

Village of New Minas / Winter 2022-2023

VILLAGE NEWSLETTER

A GOOD PLACE TO LIVE

Welcome to the Village of New Minas!
In this informational newsletter, you will find updates and information from the Village Office, Recreation, Public Works and more!

VILLAGE OFFICE HOURS

9489 Commercial Street, New Minas, Nova Scotia, B4N 3G3

Monday-Friday
8:30AM-4:30PM

COMMUNITY NEWS

If your Community group or organization would like to submit something for the next newsletter, please email all submissions to ericad@newminas.com

HIGHLIGHTS!

- New Recreation Programs!
- Meet our Staff!
- VILLAGE WIDE FOOD DRIVE!!

FRIENDLY REMINDERS

- **Water Utility Bills** are mailed at the beginning of January and due January 29th!
- The Village Offices will be closed from December 23rd-January 2nd.
- The next Commission meeting is December 12th at 7PM.

New Minas



A good place to live

Food Drive

DECEMBER 7TH

PLEASE LEAVE ALL NON PERISHABLE, NON EXPIRED DONATION ITEMS ON YOUR FRONT STEPS AND OUR CREW WILL BE BY TO PICK UP ITEMS DURING THE DAY.

ALTERNATIVELY, YOU CAN DROP DONATION ITEMS OFF TO THE LOUIS MILLETT COMMUNITY COMPLEX.

WWW.NEWMINAS.COM



NEW MINAS RECREATION

"A Good Place to Live, a Great Place to Play!"

WINTER PROGRAMMING!

New Minas Recreation is excited to begin our winter programming! We welcome back Pickleball, Yoga, Seniors Stretch & Fit, Badminton and we look forward to the beginning of some new programs as well! To register visit www.newminas.com/recreation-programs starting December 9th at 9AM

PICKLEBALL

Pickleball is a paddle sport that combines elements of tennis, badminton, and ping-pong using a paddle and plastic ball. New Minas Recreation offers several different levels of play, including beginner!

BADMINTON

Badminton is a sport in which light rackets are used to volley an object—called a shuttlecock, shuttle, birdie, or bird—back and forth over a high net. New Minas Recreation offers Badminton on Tuesday evenings for all levels of play!

SENIOR STRETCH & FIT

This class is designed for seniors who want to stay active and move their bodies while still enjoying the support and security a chair can provide. Although the chair is a great tool, in this class we encourage participants to get up and out of their chair for certain exercises.

YOGA

New Minas Recreation is offering 3 different types of Yoga classes for different levels. Check out our website for more detailed class descriptions.

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WE HAVE MOVED!

New Minas Recreation has moved to Room 125 (across from the fitness room!) Come see us for all your Recreation & Facility needs!

ZUMBA

A high energy, music filled hour of easy to follow moves that are designed to make you dance, really sweat, and most of all have fun! This will make you smile and feel great! Modifications for all levels are shown.

KIDS MULTISPORT

Multi-Sport programs provide an alternative to early sport specialization and allows children to participate in a wide range of sports at a young age and it helps support physical literacy development. This program will create a foundation of skills, confidence and motivation that encourages growth in other developmental areas.

STRONG

A combination of kick boxing moves and plyometrics that are set to heart -pounding music to keep you motivated and moving. Designed to safely work every part of your body with moves that can easily be modified to a level you prefer.

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DAY CAMPS!

New Minas Recreation & Community Development offers some of the most fun and engaging camps in the area!

SUMMER DAY CAMP

Summer Day Camp registration will be held on May 1st, 2023 starting at 9AM. We look forward to running camp a little differently this year - stay tuned for details!

PD DAY CAMP

Did you know we run PD Day Camps? If your child is looking for some extra fun on those days off from school, we have something to offer! Registration happens one week before each PD Day!

MARCH BREAK CAMP

March Break Camp is always a hit! Running from March 13th-17th, registration begins February 1st, 2023.

AFTER SCHOOL PROGRAMS

New Minas Recreation runs not only one, but TWO after school programs. If you are looking for more information, please contact ericad@newminas.com

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DID YOU KNOW?

The Village of New Minas has a lot of fantastic free or low cost Recreation opportunities! Here are our top 4!

THE LINKS AT LOCKHART RYAN

Try Disc Golf for Free at our disc golf course located in Lockhart & Ryan Park. Borrowing discs is free of charge and can be done during regular hours!

LMCC FITNESS ROOM

Our fitness room has low cost monthly and yearly membership options! With single, couple and family price points, you can be sure you are getting the best value for your money!

OPEN GYM

If New Minas Recreation does not have a program that suits you, be sure to drop into our open gym times listed on our website! Open gym is family friendly and costs \$2!

NS WALKS- NEW MINAS

Head out with a trained NS Walks instructor on guided walks around New Minas. Walking is a great, low impact, way to exercise and get moving!

NEW MINAS PUBLIC WORKS

SNOW CLEARING

Help the New Minas Public Works efforts in keeping the sidewalks free of snow by removing any garbage bins from the sidewalk immediately after garbage pick up!

WATER WORKS

Moving out? Moving in? Please remember, if you pay for your own water to call and set up an appointment to get your meter read, receive a final bill or set up your account!

MEET THE STAFF

TARYN M.



My name's Taryn! I recently graduated from Acadia University where I received my undergrad in Kinesiology. One of my favourite parts of my degree was when I volunteered to work with kids in the community (Girls Night Out & S.M.I.L.E) which led me to the fun opportunity of working the after school program through the New Minas Village! My favourite things to do are to play rugby and adventure around with my friends, whether it's to local beaches or to grab a coffee!

COMMUNITY NEWS



BECOME A VOLUNTEER

We are looking for volunteers to fill customer service, office support and technician roles for our Health Equipment Loan Program (HELP).

Volunteers provide health equipment to individuals recovering from illness or injury and empower people to live with independence and dignity.

Learn more about how you can help at
redcross.ca/HELPvolunteer
or call your local Canadian Red Cross office.

