

# THE RIVERVIEW REFLECTOR

Building Community  
SPRING 2024

Grey Hares Hockey  
photo shared by Brooke Koskie



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## Message from the General Manager

Krista Fraser-Kruck



**As we say goodbye to winter and eagerly anticipate the return of spring, I am delighted to share with you the incredible journey our community centre has embarked upon this past fall.**

Over the past months, we've been focused on growing our programming to meet the needs of our community. The introduction of a variety of classes including yoga and pilates has been a tremendous success, providing a sanctuary for wellness and fitness. Our workshops have become a hub for learning and skill development, offering a range of topics that ignite curiosity and innovation. The supportive atmosphere of our Knit Night has brought together yarn enthusiasts, offering a sense of friendship and community.

In the spirit of building social ties, we've introduced exciting new events that have quickly become fan favourites! Our monthly Movie Nights have transformed our centre into a Friday night destination for families, regular Nerf battles have injected a sense of action and fun! And the Holiday Craft Sale this past fall gave a space to showcase the incredible creative talents within our community.

Amidst the new additions, we are thrilled to have continued the tradition of some beloved events. The Fall Supper, Breakfast with Santa, and Winterfest carnival infused joy and warmth to our community, creating lasting memories for neighbours and friends.

Looking ahead to spring, there are so many great things to build the community centre's momentum! Our Annual General Meeting in April promises an opportunity for reflection and future planning, an opportunity to thank our tireless volunteers, and welcome fresh faces and new ideas to the board. The Spring Carnival will usher in the summer season with a community favourite event, perfect for gathering before the lull of the summer months. Mixed in there, Trivia Night and the Garage Sale are anticipated annual highlights that promise engaging fun and fantastic finds.

As we continue to grow and evolve, your feedback and involvement remain crucial. Our community centre thrives because of each and every one of you. Together, let's embrace the upcoming season and all the wonderful experiences it holds for us.

Wishing you a vibrant and joyful spring ahead! •

## President's Message

Jason Oliver



**They say laughter is the best medicine, and as we navigate this unpredictable winter at Riverview Community Centre, I couldn't agree more.** Mother Nature has been serving up surprises like a chef experimenting with a new recipe, keeping our ski trails and outdoor rinks on their toes (or blades, in this case). But fear not, our incredible volunteers and staff are tackling the challenges with grace, humour, and a touch of ice/snow magic.

The community centre has been a hive of activity, buzzing with life as both our kitchen and hall have been brimming with renters. The fall season brought us the first annual Epic Parent Party Social, a resounding success that wouldn't have been possible without the efforts of our volunteers. Thank you to everyone who played a part in making it a memorable event. We're looking forward to an even greater celebration next year.

Unfortunately, the winter weather forced us to make the difficult decision to cancel the kids hockey tournament and the 4x4 hockey tournament. We share in your disappointment and appreciate your understanding.

As we anticipate the arrival of spring, RVCC is gearing up for an exciting array of events and programming.

As we welcome the warmth of spring, test your general knowledge at Spring Trivia Night on April 20th. And don't forget to clear your schedules for the much-anticipated Garage Sale on June 1st and the Annual Spring Carnival on June 7th. Stay up-to-date with all the programming and events by following us on Instagram.

We are thrilled to announce that Riverview Community Centre has been awarded a renovation grant. This grant will breathe new

life into our lobby area with the addition of fresh windows and other enhancements. We extend our gratitude to Councillor Sherri Rollins for her steadfast support in securing this grant, as well as for her contributions towards acquiring ski trail grooming equipment, a new edger for the outdoor ice, and new goal posts for soccer.

Before we embrace spring, I want to remind the entire community of our upcoming Annual General Meeting on April 18th at 7 PM in the main hall. If you'd like to contribute more to the centre and your community, consider joining the board. For inquiries about joining, feel free to reach out via email at president@riverviewcc.ca.

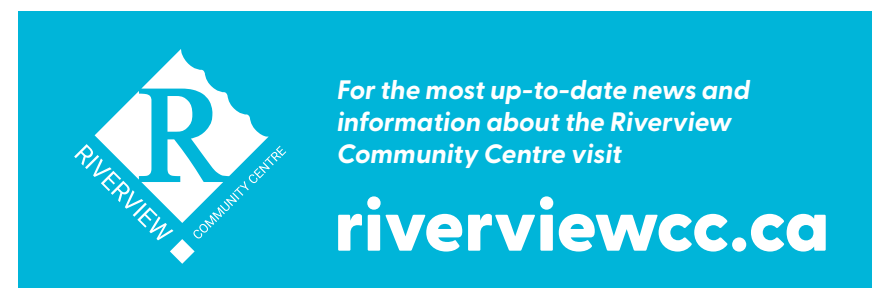
Together, let's continue to make Riverview Community Centre a vibrant hub of activity, resilience, and community spirit. Thank you for your ongoing support and dedication. •

## Save some trees?

*In an effort to reduce our printing and environmental impact, those who wish not to receive a hard copy of the Reflector in their mailbox may opt-out.*

*The Reflector will be posted on our website for you to enjoy, in colour, online! You can also subscribe to receive the latest issue via email.*

**To opt-out, please visit [riverviewcc.ca/reflector](http://riverviewcc.ca/reflector) and complete the online form.**



## Sizzling success at Santa's Pancake Breakfast

The community centre was transformed into a winter wonderland, with decorations that sparkled and twinkled, setting the perfect backdrop for the jolly man in red. Families arrived with eager anticipation, ready to indulge in a delightful breakfast that combined the magic of the season with the joy of community togetherness.

We'd like to thank our dedicated volunteers who worked tirelessly to create this special morning, serving up a scrumptious pancake breakfast and delivering the man of the hour—Santa!

Children's faces lit up with excitement as the elves led Santa Claus into the hall, making his special appearance. His jovial laughter echoed through the hall, and he took the time to listen to every child's holiday wishes. It was a heartwarming sight to see families come together, sharing smiles and creating cherished memories.

The event wasn't just about delicious food and Santa's presence; it was an opportunity for our community to connect and celebrate the spirit of the season. Neighbours mingled, exchanged warm greetings, and enjoyed the togetherness that makes our community so special.

And as Santa bid us farewell, the magic continued with a special performance that left everyone spellbound. Bob Barker, a talented lead magician from our Magic Club took the stage, enchanting the children with mind-boggling tricks and illusions. The room buzzed with excitement as families were treated to a spectacle that added an extra layer of enchantment to the festivities.

Jean making pancakes



As we look back on this delightful morning, we extend our heartfelt gratitude to everyone who contributed to the success of the Santa Pancake Breakfast—whether through volunteering, attending, or simply spreading the word. Your support made this event a true highlight of the holiday season. •



# Winterfest

As the frosty embrace of winter settled, the community centre geared up for a spectacular Winterfest that promised to be an event full of fun, laughter, and exciting activities for the whole family.

We kicked off the festivities with a **movie night**, featuring a showing of the beloved classic, "Ice Age." Families gathered as they enjoyed the heartwarming tale of prehistoric pals braving the icy unknown. It was a delightful start to Winterfest, setting the tone for the winter wonders that awaited.

Movie night was followed by a day of hockey excitement with our **women's 4 on 4 tournament** hosted by the Greyhares. Teams from the community laced up their skates, donned their jerseys, and hit the ice for an exciting tournament that celebrated the talent and dedication of female athletes.

This tournament not only showcased the incredible skill of our local players but also fostered a sense of empowerment among women in sports. It was a testament to the strength and resilience of our community, breaking the ice both literally and metaphorically.

This was quickly followed up with the much-loved **annual Frostbite River Run**. This running event has become a tradition, attracting participants of all ages and fitness levels. The Frostbite River Run was not just about the physical challenge; it was a celebration of the spirit of our community. The event embodied the resilience and determination of our community, proving that even the coldest days couldn't freeze our passion for an active and healthy lifestyle.

The following Saturday night boosted the first ever and much-anticipated **Family Skate Night**. The ice rink transformed into a vibrant dance floor, pulsating with energy and music, as we welcomed the sensational DJ KChedda.

The Family Skate Night was a chance for families to come together, share laughs, and create lasting memories. With hot cocoa, plenty of candy, and the HUGE full moon casting a magical glow, it was an evening that perfectly encapsulated the joy of winter.

The next day, Sunday, brought the excitement of a **Family Ski event**, where the community could revel in the beauty of winter and being outside. The Winnipeg Trails Mobile Ski Library was on-site, offering a variety of ski equipment for all ages and skill levels. Whether you were a seasoned skier or a first-timer, this was the perfect opportunity to enjoy the joy cross country skiing can bring.

The mobile ski library provided access to quality equipment and served as an opportunity for sharing tips and stories. People laced up their boots, grabbed their skis, and joined us for a day of snowy adventure.

Disappointingly, our later events, including our first-ever Après Ski Night and the annual 4 on 4 hockey tournament, had to be cancelled due to our unseasonably warm winter weather. However, we look forward to their return next year, promising even more excitement and festivities for the community to enjoy. •



[riverviewcc.ca/volunteer](http://riverviewcc.ca/volunteer)

## VOLUNTEERS NEEDED

*Looking for a meaningful way to fill your time and connect with your neighbours?*

**Look no further than volunteering at the Riverview Community Centre!** Whether you're a seasoned volunteer or new to the idea, there are plenty of opportunities to get involved and make a difference in our neighbourhood.

One of the most rewarding aspects of volunteering at the community center is the chance to socialize with your neighbours and meet new people.

But it's not just about socializing—volunteering also allows you to contribute to events that make our neighbourhood feel safe, strong, and supportive.

The best part? There's something for everyone, regardless of your interests, availability, or skill level. Whether you prefer getting active on the sports field, flexing your creative muscles in event planning, or lending a hand with fundraising initiatives, there's a volunteer role that's perfect for you.

Visit the RVCC website for details:

[riverviewcc.ca/volunteer](http://riverviewcc.ca/volunteer)

## Practicing Hope

Wilma Wiens

**This year, the season of Lent in the church begins on Valentine's Day.**

It is a long season—40 days leading up to Easter—to reflect on what needs to change within us so as to bring about a greater expression of love, goodness, reconciliation and peace in the world. In almost every corner of the earth we can see how life, for much of Earth's population, is not going well. Violence, oppression, hunger, homelessness, devastation of people's lives and cultures and the natural world are everywhere. The Church at large is not exempt from contributing to what is happening. Listening to and watching the news, despair and powerlessness can easily seep in. At the same time, there are many good things that are being done in response to and to address the various issues. Many efforts, across the globe, by people and organizations in all areas of culture and society, on large scale and small, are working toward justice, equality, reparation, wholeness, well-being and enough for all.

In response to the sometimes-overwhelming helplessness that I feel, I focus on practical actions and attitudes that work against fear, mistrust, anxiety and greed. In our small congregation I am regularly encouraged by efforts made by committed folks to work toward connection and compassion with people in the neighbourhood.

Our food bank, that runs every second Saturday, the monthly (almost) Sunday morning breakfasts for the community, the generous contributions of winter gear for people in need, and the donations that come in from outside our congregation for the foodbank, all give me hope.

In the midst of the Covid pandemic, I remember hoping that we as a global community would come out of the pandemic kinder, more compassionate toward each other. I can't say that I've seen that happen, at least not on a global scale. I am grateful for the season of Lent that comes every year – an opportunity to intentionally focus, personally and communally on living with greater intentionality and faithfulness to the common good. Lent, which means “spring”, represents a turning from barrenness to fruitfulness – a return to life in all its diverse fullness. May it be so, this year. •

*Wilma Wiens is the minister of pastoral and spiritual care in Grace Bible Church at 366 Oakwood Avenue.*

phone a friend

I focus on practical actions and attitudes that work against fear, mistrust, anxiety and greed

The Riverview Community Centre's

# Frost Bite River Run



celebrated its 11th anniversary on January 21<sup>st</sup>!

Dennis Cunningham

**This year the club welcomed 113 runners from around the world (we had participants from as far away as Grand Forks, Brazil, and France).** Unfortunately, our strange winter weather prevented us from being able to run on the river. Instead, we shifted of our alternate routes along the Churchill Parkway.

As in other years we provided runners with the option of either a 5 mile or 5 kilometer distance, prizes, great runner's swag, an awesome medal, and a delicious chili con carne lunch after the race! In addition, event sponsor, Chaeban Ice Cream, was on hand to offer runners and volunteers free samples. Our other key sponsor, A Phase Electric, provided our event winners with custom Frost Bite River Run jackets.

The Frost Bite River Run continues to be popular with runners because it is the first, official Manitoba Runner's Association sanctioned race of the year, our volunteers make every step of the day memorable, and it's held in one of the nicest neighbourhoods around.

Congratulations to Elliott Cooke, Steve Alexander, and Stan Zonov for finishing 1st, 2nd, and 3rd males the 5km. And congratulations to Amanda Younka, Norah Cunningham, and Kingsley Jamieson for being our 1st, 2nd, and 3rd place females in the 5km.

Norah was also our fastest Riverview runner in this distance.

Well done to Ashley Elliott, Miyako Shima, and Nicole Carswell for placing 1st, 2nd, and 3rd female finishers in the 5-miler. Ashley was also the overall winner and the fastest Riverview runner, too. Allex Delacruz, Sam Zhou, and Jean Noel Combot were 1st, 2nd, and 3rd males in the 5-miler.

It is important to note that the Frost Bite River Run is fully volunteer supported and would not be the success it is without the energy and enthusiasm our volunteers devote to the day. A huge thank you goes out to everyone who helped keep the runners safe, on the right course, and well fed afterwards! •

**Mark your calendars for the 12th annual Frost Bite River Run. It is tentatively scheduled for Jan. 19, 2025.**

**Frostbite River Runners, Becky Raddatz and Phaedra Miller**



### Saturday AM Parkrun

If you'd like to be part of a weekly running event, you are welcome to sign up for the Churchill Parkway Parkrun.

**The free 5km run is held every Saturday morning at 9:00 AM on the Churchill Parkway.**

It's part of a network of runs held across Canada—48 in all—and all around the world (2500+).

[parkrun.ca/churchillparkway](http://parkrun.ca/churchillparkway)

**Don't feel like running? Consider volunteering!**

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**Open Saturdays**



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Sheldon Birnie

**Although some wild and wacky weather didn't make it easy, the Jackrabbits hockey program once again made for some wonderful winter memories this year.**

Taking to the ice in late December, a full squad of 50 kids registered for the Jackrabbits introductory program. On Saturday mornings and Monday evenings, coach Jordan Sobkowicz and a handful of helpful parents took to the ice to run this group through some basic skating and hockey skills, with a focus on play and spatial awareness. "Children participating in this program are provided with a vibrant atmosphere of fun and positivity produced by our coaches, volunteers, and our engaging activities," Coach Jordan explained. "Designing fun drills and playing games that disguise hockey skill development, the kids are smiling as they are working through the challenges of learning to skate and keeping their balance. As they navigate the ice together, they are building individual skills like active listening, teamwork, resilience, and practicing a healthy lifestyle through physical activity."

**[kids] are anchored to the community through their interactions with the people and the environment around them**

During these Saturday morning sessions, the community centre is a buzz with activity, as neighbours come together to help kids learn, get active, and, of course, have fun.

"Community members love to see our youth having fun, while parents appreciate the values and lessons their children learn, and the children love doing the Jackrabbits cheer at the end of every icetime!"

This year, RVCC added a second level of Jackrabbits hockey for kids who had gone through the earlier program, but maybe hadn't made the jump to playing organized hockey for one reason or another. This group, which typically drew about a dozen skaters between the ages of six and 10, focused on developing skills such as skating, passing, stickhandling and shooting, while also spending more time scrimmaging and starting to learn the rules of the game.

"As the kids step onto their community centre ice, they are anchored to the

community through their interactions with the people and the environment around them," Coach Jordan added.

"Engaging in outdoor physical activities alongside fellow families nurtures their sense of belonging and fosters a reassuring sense of safety within their community."

The Jackrabbits 2.0 squad were outfitted with blue and white jerseys, leftovers from the Riverview Rangers, to allow for easier intrasquad scrimmages and also to build a sense of teamwork and camaraderie amongst the group. Although most of the kids were swimming in their jerseys, they were a big hit with the group, and a great way to keep the Riverview Rangers legacy alive.

With all the grassroots interest in the game, here's to hoping the weather co-operates a little more so next year the Jackrabbits crew can get out on the ice a little little more together.

1, 2, 3 – Jackrabbits! •



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Ever wondered about  
**FOREST SCHOOL**  
in Riverview?

Esther McNairnay



Riverview Ashland Childcare Centre is looking into the possibility of a half-day nursery forest school in the neighbourhood. Playing in the woods has always been an important part of our child care program's culture. We're looking at how we can meet the early learning and child care needs of the neighbourhood with a new Forest & Nature School program.

**What is Forest & Nature School?**

Forest & Nature School (FNS) programs take place outdoors in forests, fields, shores, tundra, etc. They rely on regular and repeated access to the same place, allowing children to develop a relationship with the land. Forest and Nature Schools are play-based and child-led. Educators support the interests, inquiries and projects that spring up from children themselves. Forest and Nature School views risky play as part of healthy child development and FNS practitioners are trained to support and co-manage these endeavors. Forest School Practitioners have a certificate from Forest School Canada (or an internationally recognized program). Forest and Nature School is suitable and beneficial for all children at any age and developmental stage.

**What would this program look like?**

Although we are early in the planning stages, we are interested in developing a part-time program for 3-5 year olds, lining up with Nursery and Kindergarten years. Our program would take place along Churchill Drive, moving with children's exploration and with the seasons.

Our long-term goal (5 year plan) is to create a full-day Forest Preschool.

**Want to know more?**

For updates, or to be added to the program's wait list, visit our website at [www.riverash.com](http://www.riverash.com). For questions, contact Esther McNairnay at [raccforest@gmail.com](mailto:raccforest@gmail.com)

**SOCCER**

**a mini glimpse into the future selves sports can inspire**

*Brenlee Coates*

**“Core memory unlocked!” our neighbour shouted, as we zipped down Eccles Street to the club.**

It was an idyllic summer day—we had our two-year-olds huddled together in a bike trailer behind me, flanked by our partners on either side.

Someone rolled down their window just to remark how charming our little procession to the park was.

It was the beginning of a new weekly tradition—taking our kids to U-3 mini soccer at Riverview.

The excuse to get out into the sunshine each week for a ride through the neighbourhood helped us slip happily into the new ritual.

When we arrived, we saw either familiar or at least friendly faces, having met a number of the parents at brief encounters at the park or through other walks of life.

Having a friend to arrive with only made it easier for our kids to get comfortable and settle into the new scene together.

**a lot of my characteristics –confidence, self-reliance, and keeping calm under pressure –I owed to my background in sport**

They promptly sprinted through the grass, ignoring most of the cones or other barriers meant to contain the two-year-olds to a designated area.

This would begin their enthusiasm for the weekly chance to run around outdoors—only sometimes exploring with a soccer ball. Admittedly, they weren't always following direction, but they had brief moments of really leaning into the task at hand, like leading a round of “Ollie Ollie Octopus,” that pointed to their growing comfort and confidence in this new environment.

While our kids mostly took their “assignments” as suggestions, it was these brief moments—a glimmer of complete self-assuredness—that reminded me of what I loved about sports growing up, and what I now know they taught me.

As a kid who played sports almost as soon as I could breathe, I took a lot of their effects for granted. I was always on a team—I always had team members relying

on me, making friends in every new dressing room I entered.

I never thought about physical literacy—I could always just trust that my body would do what I needed it to. That, if I felt like it, I could pick up a ball, sink a basket, or run a half-marathon.

It took becoming a parent to notice that a lot of my characteristics –confidence, self-reliance, and keeping calm under pressure—I owed to my background in sport.

While there wasn't a ton of serious soccer being played by our U-3 “Bumblebees” this past season, I could see my daughter beginning to trust her body to do what she needed it to. She sat on the ball, kicked it—and, after soccer was finished, she learned to climb to the top of the “spider web” at the playground, after patiently studying how the older kids scaled it.

Our biggest triumph of the soccer season, strangely, came when picture day happened. It started off with a complete derailment, with many of the kids melting down in front of the lens and our daughter flat out refusing to take her individual shot.

As the photographer began packing his bags away, she announced she wanted another chance. And, grinning ear to ear, she struck her first “ready position” pose in the Tim Hortons-branded gold jersey, forever cementing that first team and prideful sports moment in my mind. •



# Want to give back to South Osborne?

We are seeking dedicated volunteers to help us promote our local businesses and attract people to South Osborne. We have multiple volunteer positions available throughout the year:

### Streetscape Enhancement Committee Member

Join our group of area businesses and local residents that work hard on placemaking –enhancing the visual and pedestrian experience of South Osborne. As a committee member, you would be asked to attend approximately five yearly meetings, which take place on a weekday evening for about one hour each. Providing your ideas and knowledge at these meetings is the only commitment needed!

### Marketing Committee Member

Join our group of area businesses and local residents that are passionate about marketing and promoting the services, businesses and events in South Osborne. As a committee member, you would be asked to attend approximately five yearly meetings, which take place on a weekday evening for about 1 hour each. Providing your ideas and knowledge at these meetings is the only commitment needed!

### Summer Concert Series Site Set-Up & Take-Down

Assist in the pre-event preparations and/or post-event clean-up for our concerts on one or both of these dates –June 26th and August 28th.

### Interested?

Please email Stephanie (South Osborne BIZ Administrator) at [osbornesouthbiz@gmail.com](mailto:osbornesouthbiz@gmail.com) with your name, phone number and volunteer position of interest.

Visit us at [southosborne.biz](http://southosborne.biz).

Follow us on Facebook and Instagram. Thank you for supporting the South Osborne BIZ!

### Guided Restaurant Tour Ambassador

Assist with welcoming our restaurant tour guests, providing information and distributing prizes. Help us on one or many of our tours— evenings of July 3rd, July 10th, July 17th, July 24th, July 31st, August 7th, August 14th and August 21st.

And more....

# Returning Home

## Rediscovering the charm of Riverview

Denise Darling



**Dorothy Gale said it best: “There’s no place like home”. I have to say, that witch-melting kid really knew what she was talking about.** After a brief stint moving to another (also fantastic) Winnipeg neighbourhood, the pull of Riverview was too strong to keep us away. It’s been nearly a year since we sealed the deal on our dream home, moved back and we couldn’t be happier.

There’s no denying there is just something special about our little peninsula in South Osborne. You feel it whether you’re biking under the canopy of our tree-lined streets or grabbing a quick bite at one of the many delightful, cozy restaurants within walking distance. The added ability to ski, sled, skate and walk along a beautiful winding river path and you really have the best of everything.

But maybe more important and less tangible than the physical benefits of being in Riverview are the invaluable connections we’ve made with our neighbours (now friends). It says something that the weekend we took possession of our house, I received a text from one of my “mom friends” saying “we need an extra member for our Trivia Night team. Can you come?!”. The events hosted by the community centre have really made our transition back to the neighbourhood so seamless.

As our kids found their groove at school, attending movie nights and Nerf battles became a big part of rediscovering friendships. Whether an impromptu post-dinner park visit or kicking a soccer ball around the community centre field, we are almost always guaranteed to run into other families we know. And with the recent updates in the multipurpose room downstairs, we’re excited to celebrate birthdays and get together to share big moments.

Looking ahead, we eagerly anticipate annual events like the big garage sale, fall supper and Santa breakfast. And while I haven’t had the chance to try any yet, I’m also loving the workshops (floral arrangement, etc) that add another layer of engagement to the community. In all, we feel very fortunate to have found our way back home simply by clicking our heels together. •

*attending movie nights and Nerf battles became a big part of rediscovering friendships*





### Popular Pilates

Picture this workout: intense, but feeling the vibe of a chill evening. There's a burn, yet somehow the mood is mellow.

Eva Quan brought three such sessions of evening pilates and Foundation Training classes to the RVCC this past fall/winter.

When Monday classes filled up, Quan added a 10-week Wednesday session in the fall.

When RVCC offered another 8-week session during winter/spring, registration sold out within days.

#### Missed your chance?

Quan will return with single classes this spring on a drop-in, "karma" basis.

Keep your eye on Instagram @riverviewcc and at the RVCC website at [riverviewcc.ca](http://riverviewcc.ca) for details.

# Regularly scheduled wellness

Rose Pallone

### There's been a shift in what you can expect from the Riverview Community Centre.

It's no secret that the RVCC is bustling during winter. Our two outdoor rinks have been popular with skaters—even those who live outside the neighbourhood—for years. Before and after ice times, the club and canteen have always been busy.

But on days when temperatures didn't cooperate and the rinks were closed, the club was quieter. On those days, it was private renters then that were mostly responsible for any activity inside the RVCC hall and basement.

That is, up until this past fall/winter.

RVCC's program offerings have quietly expanded. Event posters for fitness programs—like yoga—and workshops—like "Knit Night"—began decorating a new bulletin board at the club's entrance in September. Following that, a continuous flow of people started to come and go at all hours.

"I wanted to take the empty evenings at the community centre and offer opportunities for gathering and building community," said Krista Fraser-Kruck, RVCC's general manager.

Fraser-Kruck said renters' classes were often open to the general public, but not always. She wanted to make programming consistent and more accessible for the whole community.

"I want to have the space be used," she said.

Thursdays, in particular, drew all-day traffic at the club. Morning and evening yoga classes, lunch hour "Dance Jam" and "Knit Night" gatherings meant RVCC's entrance was a revolving door of neighbours carrying yoga mats, running shoes and knitting needles.

**"I see people connecting before and after class and forming new relationships."**

Fraser-Kruck said most of the new programming "fell into my lap" after various conversations with neighbours.

"I teach Clara jazz at RWB and she told me they were looking for lunchtime instructors," said instructor Chelsea Humble. Her dance sessions ran from January to March and will return to RVCC this April.

"I started Dance Jam a year ago and already had a plan for a class," Humble explained. "I want to make fitness fun."

She said she noticed "big smiles" during the noon hour cardio sessions at RVCC. "Everybody has mentioned interest in spring [classes]."

As part of RVCC's ongoing effort to make programming accessible, residents either registered or dropped-in for Dance Jam.

Weekly classes that ran 10 sessions were \$75.

The cost to drop-in on a class was \$10.

### Postpartum Yoga



Karate, yoga and pilates classes offered the same access, space permitting.

Fraser-Kruck said grants were sought out after she saw the rising attendance. She purchased yoga blocks and pilates essentials for sold-out evening classes.

Yoga instructor Stephanie Maxwell started teaching evening "restorative flow" classes at the community centre in the fall and added winter postpartum classes on Friday mornings. She said she was "thrilled" when Fraser-Kruck approached her about teaching yoga.

"When we spoke more and she realized I support the perinatal community through massage therapy and birth prep classes, we decided to give postpartum yoga a go," Maxwell said. She said that the response has been "amazing."

"I see people connecting before and after class and forming new

### Dance Jam



relationships. This is so needed in these early postpartum days when new parenthood can be isolating."

She said the program's reach has extended beyond Riverview, and in this way new families are being introduced to "our thriving little hub of accessible and diverse programming" in Riverview.

Maxwell said she feels honoured to teach at RVCC every week and to be able to connect with people on multiple levels.

"There's nothing better than being able to support your community through your skill set," she said. •

Visit [riverviewcc.ca](http://riverviewcc.ca) and follow RVCC on social media for the latest updates on programs coming to the club. If you have an idea about an activity you'd like to see in our community, please email [gm@riverviewcc.ca](mailto:gm@riverviewcc.ca)





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# Unlocking FUN

## Riverview's new Open Gym Night!



This past winter, Riverview Community Centre began to host, in collaboration with École Riverview School, our Tuesday Open Gym Night, a weekly event that brought families together for fun and active recreation.

Starting in November, every Tuesday, the gymnasium at École Riverview School transformed into a vibrant space for families to engage in various activities. From basketball and floor hockey to pickleball, soccer, and dodgeball, there was something for everyone, regardless of age or skill level. Beyond the sports, Open Gym Night was about building connections within our community. Picture the joy of playing and being active together, and the shared experiences that made lasting memories. These evenings were a fantastic opportunity to connect with neighbours, make new

friends, and reinforce the sense of community we so dearly value.

Family was at the heart of Open Gym Night. We understood the importance of spending quality time together, which is why this initiative was designed to cater to families. Parents, children, and even grandparents were welcome to join in the fun and get active!

Anticipating the participation of a variety of families each week, Open Gym Night promised a dynamic atmosphere, striking a balance between friendly competition and a supportive community environment.

As winter encouraged many to stay indoors, Open Gym Night provided a compelling reason to break free from the winter blues. Engaging in physical activities not only kept us active and healthy but also boosted our mood during the colder months.

We appreciate those who spread the word, sharing this news with neighbours, friends, and fellow community members. We hope everyone enjoyed the past sessions of Riverview's Open Gym Night and will consider joining us before the end of the season! We will continue the program into April until spring sports take over our evenings.

Open Gym Nights happen on Tuesdays from 6-7:30 PM at École Riverview School, 253 Maplewood Avenue, Winnipeg (MB).



# word search

- basketball
- breakfast
- carnival
- coach
- crafts
- hockey
- frostbite
- knitting
- Lego
- meeting
- movies
- pancakes
- pilates
- Pokemon
- programming
- quilting
- Riverview
- school
- skating
- skiing
- soccer
- sports
- Winterfest
- yoga

C O M M S O C C E R C W U P P  
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For the most up-to-date information about events at the Riverview Community Centre visit

[riverviewcc.ca](http://riverviewcc.ca)

### AGM - Thursday, April 18<sup>th</sup> at 7PM

Join us for a review of the 2023 year including reports from our president and a financial overview. Everyone is welcome and encouraged to learn more about the operating of the community centre! If you'd like to learn more about joining the board, please email us at [gm@riverviewcc.ca](mailto:gm@riverviewcc.ca)

### Spring Trivia Night - Saturday, April 20<sup>th</sup>

Registration is now open! Early bird pricing until April 13<sup>th</sup> - only \$125 for your team of 8. Grab your neighbours and friends to put together your team for an evening of friendly competition and fun! Test your wits with a variety of challenging questions spanning diverse topics.



### Movie Nights

Movie nights happen Friday nights at the RVCC, once a month. Doors open at 6pm, movies start at 6:30pm, and the canteen will be open with candy and popcorn for sale.

Here are the family-friendly movie nights we have planned so far:

- Friday, March 15
- Friday, April 12
- Friday, May 10
- Friday, June 21

Find the latest updates online at [riverviewcc.ca/movie-night](http://riverviewcc.ca/movie-night)

### RVCC CCC - Saturday, May 11<sup>th</sup>

Mark your calendars for the 2<sup>nd</sup> annual RVCC CCC: A crib tournament... partnered with a fierce neighbourhood chili cookoff... with an outstanding craft selection on the side! Check our website and social media for registration details coming soon.

### Garage Sale - Saturday, June 1<sup>st</sup>

We will be accepting donations for the garage sale starting April 15<sup>th</sup>. No clothing donations please!

### Spring Carnival - Friday, June 7<sup>th</sup>

Join us for a petting zoo, bouncy castles and a family friendly beer gardens. We'll have hamburgers and hot dogs for dinner with popcorn, cotton candy, mini donuts and candy for dessert!

### Slo Pitch Tournament - Saturday, June 8<sup>th</sup>

Check our website and social media for registration details coming soon.





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