlea and surrounding communities have shown our students and families in the past. In my class this year I have many newcomers to Canada, and several children who are homeless and living in temporary shelters. Our staff are once again organizing holiday hampers for families in the school community and we hope that you can help.

We're collecting toys, food, gift cards, clothing, and other gifts to help make up the hampers. Or you can fill an entire hamper – we'll match you with a family and provide you with information – their ages, etc. – to help you as you shop. These hampers can truly make the difference between a good Christmas and no Christmas for many students and their families.

If you're interested in helping, you can drop off gift cards, new toys or grocery gift cards at the Lindenlea Community Centre or at the Robert E. Wilson Public School during school hours, at 373 McArthur Avenue. If you would like to be matched with a family, please send me an email: saraerock@yahoo.com.

Sara Rock

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From the Councillor's Desk

Greetings, residents!

I'm very happy and proud to announce that in the City of Ottawa's 2020 Budget, all the key priorities that I asked for have been funded. As this is the first budget I have been a part of, this is a great accomplishment for my office and for the community. We have been listening to you and have been able to advocate for the things you've identified as important to you, your families, and your neighbourhood.

Among the projects to be funded this year, the Anti-Racism Secretariat will receive \$210,000, which will help to establish a policy unit at the City of Ottawa to address systemic racism in our community. In addition, \$500,000 in transition funding has been approved which will support the community funding framework, and \$180,000 has been approved for Building Better Revitalized Neighbourhoods, a program to improve the health and livability of priority neighbourhoods.

I am also looking forward to seeing improvements to the parks in Lindenlea. Consultations have started to determine what those improvements should look like. Community input is essential in the consultation process – these are **YOUR** parks, so make your concerns heard through your community association board.

Finally, a few weeks ago I was able to attend the Lindenlea Community Association AGM. It was a great opportunity to meet invested community members and discuss meaningful issues. In celebration of the neigh-

bourhood's 100th anniversary, I was happy to work with city staff to acquire commemorative heritage street signage. I was thrilled to see the signs installed at the beginning of this month.

As always, feel free to write to my office with any questions or concerns, and we'll try to get back to you as quickly and efficiently as possible!

My staff and I would like to wish you all the best during the holiday season. We hope you are enjoying time with your families, taking in the festivities in the city, and keeping warm. Have a cheer-filled holiday, and a happy New Year!

Rawlson King

City Councillor, Rideau-Rockcliffe Ward 13



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Happy
Holidays!

Proud part of the
Lindenlea community.

compassrosegroup.org




Rawlson King

Councillor / Conseiller
Rideau-Rockcliffe

www.rideau-rockcliffe.ca

 Rawlson King

 RideauRckcliffe

 rawlson

 rideaurockcliffeward@ottawa.ca

Lindenlea News

Welcome



Sara, Pierre, Lillian and Sylvia of Lindenlea Road recently welcomed Lumi, an adorable West Highland Terrier puppy, to their family. Lumi has been busy meeting other dogs in Lindenlea and has been studying hard in puppy school. She is a lovely addition to the community.

Farewells

Long-time Lindenlea resident **Charlie Reid** of 103 Rideau Terrace recently sold his home and is leaving the community. Charlie, a familiar figure in the community volunteered on the LCA Board, at the ice rink and for many of the neighbourhood activities since the 1970s. Thanks for all you did for Lindenlea, Charlie, and enjoy the next stage of

your life!

Another fixture of Lindenlea, **John Verdon** has purchased a house in nearby Vanier. John has been involved with the community for many years and is famous for his skillful pumpkin carving skills and gracious listserv management. Thankfully, John is still close by and will continue to volunteer to run our listserv, which now has more than 900 members. Congratulations to John and his family; they will always be considered Lindenleaders.

Happy Birthday!

We would like to wish lifelong Lindenlea resident, **Annabelle** of Rockcliffe Way, a very happy fifth birthday! Annabelle is sweet and kind. loves to colour and hang out with her friends.



Chris Ellis
Public School Trustee
Rideau-Rockcliffe/Alta Vista
 Zone 6 Ottawa-Carleton District School Board
www.SchoolZone6.org
 613-818-7350 - Chris.Ellis@ocdsb.ca

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Lindenlea News

That wind!



The wind was howling Nov. 1 and we ended up losing some trees in Lindenlea. One tree fell in Lin-

denlea Park, while a large spruce tree fell onto **John and Meehyun's** house at Lambton Avenue and Montrose Avenue. Thankfully, it did not cause any major damage, other than a dent in the siding and a few shingles that may need replacing. A neighbour alerted John to the event while he was volunteering at the RPPS Book Fair opening. We are glad everyone is okay!

Community centre news

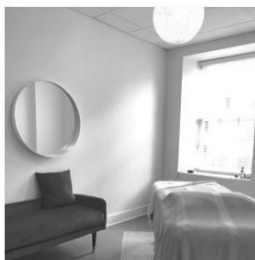
Did you notice the outside of the community centre got a paint job this fall, and that a new bench was added outside our front doors? We are all cleaned up and ready for the holiday season! We are looking forward to some more improvements in the spring.



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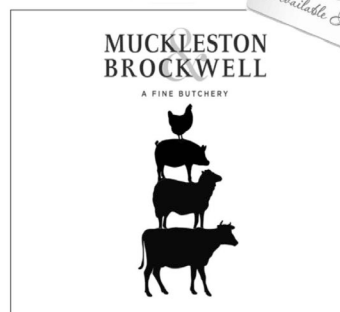
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Bring us your Shoeboxes

The Lindenlea Community Centre will once again be a drop-off location for The Ottawa Shoebox Project, so team up with friends and family and fill a box or two for women in need! Each Shoebox is filled with newly purchased little luxuries (a total value of \$50) that would help any woman feel special. Shoeboxes can be dropped off until Dec. 15 at the Community Centre. For more details, please visit shoeboxproject.com.



Another splendidiferous RPPS Book Fair

All weekend Nov. 1–3, the Rockcliffe Park Public School Book Fair – with the scrumdiddleyumptious theme of “Roald Dahl” – bustled with new and repeat visitors. In the Café, hungry shoppers devoured delicious mac-and-cheese and veggie chili cooked up by local meal service Dinner By Six (dinnerbysix.ca). Folks sipped Bridgehead coffee and snacked on baked goods from the kitchens of area embassies, RPPS families and generous neighbours.

We’re proud to announce that Book Fair earned **gross proceeds of \$53,000** from book and Café sales. As always, funds raised go to the RPPS Parent Council to hold such events as our Author and Illustrator Workshops and Grandparents’ Reading Day; to upgrade technology and equipment; and to fund a field trip and transportation for every class. And the benefits go beyond RPPS. Book Fair proceeds also furnish no-strings grants for five area schools to support their literacy programming and other needful projects.

We love our volunteers

We want, as always, to thank the wonderful volunteers that worked amid the boxes, behind the scenes, at the cash registers and among the shelves. We hope folks enjoy the camaraderie and satisfaction that comes from lending their time and support to this important event. Book Fair couldn’t happen without them.

Help us plan for next year

We’re so grateful to our outgoing **Chair Christina Leadlay** for her years of dedication to Book Fair! We’re now actively seeking a new Chair for Book Fair 2020 – or even two or three people who’d like to work together to lead this essential fundraiser. We’re always looking for new voices, skills and ideas. Steely veterans will help new volunteers with advice, support and lots of documentation.

As we’re fond of saying: “**One sale – the book sale.**” RPPS parents need not pester family and friends to buy this or sponsor that. They need only support this single, exciting, exhausting and rewarding event. Mark your calendars for Nov 6–8, 2020!

Learn more:

rockcliffeparkbookfair.com

Twitter: [@RPPSBookFair](https://twitter.com/RPPSBookFair)

Facebook: [RockcliffeParkBookFair](https://www.facebook.com/RockcliffeParkBookFair)



Season's Greetings
During this holiday season,
we wish you all the best.

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Look up, Lindenlea: we have new street signs!

The Lindenlea Community Association is excited, after many months of planning, to see our historic neighbourhood's new street signs. These distinctive street blades commemorate the 100th anniversary of Lindenlea's inception. The signs were unveiled at our Annual General Meeting, to great enthusiasm. Thanks to Donna Kemp for organizing this project and to City Councillor Rawlson King's office for helping to move it along. We would also like to thank the City of Ottawa staff for all of their hard work designing, printing and installing the signs.



Fall Event Wrap-up



We had a wonderful time celebrating fall in our community. This year we offered four free fall events: art in the park; a Halloween costume exchange; a pumpkin carving workshop; and a Thriller dance workshop. Our last session of art in the park took place in September. We had a fabulous time making art from leaves, glitter and googly eyes. We are already looking forward to next summer! We also hosted a Halloween costume exchange where neighbours found fantastic costumes and enjoyed some treats and a craft. Our pumpkin carving workshop was an overwhelming success, thanks to John Verdon, our local pumpkin carving guru. We carved more than 20 pumpkins in a little more than two hours. Several participating families were celebrating their first Halloween in Canada and had never carved a pumpkin before! Finally, this year Trish Moss hosted an amazing Thriller dance workshop that was so much fun! We learned some new zombie dance moves that were shown off in living rooms around the neighbourhood. A big thank-you to Trish for putting this together for our community. We hope to see everyone at our winter events.



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Programs at the Lindenlea Community Centre – Winter 2019

Programs at the Lindenlea Community Centre – Winter 2019

Monday Jan 6–Saturday Mar 14

Registration begins Dec 16 at lindenlea.ca

Questions? Email Seanna: lindenleacommunitycentre@gmail.com

YOUTH & FAMILY PROGRAMS

Lindenlea Playgroup

A cooperative playgroup for children aged 0–4 and their parents/caregivers. Adult participants take turns organizing crafts, snack and songs. Limited to 25 children.

Cost: \$50 (A discount is offered if you have more than one child attending.)

Tuesdays and Fridays 9:00am–11:15am

Coordinator: Naila Parsons

Nouveau! Camps culinaires pour les enfants de 9 à 12 ans

– ce cours sera enseigné en française

Nouveauté pour l'hiver 2020. Camps culinaires pour découvrir la cuisine française fait à la main.

Nous allons faire des quiches, des crêpes, des soupes et plusieurs autres plats français.

Apportez votre curiosité envers la cuisine française!

Du 16 Janvier au 20 Février

De 16 h 15 à 17 h 15

Coût: 100 \$

has been teaching Moo Kwang Taekwondo in the Lindenlea community for more than 20 years. Master Haas' philosophy is to teach the art and sport of Taekwondo in a fun and structured manner that is ideal for students of all ages.

Beginners may start at age 5; age 4 1/2 if accompanied by a parent

Saturday 10am–11am: Beginner/Family class (White–Green belts)

Saturday 11am–12pm: Advanced/Family class (Blue–Black belts)

Saturday 12pm–1pm: Adults only (White–Black Belts)

Wednesday 6pm–7pm: Advanced (lower belts may join with instructor's approval)

Instructor: Taylor Haas

Cost: \$90 Beginner (Saturdays only)

Cost: \$180 Advanced (twice weekly)

*Does not include independent testing.

Tae Kwon Do – World Tae Kwon Do Federation, Olympic Style

Taekwondo is a Korean martial art that encompasses body and mind training. Master Taylor Haas 4th Dan, in affiliation with Grand Master Tae Eun Lee 9th Dan,

MUSIC & DANCE

Join instructor Jamie Anderson for a fabulous series of ukulele workshops:

Ukulele Strumming

Learn cool strums and favourite songs you can do with them. For teens and adults; beginners on up. You should know at least three or four chords and be able to change them without stopping.

Sunday, Feb 15, 2:00pm–3:30pm Cost: \$30

Ukulele Melodies

Learn how to play melodies like “Happy Birthday” and “Ode to Joy” using tablature: a simple method that's easier than reading music. For teens and adults; beginners on up who have taken other ukulele courses.

Sunday, Feb 22, 2:00pm–3:30pm Cost: \$30

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Ukulele Fancy Stuff

For teens and adults; beginners and beyond who are ready to level up with movable chords, cool riffs and more for popular songs like “Sitting on the Dock of the Bay,” “Imagine” and “These Boots Are Made for Walking.” You should know at least three or four chords and be able to change them without stopping.

Sunday, Mar 1, 2:00pm–3:30pm Cost: \$30

Ukulele Fingerpicking

Learn cool fingerpicking patterns to play popular songs like “Hallelujah” and “House of the Rising Sun.” For teens and adults; beginners on up. You should know at least three or four chords and be able to change them without stopping.

Saturday, Mar 8, 2:00pm–3:30pm Cost: \$30

NEW! Introduction to Flamenco Dance

This class is a basic introduction to Flamenco dance with live music. Dancers will need solid shoes with a bit of a heel. We will be working on technique and choreography.

Saturdays, Jan 11–Mar 7th 2:30pm–3:30pm

Ages 8+ (Younger students may attend with a parent)

Cost: \$108

Instructor: La Mañanita

NEW! Community Flamenco Dance

This one-hour class will include live music and learning about the deep rich tradition of Flamenco. Students will learn how to sing, dance, drum, clap (give palmas) or call out (jaleo) with a live guitarist to make musical magic happen.

Saturdays, Jan 11–Mar 7 3:30pm–4:30pm

Ages 8+ (Younger students may attend with a parent)

Cost: \$108

Instructor: La Mañanita

FITNESS CLASSES**Flexible Fitness Pass**

If you travel or have a flexible schedule, our flex pass gives you the option of trying the any class when it suits your schedule. You choose the right program for you.

*Excludes Tae Kwon Do and Yoga classes. You may also

purchase this pass online.

Cost: 5-class pass: \$65; 10-class pass: \$130

Relax & Unwind Kripalu Yoga Flow

This end-of-day practice facilitates calming and quieting of your body and mind while increasing flexibility, releasing tight joints and cultivating a sense of inner peace. All levels of experience welcome! (This is a scent-free class.)

Wednesdays, Jan 8–March 11 7:30pm–9:00pm

Instructor: Eileen Scully

Cost: \$165

Louise/Sharon/Nina/Trish Package

Our fitness instructors offer a wide variety of classes – save by taking more than two classes in a session. Costs as follows:

One course, Mondays (No class Family Day, Feb 17): \$99

One course, Tuesday to Saturday: \$110

Discounts available:

Three courses: \$300

Four courses: \$340

Saturday Morning Tune-up

Pull it all together in one session! Thirty minutes of aerobic exercise, 20 minutes of muscle endurance and strength exercise, and ten minutes of stretching to enhance flexibility. It’s fun, and you leave feeling good all over and energized to deal with the rest of your day!

Saturdays, 8:30am–9:30am

Instructor: Nina LePage

Total Body Workout

Targeting cardiovascular function and strength, this class will help build muscle and core strength, as well as improve balance and posture. We will finish with a good stretch that will leave you feeling focused and ready to face the day.

Mondays 7:30am–8:30am

Instructor: Trish Moss

Intro to Weight Training

This class is aimed at people new to weight and resistance training and people who have done a small amount

of weight training.

Mondays 8:45am–9:45am

NEW: Wednesdays 12pm–1pm

Instructor: Trish Moss

Balance & Stability for Older Adults

This workout is designed for older adults to address their specific needs. We begin with a walking warm-up and arm exercises. Using the dance barre for security, we then practice balance positions interspersed with leg, core and upper body strengthening exercises. The class provides increased upper and lower body strength; increased ability and confidence; better balance and posture; and social interaction with like-minded and active people

Mondays 10am–11am

Wednesdays 10:45am–11:45am

Instructor: Sharon Collins

Men-Only Core Class

The core or trunk muscles prepare the body for movement, providing control and stability. An active core and pelvic floor function as a corset to protect the structural integrity of the joints. This core class focuses on gaining power in the trunk through dynamic movement and concentrated work.

Mondays 11:15am–12:15pm

Thursdays 11:30am–12:30pm

Instructor: Sharon Collins

Soulful, Low-impact Workout

A stress-relieving, low-impact class adapted to your individual needs and abilities, it targets core strength, flexibility, posture. It's a gentle, dance-inspired cardiovascular workout with body-mind based movements.

Tuesdays 7:30am–8:30am

Instructor: Louise Hannant

After-work Yoga

You will be guided through gentle, grounding stretches finishing with a deep relaxation to unwind and de-stress after your busy day.

Tuesdays 5:30pm–6:30pm

Instructor: Nina Lepage

Sunrise Core Strength

The core or trunk muscles prepare the body for movement, providing control and stability. This core class focuses on gaining power in the trunk through dynamic movement and concentrated work.

Wednesdays 6:30am–7:30am

Instructor: Sharon Collins

Core in Motion

We start to move gently to some great music and gradually increase the pace to a moderate level interspersed with 30-second intervals of higher intensity. Then we focus on building body awareness, balance and core strength.

Wednesdays 8am–9am

Instructor: Sharon Collins

Core Strength

This core class focuses on gaining power in the trunk through dynamic movement and concentrated work resulting in improved posture, increased body awareness, increased digestive function and decreased injuries.



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Wednesdays 9:30am–10:30am

Instructor: Sharon Collins

Fitness Fusion

The focus here is functional fitness beginning with a 15-minute extended cardiovascular warmup, moving into a fusion of Pilates, strength exercises and yoga. We will use small and big exercise balls, toning bands and a variety of breathing techniques and balance exercises. The class finishes with an extended stretch and deep relaxation for tranquility of the soul.

Thursdays 7:30am–8:30am

Instructor: Louise Hannant

Cross Fit

After a lively warmup, we alternate four strength building exercises for 30 seconds each, followed by one minute of cardio. Three sets of intervals are repeated twice: six sets in total. For the strength building portion, we use weights, bands, balls, gliders. This is a fun and challenging class that passes very quickly!

Thursdays 9am–10am

Instructor: Sharon Collins

Core Conditioning

This core class focuses on gaining power in the trunk through dynamic movement and concentrated work resulting in improved posture. The teaching approach involves connecting the mind with the body so that an increase in awareness is developed.

Thursdays 10:15am–11:15am

Instructor: Sharon Collins

Friday Morning HIIT Workout

Kickstart your day with a High Intensity Interval Training (HIIT) workout. This training technique focuses on quick, intense bursts of exercise followed by a short recovery period. This class is designed to introduce you to interval training and gradually build up your threshold to handle more intensity over time. Increase your cardiovascular health, muscular endurance and have fun while

you're at it! Beginners welcome.

Fridays 6:30am–7:30am

Instructor: Trish Moss

Core, Balance & Stretch

You will be led through series of exercises that will help increase your core body strength and improve your balance. A good stretching session at the end of class will leave you feeling great and ready for your day.

Fridays 7:45am–8:45am

Instructor: Trish Moss

WINTER EVENTS

Shoebox Project Party – Dec 7th 4pm–6pm

Come assemble your shoebox as a holiday gift for a woman in-shelter. Sign up for this event online and we'll do the shopping for you, or bring your already-purchased gifts to the community centre.

Kids' Holiday Party – Dec 15th 3pm–5pm

Join us for a kids' holiday party: we'll have crafts, snacks, a story and songs! This event is free to attend.

New Year's Potluck Dinner – Jan 5 5:30pm–8:30pm

Kick off 2020 with a healthy, plant-based potluck and talk to people about keeping your New Year's goals and resolutions. Have you successfully kept a resolution, or do you know someone who has made big changes that have inspired you? If you'd like to speak to our group, contact Irene Tobis: irenetobis@gmail.com or (613) 407-4376

Ice, Ice Baby Dance Workshop – Jan 26 2pm–3:30

If you enjoyed our Thriller dance workshop, you will love our Ice, Ice Baby workshop! Join us for an hour of fun dance instruction as we throw it back to the '90s. Everyone is welcome.

Family Day Party – Save the Date: Feb 17 10am–4pm

Join us for our annual Family Day party! We'll start with ice skating on the rink (weather dependant) and then move indoors for crafts, entertainment and snacks. Everyone is welcome to attend.



LCA 2019/20 Events Schedule

Event	Date
Fall Programs	Sept. 3 - Dec. 21
Kids' Holiday Party	Dec. 15
Rink Opens	Late Dec.*
Winter Programs	Jan. 6 - March 14
Family Day Activities	Feb. 17
March Break	March 16 - 20
Spring Programs	March 23 - June 27
Soccer Registration	March
Easter Egg Hunt	April 11
Spring Park Clean Up	April 25
Plant Sale	May 9
Tennis Courts Open	Early May*
Last Day of School	June 25
* weather permitting	



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Donna Kemp **Editor** Daniel Hanson **Design & Layout**
 Adrienne Blair **Editor** BCT Ottawa **Printing**
 Seanna Kreager **Coordinator**



Lindenlea Community Association Board

To register compliments or concerns, please contact our Manager

Stelios Togias	President	Kim Haaland	Director
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Jeff Rosebrugh	Director		

Donna Kemp **Lindenleader Editor**

Seanna Kreager **General Manager**

The Board meets on the 2nd Thursday of each month, except in the summer. Meetings are held at 7:30pm in the Lindenlea Community Centre and are open to the public. You are welcome to attend.

Next meetings

December 12	April 9
January 9	May 14
February 13	June 11
March 12	

If you would like to join the Lindenlea list-serv (an email service which goes out to over 900 people in our community) please contact John Verdon at johnverdon@gmail.com and ask to be put on the list.

Thank you for your business this past year.

Happy Holidays and best wishes in 2020!



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