



# CITY GUIDE

WINTER 2022

## Your New City Council

Pages 4-5

## New Rules for Fireworks

Page 39

## Clear Bags for Garbage

Pages 14-15



Look for two sample clear waste bags inside the package



ST. JOHN'S

[www.StJohns.ca](http://www.StJohns.ca)

# PaybyPhone Parking

## Did you know?

You can download the PaybyPhone app on your smartphone. PayByPhone is available to use to pay for parking on Harbour Drive, Water Street and Duckworth Street.

If you do not want to download the app, the toll-free number to call is 1-866-234-7275. A credit card is required to use PayByPhone.

## Parking Zones

The zone number will be indicated on signs posted in the area that you are parked in. Motorists please look for signs when you are parking.

## How to read the signs



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## City Guide

Information and stories about the programs and services of the City of St. John's; produced quarterly and distributed via mail to all households in the capital city.

If you do not wish to receive unaddressed mail including the City Guide, put a note on or in your mailbox stating you do not wish to receive Canada Post Neighbourhood Mail™.

If you continue to receive unaddressed advertising after you have placed the note on your mailbox, submit a service ticket at canadapost.ca or call Canada Post Customer Service at 1-866-607-6301.

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# We are always here to help

## Citizen Service at the City

The City of St. John's Access Centre has been in operation since 2003. Currently the Access Centre operates with six full time, five part time, and three casual Customer Service Representatives (CSR) along with a supervisor and manager. Access is available to residents 24 hours a day, 365 days per year. City staff are available from 7 a.m. to 11 p.m., seven days per week. Calls after these hours and on statutory holidays are handled by a third-party contractor.



*The Citizen Service team at Access St. John's*

Access staff are the first point of contact for city residents. They answer calls from 3-1-1 (754-CITY), emails from [access@stjohns.ca](mailto:access@stjohns.ca), or assist with issues flagged through the 311 St. John's app.

Annually, staff respond to over 120,000 phone calls and over 30,000 emails from residents.

Access staff stay up-to-date on all City services. This includes garbage concerns, parking permits, scheduling property inspections, advising residents on by-laws, handling

complaints and issuing compliance letters for property sales. They also accept payments for items like sewer backups, property tax, water tax and animal registration. They are also well informed on seasonal services such as snow clearing, special events like the Downtown Pedestrian Mall, and everyday issues like water main breaks.

The team at Access is relatively small but is mighty! They are often the face of the City, the first people a resident

may see or talk to about an issue. To ensure interactions with citizens are dealt with appropriately, staff are informed on City services, keep up on current information and changes that occur, attend appropriate training and staff meetings.

Reach out if you have any questions about your city!

We are always here to help.



## Questions? Concerns?

ONE STOP CITY SERVICE  
**access 311**  
**stjohns.ca**

Contact Access St. John's online or by telephone before visiting City Hall.

- App 311 St. John's
- Call 311 or 754-CITY
- Online at [StJohns.ca/contact-us](https://stjohns.ca/contact-us)
- Email [access@stjohns.ca](mailto:access@stjohns.ca)



# Your City Council 2021-2025

The most recent municipal election was held September 28. It determined your municipal government for the next four years.

City Council meets once a week, typically on Monday at 3 p.m. in the Council Chamber on the fourth floor of City Hall.

Agendas for City Council meetings are posted online on the Friday afternoon before the meeting. Find them on the About City Hall webpage under Council & Committee Agendas.

In 2017 City Council implemented a Committee of the Whole structure for standing committees. Members of Council



are each assigned to a lead role on various themes. The intention of this move was to increase public access to decision making and to provide simplicity of meeting structure by having all the information for discussion and decision making in one place. Committee of the Whole meetings are held bi-weekly every other Wednesday at 9:30 a.m.

## Danny Breen he/him

### Mayor

576-8477

dbreen@stjohns.ca dannybreen.ca

  DannyBreenNL

Danny was first elected to Council in 2009 and was acclaimed in 2021 for his second term as Mayor. He is currently Council lead for Economic Development, Governance and Strategic Priorities and is on the Board of Directors, Municipalities Newfoundland and Labrador. Danny was born and raised in St. John's where he resides with his wife Ann. He has two daughters and is a proud grandfather.





## Sheilagh O'Leary she/her

### Deputy Mayor

576-8363

soleary@stjohns.ca

 sheilagholeary  OLeary

St. John's native Sheilagh is an award-winning photographer and cultural producer of Irish/M'ikmaq ancestry. With 25 years as a community organizer and volunteer, Sheilagh is a strong advocate for social equality and healthy communities. A mother of three, Sheilagh was first elected to municipal politics in 2009 and is pursuing a Master of Fine Arts at Grenfell Campus, Memorial University.



## Maggie Burton she/her

### At Large 576-8219

mburton@stjohns.ca maggieburton.com

 mmburton  maggieatlarge


Originally from Brigus, Maggie has called St. John's home since 2009. She lives downtown with her three young children. Maggie holds a Bachelor of Music (hons.) from Memorial University and enjoys playing and teaching violin. Since joining Council in 2017, she has championed building a more inclusive city focusing on improving planning processes and the transportation network.



## Ron Ellsworth he/him

### At Large 576-8584

rellsworth@stjohns.ca ellsworth2021.ca

 RonEllsworth

Born in Carmanville, Ron has lived in St. John's since the 1980s. Together with his wife Paula, he has four children and a grandson. He studied Business Administration at Keyin College before beginning a career as an entrepreneur and real estate agent. Beyond his professional career, he spends much of his time working with many community groups and organizations to advance causes that are dear to his heart.



## Sandy Hickman he/him

### At Large

576-8045

shickman@stjohns.ca

 SandyHATLarge  SandyHickman

Sandy was first elected to Council in 2001. Sandy has a Bachelor of Phys. Ed. and Education from Memorial University and a Master of Arts in Sport Administration from the University of Alberta. Sandy is a retired Marketing Specialist from the Department of Tourism, Culture and Recreation. He is married to Karen and has three children- Alex, Meredith and Rebecca.




## Debbie Hanlon she/her

### At Large

576-8286

dhanlon@stjohns.ca

 DebbieHanlon1

Debbie was first elected to Council in 2008 and has held an At Large seat since 2017. She sits on the Inclusion Advisory Committee and the Senior Advisory Committee. With 30 years being an entrepreneur, Debbie was named one of the top female entrepreneurs in Canada, a three-time Top 50 Atlantic Canadian CEO and is a published children's author. Debbie has three children and two grandchildren.





### Jill Bruce she/her

#### Ward 1

576-7144  
jbruce@stjohns.ca  
jillmbruce



Jill has a Business Management background and has spent her career working in both the private and public sectors. She has been very active in her community and has served as a volunteer with the Roncalli Elementary School Council, the Gonzaga High School Council, and the Duke of Edinburgh's Award. Jill lives in Airport Heights with her husband and their two sons.

### Ophelia Ravencroft she/her

#### Ward 2

576-8243  
oravencroft@stjohns.ca  
voteophelia



Raised in Halifax, Ophelia has called St. John's home since 2007. She holds a Master of Arts in History from Memorial University, is a popular music researcher and policy analyst by trade and is a long-time local feminist activist. She is both the first out lesbian and the first openly transgender person to serve on Council.

### Jamie Korab he/him

#### Ward 3

576-8643  
jkorab@stjohns.ca  
jamiekorab.ca  
jamiekorab  
jamie.Korab



Jamie Korab is in his second term as a Ward Councillor. He is married with two children and for the past 10 years has been a realtor. He's involved in the community sitting on various boards and committees. Jamie is an Olympic gold medalist in curling and holds an honorary Doctor of Laws degree from Memorial University.

### Ian Froude he/him

#### Ward 4

576-8217  
ifroude@stjohns.ca  
ianfroude.ca  
ianfroude



Ian was first elected to Council in 2017 and was re-elected by acclamation in 2021. He is a graduate of Civil Engineering at Memorial University. Ian has been very involved in the community through various volunteer and entrepreneurial roles. He lives in Ward 4 with his wife Stephanie, kid Simon and dog, Desmond.

### Carl Ridgeley he/him

#### Ward 5

576-2332  
cridgeley@stjhns.ca



Carl is new to City Council. Carl has a strong sense of community and has spent many years volunteering as a hockey coach and has proudly committed 18 years to the Goulds Volunteer Fire Department. Carl is a Red Seal Electrician, has two grown sons and resides in the Goulds with his wife Gail.



# Snow Clearing



## Levels of Service

Snowclearing operations are impacted by many factors. Weather conditions following a snow event such as drifting, rain, or a sudden temperature drop could delay our snow clearing timelines. Public health guidelines could also have an impact on staff levels, should there be an exposure to COVID-19. While the City uses its best efforts to clear snow in a timely manner, our harsh climate can impact snow clearing.

### Ice Control, Streets

Complete one application of ice control materials on streets within three hours of ice conditions.

### Snow Plowing, Streets

For snowfalls of up to 25 centimeters, complete an initial cut on streets within 12 hours following the end of the storm.

For snowfalls greater than 25 centimeters, and for extenuating circumstances (such as drifting conditions, extreme snow accumulations, etc), the time to complete the initial cut will increase.

### Street Priority Order

Streets are salted and plowed on a priority basis.

Priority 1 = major and minor arterials

Priority 2 = collector streets

Priority 3 = minor streets and cul-de-sacs

Priority 4 = private lanes maintained by the City

### Snow Plowing, Sidewalks

Depending on the amount of snow on the ground, most streets in the sidewalk program will be plowed within four to seven days following the end of the storm. The time to complete this will increase if a new storm occurs during this time frame.

View the sidewalk map at: [map.StJohns.ca/sidewalk](http://map.StJohns.ca/sidewalk)

#### Sidewalk Priority

##### Downtown

The St. John's Snow Removal Regulations require properties adjacent to designated downtown streets to keep sidewalks clear of ice and snow.

##### Outside Downtown

The City clears and salts sidewalks on at least one side of many arterial and collector streets. School zones, however, are given top priority for sidewalk clearing operations.

Priority 1A = School Zones

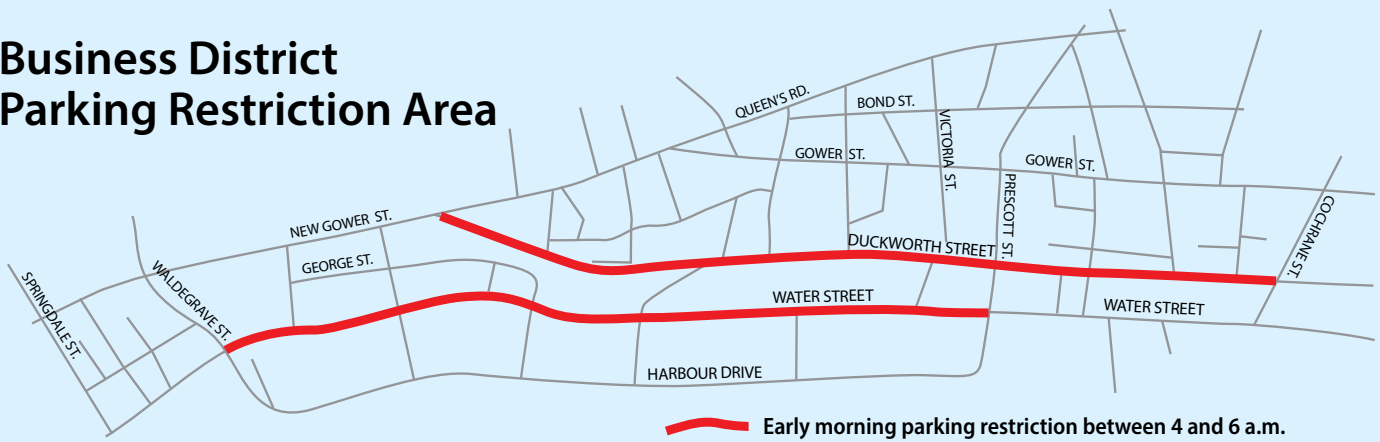
Priority 1 = First side of arterial roads and downtown business district (main pedestrian corridors)

Priority 2 = Second side of multi-lane arterial roads and downtown business district, and first side of collectors

Priority 3 = Second side of remaining arterial roads (with both sides serviced)

Priority 4 = Second side of collector streets (with both sides serviced) and any remaining sections of the sidewalk program

## Business District Parking Restriction Area



# Winter Parking Restrictions

To safely and effectively clear snow from streets, the City of St. John's restricts parking on streets by area, time of day, and/or dependent on operational requirements.

Violating winter parking restrictions can result in a ticket being issued or the vehicle being towed.



For more details of each winter parking restriction, check our websites:

[StJohns.ca/snow](http://StJohns.ca/snow)

[map.StJohns.ca/snow](http://map.StJohns.ca/snow)

## No Parking- Snow Route

From December 1 to March 31 parking is prohibited 24 hours a day, regardless of snow/street conditions, on streets with designated Snow Route signs.



## Downtown Scheduled as required 11 p.m. to 6 a.m.

On-street parking in the Downtown is occasionally restricted throughout the winter on streets when they are scheduled for snow removal operations.



## Business District 4 to 6 a.m. daily, once in effect

On-street parking in the Business District is restricted throughout the winter to allow for early morning snow clearing regardless of snow or street conditions.

## Outside the Downtown and Business District

Once in effect - 12:30 to 7:30 a.m. daily.

The on-street parking restriction outside the Downtown and Business District is in effect throughout winter regardless of snow or street conditions.

## 24 Hour Parking Restriction

Implemented as operationally required outside the Downtown and Business District

The Deputy City Manager of Public Works can implement a 24-hour parking restriction outside the Downtown and Business District when necessary for snow clearing and/or snow removal. When in effect, vehicles cannot park on streets outside the Downtown and Business District area at anytime. Notice of the 24-hour parking restriction will be posted on the City's website as a Public Advisory.



# Downtown Overnight Snow Removal

Downtown snow removal operations take place overnight between 11 p.m. and 6 a.m. when there is reduced pedestrian & vehicle traffic.

A complete list of streets included in the Downtown snow removal area can be found at [StJohns.ca/snow](http://StJohns.ca/snow).

Streets scheduled daily for snow removal visit [map.StJohns.ca/snow](http://map.StJohns.ca/snow).

## Is my street scheduled for snow removal?

Streets scheduled for overnight snow removal are normally posted by 3 p.m. each day.

To find out if your Downtown street is scheduled for overnight snow removal:

- Check [map.StJohns.ca/snow](http://map.StJohns.ca/snow)
- Sign up to receive an email by 3 p.m. each day, at [StJohns.ca/st-johns-e-updates](http://StJohns.ca/st-johns-e-updates)
- Call Access St. John's at 311 or 754-CITY (2489)
- Check for signs placed in snowbanks and at the ends of the street where we'll be removing snow

## Where to Park

When your street is scheduled for snow removal, you need to move your vehicle(s) off the street from **11 p.m. to 6 a.m.** on the dates indicated. Any vehicle parked on a street scheduled for snow removal at this time may be ticketed or towed at the owner's expense.

Alternate parking options include:

- City Hall parking garage, 8 New Gower Street, free to the public on weekends and 6 p.m. to 8 a.m. on weekdays
- privately owned parking garages at 351 Water Street and 330 Duckworth Street, parking by fee

## If your vehicle is towed

### Impound Fees and Payments

Towing Charge: \$200

Administration Charge: \$50

Impounding Fee: \$25 per day

Vehicles are released to the registered owner/ renter when all charges are paid. If proof of registration and insurance is not provided, the vehicle can only be towed, not driven, from the impound lot.

Payment Options:

- In person at City Hall  
8 a.m. to 4 p.m., Monday to Friday  
By cash, credit or debit card
- By calling 311 or 754-CITY (2489)  
7 a.m. to 11 p.m.  
By credit card only

Impounded vehicles can be picked up, after payment is made, by the registered owner/ renter from 8 a.m. to midnight, seven days a week at 25 Blackler Avenue. We need to see proof of ownership, such as:

- Driver's license or other government identification with the same name and civic address as the vehicle registration
- For rental vehicles, the name and address on government identifications matches the name and address of the rental agreement



# Protect your property



Mark objects to be avoided



# Double the distance



Winter road conditions demand more space for stopping

# The Snowhawk

some fashion statements are a ticketable offence



Clear the snow before you go!

# Beware The Blade



Plows extend beyond the width of vehicle, look for warning beacons





# St. John's Healthy City Strategy

## Our vision to build a healthier, more vibrant St. John's

In September 2021, St. John's City Council approved a 10-year Healthy City Strategy designed to make St. John's a healthier, more livable city by addressing the conditions in which people live, learn, work and play.

By working with all levels of government, various community sectors, and our key partner, Eastern Health, we aim to achieve this vision by making changes in our city and neighbourhoods that promote healthier people and places and support a healthier future for all. Stories from some of our residents highlight the importance of these factors in promoting health and well-being.

### Lifelong Learning

Mary Kennedy first became involved in City programs when she filled in to teach a line dancing class 20 years ago and has been involved ever since. She has learned new skills, built new friendships and improved her physical health. She recognizes the range of health and social benefits associated with being involved in her community and acknowledges the benefits from City programs. "I encourage people to get out in the community and socialize and exercise more. Being active has helped me feel better, and it could help others too," says Mary.

### East Meadows Community Garden - more than a space to grow food

A concern for the environment and a passion for gardening inspired Samantha Tobin to form a garden committee and establish a new community garden in East Meadows Park. Samantha hopes the garden will give residents the opportunity to grow more food, serve as a community hub to foster connections and engagement and provide a platform for knowledge exchange and learning for all age groups. "We want to make the garden, and gardening, fun, easy and accessible," says Samantha. Future plans for the garden include a plot for kids, a fully accessible raised bed for those with mobility concerns, and the sharing of future harvests with residents who are unable to garden themselves.

We recognize that there are barriers to health and wellness in our city. By working collaboratively to address the root causes of health inequality, the Healthy City Strategy aims to help residents overcome some of these barriers while making the city a healthier place to live.

*Healthy City Strategy Vision: St. John's is a progressive, inclusive, and connected city with active, healthy citizens, living in affordable, accessible, complete neighbourhoods where citizens can move about freely, connect with the natural environment and feel a sense of belonging.*



**Want to know more?**

Please visit our website for more detailed information of the strategy. You can also reach us at [healthycommunities@stjohns.ca](mailto:healthycommunities@stjohns.ca)

**Save the Date – Award Nominations**

Throughout the year, the City of St. John's celebrates and recognizes the outstanding achievements of individuals, teams, groups, and businesses in a variety of areas.

The Volunteer, Building Healthy Communities and Youth Award nominations occur every spring – start thinking about deserving nominees today!

Look for more details in the spring issue of the City Guide or visit [StJohns.ca](http://StJohns.ca) and search 'awards.'





# YOU CAN make a difference in a child's life

We believe that all children in St. John's should participate in recreation and leisure activities which boost their self-esteem, promote active living and support personal growth through increased knowledge and skill development.

The REAL Program provides recreation and leisure opportunities to children in financial need. It matches children with one organized activity of their choice.

**You can donate by bringing your  
deposit beverage containers to  
any Green Depot and using code  
5768684**



**ST. JOHN'S**

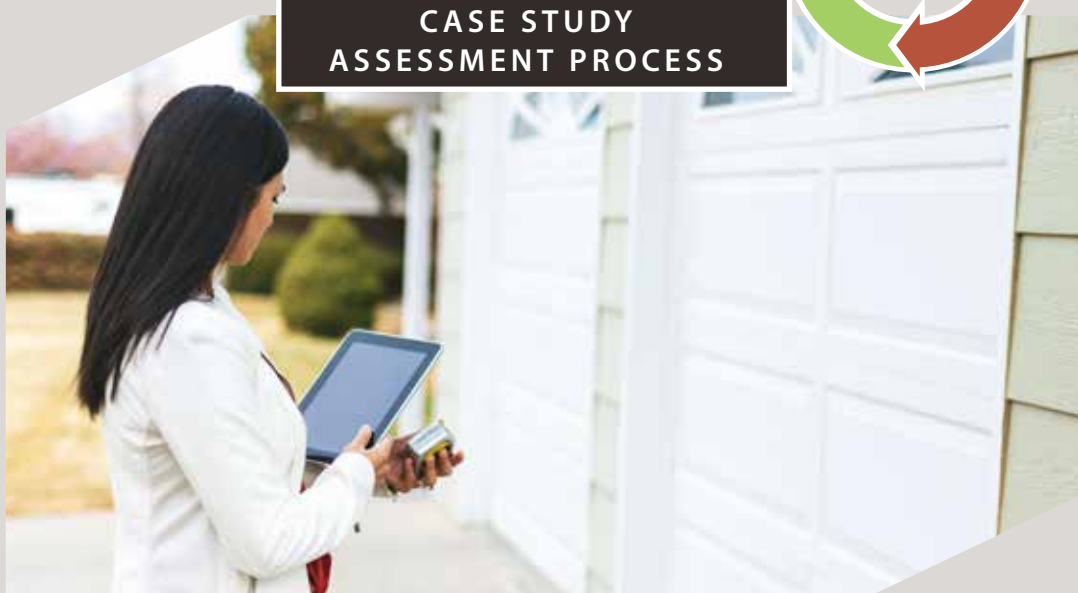


The City uses proven continuous improvement (C.I.) tools and methods to tackle process problems and engage staff in problem solving. Learn more by searching 'continuous improvement' at [StJohns.ca](http://StJohns.ca)



# Continuous Improvement Success

Assessment is the process of establishing a market value of property for taxation purposes. Completing assessments on more than 50,000 residential properties is time-consuming and in previous years, staff had to work significant amounts of overtime to ensure property assessments were completed by the legislated deadline. The goal of this project was to improve the quality and consistency of the assessment roll, reduce rework, and reduce costly overtime.



## **The Challenge**

Completing the property assessment process within the tight legislated timelines while ensuring accuracy and uniformity within the assessment roll.

## **The Solution**

The project involved a review of the residential reassessment process. Staff first mapped the processes currently being used by each assessor, known in the CI world as the 'current state'. Then they identified where 'waste' in activities was occurring. This would include any defects in information or rework that was happening. Staff then looked at where they needed to be (known as the 'future state'). Using these three pieces of analysis, standardized work processes were created to reduce time spent on reassessment, increase accuracy and thereby reduce the number of appeals.

## **How You Benefit**

Overall, implementing this process has resulted in a reduction of overtime during the most recent residential reassessment. The core of the work was completed during regular work hours with limited overtime required. At this time, estimated overtime savings are approximately \$60,000. Staff also identified fewer errors during the reassessment review which resulted in less rework, and the number of residential assessment appeals was notably reduced from the previous cycle. Learning from this project has been applied to the commercial reassessment process as well.

*The City of St. John's is committed to continuously looking at what we do and how we do it to ensure we are performing effectively and achieving results. Through continuous improvement, we are making our processes more efficient to deliver more value to our citizens.*

*Better, every day.*

# Let's be Clear

Beginning January 1, 2022 clear bags will be required for garbage put at the curb.

Earlier this year, the City of St. John's updated its Sanitation Regulations to reflect modern practices of waste collection.

Clear bags for garbage is not a new concept and are required in many municipalities across Canada, including right here in our province. The City of Mount Pearl have been using clear bags since 2017, in Central Newfoundland since 2015, and more recently in Western Newfoundland.

When clear bags are required in 2022, curbside recycling will be mandatory in St. John's. Make sure you're recycling all you can and aren't throwing valuable recyclables away – check our app 'St. John's Waste and Recycling' or our website [CurbitStJohns.ca](http://CurbitStJohns.ca).



## Recycling Saves Money

We learned from a recent waste audit that more recyclables are going in the garbage than are being put in blue bags. We want to decrease the amount of waste entering the landfill and divert recyclables to the recycling facility – the best option environmentally and economically.

Diverting useable waste saves the City, and its taxpayers, money.

For every tonne of residential garbage brought to Robin Hood Bay, the City of St. John's pays \$82 – however, to dispose of a tonne of recyclables only costs \$22 per tonne.

There are no benefits from recyclable material buried in a landfill. Recyclables put in blue bags are sorted at the recycling facility and sold to markets for further processing and use.

## Using Clear Bags

Whether you have a City-issued garbage cart or put bagged garbage at the curb, it must be in clear bags. One privacy bag – an opaque or non-translucent bag for items you don't want others to see – is allowed each week.

If you use small bags in bathroom or bedroom bins or medium ones in a kitchen bin and put those bags in a larger bag, all the bags used must be clear. If you put an opaque bag inside a clear bag, it is considered your privacy bag.

You don't have to wait until January 2022 to begin using clear bags. Take a look for clear garbage bags the next time you are at a grocery or home supply store. Consider picking up a box or two to use in your home now, so that you are well prepared and familiar with using them before the new year.

### FREE Sample Clear Bags

To get you started, the City has purchased and included two free clear bags from Billy Boot in this Guide.





# with our Waste

## Privacy Bag

### Maximum 1 per week

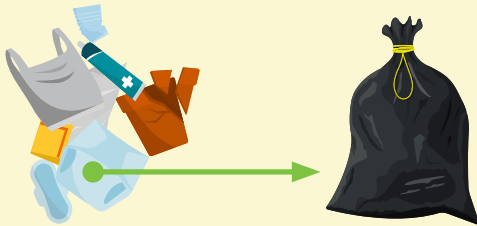
Put any waste items you would like to keep 'private', so that others don't see it, in an opaque (not see through) bag.

Privacy bags can be:

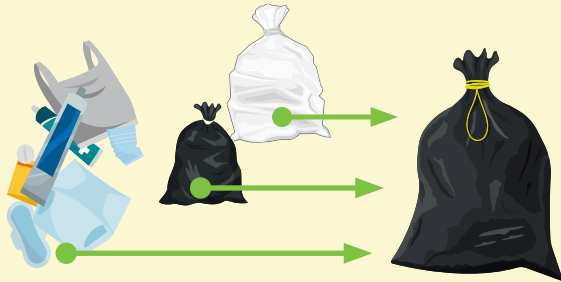
- black
- white
- green
- orange
- any colour opaque bag
- clear with opaque bag(s) inside

### What makes a Privacy Bag

1. It could be loose garbage in an opaque bag.



2. It could be loose garbage and/or smaller opaque bags all inside a larger opaque bag.



3. It could be loose garbage and/or smaller opaque bags all inside a larger clear bag.



## Clear Bags

### 3 (plus 1 privacy bag) per week or 4 (no privacy bag) per week

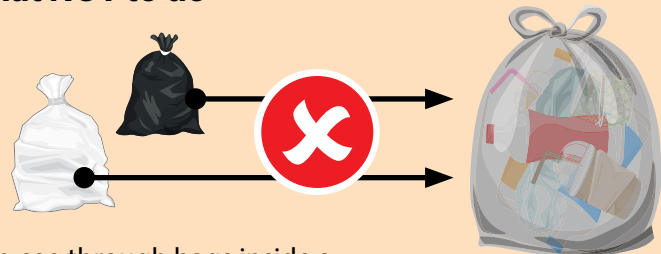
Put loose garbage in a clear bag.

If you put smaller bags inside a clear bag, for example from a kitchen or bathroom waste bin, the smaller bags must be clear and see-through as well.

Clear bags go in the garbage cart or at the curb (maximum of 4 bags) in areas without automated collection.



### What NOT to do



Non-see through bags inside a clear bag is only acceptable as your 1 privacy bag per week

## Separate bag for Containers



**Aluminum Trays**  
e.g. pie plates, baking trays & more



**Aluminum Cans**  
e.g. pop cans, beer cans & more



**Milk & Juice Cartons**



**Plastic Trays & Tubs**  
e.g. butter & sour cream tubs, vegetable & fruit trays



**Clamshell Plastic Trays**  
Take-out foods, sandwich and berry containers



**Plastic Food Containers**  
e.g. ketchup, mustard, yogurt & more



**Plastic Cleaning Product Containers**  
e.g. bleach, liquid laundry detergent, all-purpose cleaner, spray bottles, windshield wash bottles & more



**Plastic Toiletries Containers**  
e.g. shampoo, liquid soap, mouthwash, contact lens solution, body wash & more



**Plastic Drink Bottles**  
e.g. water, pop, liquor & more



**Steel (Tin) Cans**  
e.g. soup cans, bean cans, tuna cans, coffee cans & more



**Tetra Pak Containers**  
e.g. juice boxes, soup containers & more

## Separate bag for Papers



**Newspaper, Flyers & Junk Mail**



**Magazines, Catalogues & Phone Books**



**Writing & Computer Paper**  
e.g. lined, white, coloured



**Envelopes**  
paper and plastic window envelopes, but not bubble or insulated envelopes



**Books**  
Remove hardcovers



**Boxboard**  
e.g. cereal, cracker, detergent boxes, frozen food boxes & more



**Egg Cartons**  
Just the cardboard kind, not the styrofoam kind



**Take Out Drink Trays**



**Empty Paper Towel & Toilet Paper Rolls**  
Just the empty cardboard rolls, not the toilet paper or paper towels themselves



**Corrugated Cardboard**  
Must be in a tied-up blue bag or bundled to no more than 2 ft x 2 ft x 1 ft

### Wondering about an item not listed here?

Use 'Put Waste in its Place' at [CurbitStJohns.ca](http://CurbitStJohns.ca) or app St. John's Waste and Recycling

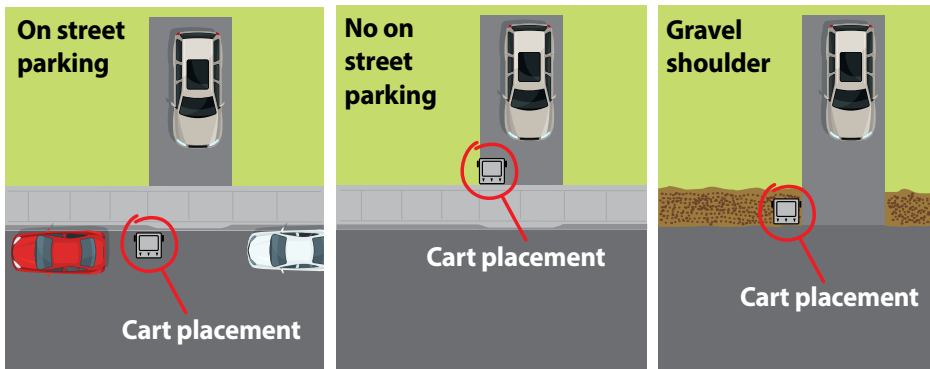
# A Smart Cart Guide

When inclement weather affects collection, notification is posted on our website, our app St. John's Waste and Recycling and sent to subscribers.

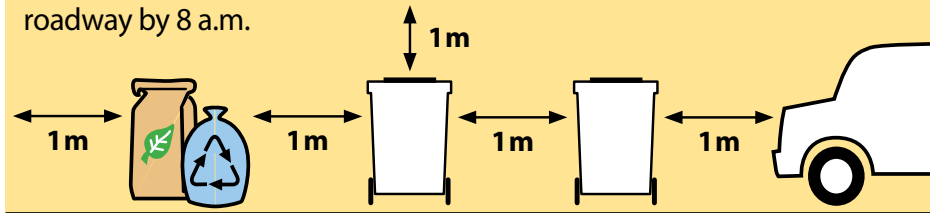
Sign up to receive 'service alerts' through our app or website [CurbitStJohns.ca](http://CurbitStJohns.ca)

## Do Not Place Carts

- Behind, on top of or less than 1 metre from snowbanks
- The night before as it may interfere with snow clearing
- On sidewalks, any time of year



Lid must be completely closed. Arrows on lid of cart must face the roadway by 8 a.m.



**MARK THE CART:**  
Remember to put your address on your cart with a black permanent marker.

Write your address on both sides of the cart using permanent marker. Wear due to weather means you may need to periodically re-write your address on the cart.

As all the carts look the same, having your address on it will make it easier for you, your neighbours and City staff to find and return carts to the proper address - particularly after high wind events.

Lost or found a cart? Let us know by one of the ways listed at [StJohns.ca/Contact-Us](http://StJohns.ca/Contact-Us)



## Holiday Waste Reduction

While much of your holiday waste is recyclable, gift wrap is not.

## Container Recyclables

- Eggnog
- Whipping cream
- Cranberry sauce
- Fussels cream
- Juice and other mix (not glass)
- Purity Syrup
- Cookie and chocolate tins
- Sandwich/cheese & cracker trays
- Alcoholic beverages (not glass)

## Paper Recyclables

- Remove all liners/plastic from:
- Gift boxes
- Chocolate boxes
- Cardboard boxes

## Not Recyclable

- Wrapping paper
- Gift bags (save for reuse)
- Greeting cards
- Ribbon & bows



# Christmas Tree Drop-Off

Give your real tree new life. We mulch old Christmas trees and use them for landscaping projects in open spaces. Only natural, undecorated trees are acceptable – no artificial trees, decorations, tinsel, or other man-made objects. Do not bundle or tie the tree.

## Quidi Vidi Lake Parking Lot

Large gravel lot off The Boulevard  
From Monday, Dec. 27, 2021 to Sunday, Jan. 9, 2022  
(excluding Dec. 31 and Jan. 1)

## Residential Drop Off

340 East White Hills Road  
Wednesday, Dec. 29, 2021 to Saturday, Jan. 8, 2022  
Open Tuesdays to Saturdays, 8 a.m. to 4 p.m.



# Christmas Tree Chipping

Ever wonder what happens to your real Christmas tree after you bring it to our drop off sites? Chips acquired from the processing of Christmas trees are used as mulch on shrub beds throughout locations around the City. Most are used in Bowring Park, Bannerman Park, Mundy Pond Park and the City Depot.

The amount of chips collected from Christmas trees accounts for approximately 40% of what is required. Another 20% are acquired from fallen trees, pruning material, and brush, with the remaining 40% purchased locally.

At one time, chips were available to residents but since the use of real Christmas trees has decreased substantially, we can no longer do so.

When chips were provided to residents, between 12,000 and 15,000 trees were collected annually. Presently, the City receives less than 3,500 Christmas trees at our drop off sites.

To transport chips, staff use the Collectomatic garbage truck because of its large capacity, ease of chip acceptance from the chipper and smooth offloading.

Parks staff use a garbage truck to transport the chipped trees to the Parks storage facility. These chips are then used during the summer months in parks spaces and horticultural sites. The use of chips allows us to offset the purchase of mulch and the chips don't end up in the landfill.



## VOLUNTEER TODAY!

Give back to your community and build relationships with others all while having fun. For more information or for a Volunteer Application contact us.  
**576-8630** [volunteer@stjohns.ca](mailto:volunteer@stjohns.ca)





For details visit: [StJohns.ca](http://StJohns.ca)

- > Living in St. John's
- > Events and Festivals
- > Celebrate St. John's

## Downtown Holiday Shop & Stroll

Spend your Saturday in Downtown St. John's where you can check off items for everyone on your holiday shopping list and enjoy a delicious meal at one of downtown's excellent eateries, all in a festive holiday atmosphere. Free performances by musical entertainers and carolers are guaranteed to put you in the holiday spirit.



### Event includes:

- Saturdays Nov. 27, Dec. 4 and Dec. 11 from 12 p.m. to 5 p.m. on Water Street, George Street and Duckworth Street.

## Festival of Music & Lights

Ring in the holiday season with our 20th annual celebration of bright lights and festive music.

From December 3 to January 6, stroll through Bowring Park, view the beautiful light display while listening to our diverse mix of local artists performing great holiday music. You can listen with your smartphone or any FM radio in and around the park.

The Festival of Music and Lights is presented in partnership with NTV and OZFM.



## New Year's Eve Events 2021

Celebrate the New Year with free, family-friendly activities for all ages to enjoy.

### Events include:

- 5-7 p.m.** Grab your skates and helmet to enjoy a skating party at The Loop, Bannerman Park
- 7-8 p.m.** Join the celebration and countdown to the fireworks at Quidi Vidi Lake, Carnell Drive
- 8 p.m.** View the fireworks over Quidi Vidi Lake



## St. John's Celebrates... ChillFest

We've planned four days of action-packed FREE winter events for a variety of ages and interests from February 10 to 13, 2022. Come on out and join in the fun!

ChillFest 2022 will include our annual Kitchen Party, MegaPlay, Youth Talent Show, free ski rentals, outdoor skating parties at The Loop and more.





# The REAL Program

The REAL Program, is a non-profit program that provides individuals and families facing financial barriers with recreation and leisure opportunities. REAL depends solely upon funding received from organizations, individuals, and community groups. Thank you to our partners who make the REAL Program a success..



(left to right) Joe Browne, Interim Executive Director; Jennifer Konechny, Administrator; Colton Politte, Communications Officer 211 NL Community Outreach Coordinator

## United Way Newfoundland and Labrador

“United Way Newfoundland and Labrador (UWNL) is extremely proud to be a longtime supporter of the REAL Program. The UWNL mission is to improve lives and build community by engaging individuals and mobilizing collective action. The REAL program aligns perfectly within the UWNL funding pillar All That Kids Can Be. REAL helps break down barriers by covering registration fees and providing transportation and equipment to families in need. REAL gives children a great understanding in realizing their true potential. UWNL have contributed over \$87,000 since 2005.”

- Jennifer Konechny, Administrator, UWNL

## VOCM Cares

Thank you to the VOCM Cares Foundation for supporting REAL Program in the amount of \$3000.



“VOCM Cares Foundation recognizes the importance of the REAL program in providing recreational and leisure activities for youth, regardless of a family’s financial situation. Ensuring open access to such opportunities and removing the financial burden for families allows the focus to be on the child’s health and well-being. VOCM Cares Foundation is proud to support this important program and help be there for local families.”

- Tara Haley, Development Director, VOCM Cares Foundation



## Kiwaniis Club St. John’s

“The Kiwanis Club of St. John’s is pleased to support the REAL Program. The Kiwanis International organization is dedicated to improving the world one child, one community at a time. By supporting REAL we know children participate in meaningful, organized recreational programs that enhance their social, physical and mental development. Our signature project is the annual St. John’s Kiwanis Music Festival. We are delighted to welcome new members so we can provide more opportunity to local children.”

- Eileen St. Croix, President, Kiwanis Club of St. John’s

## Universal Corporate Wear

Thank you to Universal Corporate Wear (UCW) for their generosity with the 2021 Pink Shirt Campaign. UCW has supported REAL for many years by providing sporting equipment for participants and are now contributing through financial donations.

UCW donated \$1 to REAL for every t-shirt sold with a total of \$3,115 raised supporting over 30 children.



Lynn Hindy, Owner/Operator Universal Corporate Wear

“Universal Corporate Wear has a longstanding relationship with the community and giving back is important to us. Throughout the year we organize initiatives through community outreach to address issues in the community. This is a great way to connect with people and learn about the great work local organizations and non-profit charities are doing.”

- Lynn Hindy, Owner/Operator



## Contact Us

**Online:** [StJohns.ca/real](http://StJohns.ca/real)

## In Person:

- Paul Reynolds Community Centre, 35 Carrick Dr
- H.G.R. Mews Community Centre, 40 Mundy Pond Rd
- REAL Program Office, 1 Crosbie Place
- Access St. John's, first floor City Hall, 10 New Gower Street

**Mail:** REAL Program  
City of St. John's  
P. O. Box 908  
St. John's, NL  
A1C 5M2



For more detail  
[StJohns.ca](http://StJohns.ca)  
>Living in St. John's  
>Recreation and Parks  
>REAL Program

# Buy REAL Holiday Cards to support kids



Buy holiday greeting cards, five for \$20, to give a child the gift of play. 100% of the proceeds go toward providing children and youth placements in recreation and leisure programs of their choice.

Get your cards by:

Call: 709-576-8684

Email: [real@stjohns.ca](mailto:real@stjohns.ca)



Drop by:

- Paul Reynolds Community Centre, 35 Carrick Dr
- H.G.R. Mews Community Centre, 40 Mundy Pond Rd
- Access St. John's, first floor City Hall, 10 New Gower Street





# Inclusive Services

## Contact us

For more information about any of these programs or services: Call 576-4450 or email [inclusion@stjohns.ca](mailto:inclusion@stjohns.ca).  
Application deadlines for Inclusion Support:

Program	Inclusion Registration Date
Easter Camp	February 1
After School Programs	March 1
Pre-School Programs	March 1
Summer Programs	March 17

Inclusion Support Applications can be found:

Online at: [StJohns.ca](http://StJohns.ca) > Living in St. John's > Forms and Applications > Recreation

By emailing [inclusion@stjohns.ca](mailto:inclusion@stjohns.ca)

By calling 576-4450

At the Paul Reynolds or H.G.R. Mews Community Centres

## Pursuing Active Lifestyles

For individuals with mild to moderate developmental disabilities to learn about the basic skills needed for active living. Participants take part in recreation and leisure activities in a friendly, relaxed atmosphere with caring leaders.

Tuesdays, January 25 to May 17

Paul Reynolds Community Centre, 35 Carrick Drive  
\$96

Youth: ages 15 to 21, 6:30 to 7:30pm

Adults: age 22 and above, 8 to 9pm

## Fit Finders

Offered winter, spring and fall to groups facing barriers to participation in recreation and leisure. Groups experience activities in a safe, supportive environment, with dedicated and experienced recreation staff. Learn more on our website.

## Safety for Independent Living

A course aimed to equip youth and adults, with mild to moderate developmental disabilities, with life skills to help them make confident choices, prevent potentially dangerous situations and live a safe life.

If you or someone you know are interested in taking this course, contact us! Course will be offered based on interest, date and time TBD.

## Ever Active

A low impact fitness class that allows participants to work at their own pace to improve muscle conditioning, flexibility and endurance while standing or using a chair as support.

For dates and times, see fitness schedule on page 28





# Inclusive Services



For details visit: [StJohns.ca](http://StJohns.ca)

- > Living in St. John's
- > Recreation and Parks
- > Inclusive Services

## Together In Movement and Exercise (TIME™)

A community-based exercise program for people with balance and mobility limitations who can walk 10 metres with or without an aide. Registration is on referral from a physician, physiotherapist, registered nurse or nurse practitioner.

Tuesdays and Thursdays

January 18 to March 24, 11:15-12:15 p.m.

Paul Reynolds Community Centre, 35 Carrick Drive  
\$200

## Financial Support

Financial support is available for adults/seniors facing financial barriers to participate in City of St. John's Recreation Division activities. Request for children/youth are referred to the REAL program, see page 20-21.

## Attendant Pass

Persons with disabilities who require the support of an attendant to accompany them to events may apply for an attendant pass. Please call 576-4556 for more information.

## Adaptive Equipment Rental Program

The City of St. John's understands that taking part in recreation, at any time of the year-particularly outdoors-greatly improves physical and mental well-being. The Recreation division has an inventory of adaptive recreation equipment that can be used in winter, available to borrow free-of-charge.

Residents, schools and community groups can enjoy winter activities and amenities such as The Loop, the Pippy Park Winter Activity Centre, arenas and the extensive trail systems while using our adaptive equipment.

Ice Sledges are used for skating on solid ice surfaces and can be propelled individually using ice picks by the user, or a caregiver can push from behind using the optional push bar attachment.

The Hippocampe All Terrain Wheelchair with optional super cool ski attachments, helps users hit up the trails of Pippy Park, Bowring Park or another trail of choice.

Reserve the Snowcoach for an assisted sliding experience or just to enjoy the snow in your own garden or community.

For those with great upper body strength, challenge yourself to completing the cross-country ski trails at Pippy Park with the Sit Ski. This piece of equipment is only available for use at the Pippy Park Winter Activity Centre during business hours. See page 29 for details.



# Recreation



Watch 'How to Set Up a RECconnect Account' at [YouTube.com/CityofStJohns](https://www.youtube.com/CityofStJohns)

## Registration

For the most current program and service offerings please visit [StJohns.ca/RECconnect](https://StJohns.ca/RECconnect).

Program Registration	St. John's residents	Residents of other municipalities
Winter Programs and Swimming Lessons	7 a.m., Thursday, December 2	7 a.m., Tuesday, December 7

### Registration Options



Online: [StJohns.ca/RECconnect](https://StJohns.ca/RECconnect)



In person:

- H.G.R. Mews Community Centre, 40 Mundy Pond Road
- Paul Reynolds Community Centre, 35 Carrick Drive

No telephone registration available until after 10 a.m. on registration day.



Whether you register online, over the telephone or in person, you must ensure your account is activated and up-to-date at least 72 hours before the registration time. Call 576-8499 or 576-8631, drop by or at [StJohns.ca/RECconnect](https://StJohns.ca/RECconnect).

### Wish List

Add the courses you want to your wish list for quick access on registration day.

### Course Codes

For easy access to the courses you want, use the five-digit course code when adding to your wish list or registering.

### Waitlists

Our waitlist is not prioritized. If a spot becomes available, all on the waitlist are contacted by email and the spot is filled on a first come, first served basis.



### Save the Date

#### Easter Camps

Easter registration will take start 7 a.m. March 3 for St. John's residents and 7 a.m. March 8 for Non-City residents.



### Cancellation

The City, at its discretion, may cancel programs at any time including but not limited to low registration and/or instructor availability.



### Program Ages

To register for most programs participants must be the age listed on December 31, 2022.

# Rent a Facility

City facilities can be booked for a variety of functions. Limited space is available due to the COVID-19 pandemic.

Facility	Details
<b>H.G.R. Mews Community Centre</b> 40 Mundy Pond Road 576-8499	<ul style="list-style-type: none"> <li>• Gym</li> <li>• Kitchen</li> <li>• Multi-Purpose room</li> </ul>
<b>Paul Reynolds Community Centre</b> 35 Carrick Drive 576-8631	<ul style="list-style-type: none"> <li>• Gym</li> <li>• Multi-Purpose room</li> <li>• Kitchen</li> <li>• Meeting Room</li> </ul>
<b>Kenmount Terrace Community Centre</b> 85 Messenger Drive 576-6112	<ul style="list-style-type: none"> <li>• Gym</li> <li>• Kitchen</li> <li>• Multi-Purpose Room</li> <li>• Meeting Room</li> </ul>
<b>Southlands Community Centre</b> 40 Teakwood Drive 364-5129	<ul style="list-style-type: none"> <li>• Multi-Purpose room</li> <li>• Kitchen</li> <li>• Meeting room</li> </ul>
<b>Shea Heights Community Centre</b> 130 Linegar Avenue 576-1023	<ul style="list-style-type: none"> <li>• Multi-Purpose room</li> <li>• Kitchen</li> </ul>
<b>Kilbride Lions Community Centre</b> 34 Fahey Street 368-0250	<ul style="list-style-type: none"> <li>• Multi-Purpose room</li> <li>• Kitchen</li> </ul>
<b>Cabot 500 Theatre</b> Bowring Park specialevents@stjohns.ca	<ul style="list-style-type: none"> <li>• Outdoor theatre accommodates 750</li> </ul>
<b>Rotary 'Sunshine' Park Chalet</b> Thorburn Road recreation@stjohns.ca	<ul style="list-style-type: none"> <li>• Multi-Purpose Room</li> <li>• Kitchen with dishwasher</li> <li>• Outdoor barbeque</li> </ul>
<b>Foran/Greene Room</b> City Hall civicfunctions@stjohns.ca	<ul style="list-style-type: none"> <li>• Meeting Room</li> <li>• Kitchen</li> </ul>



For details on programs and services visit: **StJohns.ca**

- > Living in St. John's
- > Recreation and Parks
- > Community Programs



## Birthday Parties

Contact the centres for fees and availability.

- Kenmount Terrace Centre
- Shea Heights Centre
- Southlands Centre
- Kilbride Centre

## Swimming Parties

H.G.R. Mews Centre  
Paul Reynolds Centre

Costs range from \$140 to \$260.  
Call 576-8499 or 576-8631.

Beginning in January 2022 swimming parties at the Paul Reynolds Community Centre can be booked online! The cost is \$165 for a maximum of 48 swimmers. Please contact us for details!



## Court Sports

H.G.R. Mews Community Centre has two courts designed for racquetball or handball.

All court reservations can be made seven days in advance by calling 576-8499 or dropping by the Mews Centre. Users must pay in advance for all court reservations.

Reservations are \$8 per 40-minute court reservation. No refunds or exchanges are permitted once a reservation is complete.

Maximum 4 players on a court at one time.



# Swimming

## Indoor Pools

H.G.R. Mews Community Centre, 40 Mundy Pond Road

Paul Reynolds Community Centre, 35 Carrick Drive

- 25 metre pool
- one metre diving board
- leisure pool & play area (PRCC)
- wheelchair accessibility and pool lift
- viewing area

### For up-to-date swim schedules:

- Call the Swim and Fitness Line: 576-8408 (Mews) or 576-8155 (PRCC)
- Online [StJohns.ca](http://StJohns.ca) > Quick Links > Swim Schedules
- Email [recreation@stjohns.ca](mailto:recreation@stjohns.ca)

### Canadian Red Cross Swimming Lessons



Swimming lessons are offered following current Red Cross guidelines.



For details visit: [StJohns.ca](http://StJohns.ca)

- > Living in St. John's
- > Recreation and Parks
- > Swimming

### Ticket purchase/registration

Ticket purchase/registration is required for all swims. Walk-in space may be available.

Each swim ticket costs \$3. Once swim tickets are purchased the sale is final; refunds or credits will not be provided.

A REConnect account is required for ticket purchase/registration. Set up an account and purchase swim tickets at [StJohns.ca/REConnect](http://StJohns.ca/REConnect).

Registration is available one week at a time. Registration begins 9 a.m. on Saturdays, for the following week. For example: Ticket purchase is available 9 a.m. Saturday, Dec. 11 for swims from Dec. 12-18.

Maximum of 3 swimmers per lane, maximum of 5 swimmers per "bubble".

### Swim Descriptions

Children under 13 must be supervised by a 19+ year-old who must remain in the water at arms-length. Maximum three children to one supervisor.

#### Lane Swim

Choose the appropriate lane (slow, medium, fast) based on ability. Maximum of 3 swimmers per lane. Suitable for swimmers 13+. Number of lanes may vary.

#### Everyone Welcome Swim & Leisure

Leisure space is available for families/bubbles. Adult supervisors must remain in the water at arms-length from their children and are responsible to ensure physical distancing of those not in your bubble is always maintained.





# Swimming Lessons

Our swimming lesson program follows the Canadian Red Cross Swim model and runs at both Paul Reynolds and H.G.R. Mews Community Centres from January 9 to April 2, 2022.

### Starfish / Duck / Sea Turtle

Parent & Tot lessons for 4 to 36 months of age children  
 Maximum of one child to one adult  
 One lesson per week of 30 minutes instruction & 20 minutes stay & play

Mews and PRCC: \$49.50 for 11 lessons, \$54 for 12 lessons

### Swim Preschool / Kids / Teens

One lesson per week, 45 minutes instruction

Mews and PRCC: \$71.50 for 11 lessons, \$78 for 12 lessons

### Adult Lessons

Suitable for basics to stroke development levels.  
 1 lesson/practice per week, 50-minutes instruction

Mews and PRCC: \$82.50 for 11 lessons, \$90 for 12 lessons

# Aquatic Leadership

For complete descriptions and schedules, check our website [StJohns.ca/RECconnect](http://StJohns.ca/RECconnect). Our Aquatic Leadership program follows the Canadian Red Cross model.

We offer certification courses for:

- Assistant Lifeguard
- Lifeguard
- Water Safety Instructor
- Standard First Aid

### Red Cross Swim – Adapted

A parent or aide may be required to support the swimmer in the water.  
 One lesson per week, 45 minutes instruction

Mews and PRCC: \$143 for 11 lessons, \$156 for 12 lessons

A Red Cross swimmer intake form, due two week prior to program start, is required to participate. Contact Inclusive Services staff at **576-4450** or [inclusion@stjohns.ca](mailto:inclusion@stjohns.ca).

### Private swimming lessons

Private or semi-private (two participants) 25-minutes instruction is available for all ages. If you choose a semi-private lesson, participants must be within two levels of each other.

Cost is \$100 for 5 lessons, \$80 for 4 lessons, \$60 for three lessons.





For details and schedules visit: [StJohns.ca](http://StJohns.ca)

- > Living in St. John's
- > Recreation and Parks
- > Fitness



# Fitness

The City of St. John's offers a wide range of fitness opportunities for adults, age 16+, who want to live a healthy, active lifestyle. All fitness classes require pre-registration. Register at [stjohns.ca/RECconnect](http://stjohns.ca/RECconnect). Dryland and aquatic fitness are for ages 16+.

## YOGA

Participants must bring their own yoga mat.

### Beginner

Designed for new students of all fitness levels to learn a solid foundation of yoga practice.

### Intermediate

Improve postures learned in beginner yoga and additional challenging poses. Beginner yoga experience is required.

### Mixed

For beginners and intermediates to practice yoga fundamentals to increase strength, flexibility, and endurance.

### Relaxation

Beginner-friendly and incorporating mindfulness throughout the class, poses are done slowly to illicit the relaxation response and increase body-mind awareness.

### Yin Yoga

A quiet yoga practice for all levels and does not require previous yoga experience.

For up-to-date schedules:

- Call the Swim and Fitness Line 576-8408 (Mews) or 576-8155 (PRCC)
- Online [StJohns.ca](http://StJohns.ca) > Living in St. John's > Recreation and Parks > Fitness

Email [recreation@stjohns.ca](mailto:recreation@stjohns.ca)

## Aquatic Fitness

Held in the deep and shallow end at the same time, these low to no impact classes involve high intensity movements designed to improve cardiovascular endurance, flexibility, and muscle tone. Flotation belts are available for use.

## Core Balance

A well-rounded workout for all levels that strengthens the core and lower back using body weight and equipment-based exercises.

## Body Pump

A total conditioning class for all fitness levels designed to challenge each participant's major muscle groups using effective body weight and equipment-based exercises.

## Adults in Motion

This low impact class uses body weight exercise and equipment to develop the participant's cardio and muscular strength endurance. Ideal for the older adult who is looking to meet new friends and others with common wellness goals.

## Ever Active

A low impact fitness class that allows participants to work at their own pace to improve muscle conditioning, flexibility and endurance while standing or using a chair as support.

Mondays, Jan 10 to Mar 28

11am to Noon

\$55

Wednesdays, Jan 12 to Mar 30

11am to Noon

\$60

## TIME

Together in Movement and Exercise, is a community-based program for people with a range of conditions affecting balance and mobility. Referral from a health care professional is required.





For details visit: [StJohns.ca](http://StJohns.ca)  
 > Living in St. John's  
 > Recreation and Parks  
 > Outdoor Recreation

# Outdoor Programs

## Winter Activity Centre

The City of St. John's Winter Activity Centre located at North Bank Lodge in Pippy Park will be open on Jan. 7, 2022, if snow conditions allow. Days of operation are weather dependent and based on snow cover. Trails are groomed twice daily and lit for evening use.

## Cross Country Skiing and Rentals

Winter equipment rentals are available in Pippy Park. A cross country ski sledge or snow coach and sit ski are available upon request. Equipment rental passes are also available for purchase at H.G.R. Mews and Paul Reynolds Community Centres.

There is equipment available for all ages including classic cross-country skis & boots, snowshoes and poles. Identification is required for rentals & payment can be made by credit, debit or cash.

Equipment rental:

- Individual, \$5
- Family of three, \$10
- Family of four or more, \$15

For up-to-date schedules and hours of operation:

- call the info line at 737-3651
- visit [StJohns.ca](http://StJohns.ca) > Living in St. John's > Recreation and Parks > Outdoor Recreation > Ski & Snowshoe

## Courses Require Registration

To register search the course title at [Stjohns.ca/RECconnect](http://Stjohns.ca/RECconnect)

**Learn the basics of classic cross-country skiing in a one-hour group lesson at the Winter Activity Centre in Pippy Park.**

### Adult Ski Lessons, ages 18+

8-9pm

Mondays: Jan 17, Jan 31, Feb 14, Feb 28, Mar 14

\$14 per person, per session

### Family Ski Lessons, ages 5+

9:30-10:30am

Sundays: Jan 16, Jan 30, Feb 13, Feb 27, Mar 13

\$34 per family (max 4 persons), per session

**Bring your family to Rotary Sunshine Park for a stroll through a winter wonderland!**

### Family Snowshoeing, ages 5+

2:30-4pm

Sunday, Feb 19

\$21 per family (max 4 persons), per session

## Group Outdoor Programs

Outdoor programs occur at Rotary 'Sunshine' Park or C.A. Pippy Park and are available to community, youth, and school groups. Programs are customized for the age and ability of the participants.

Programs offered in winter:

cross country skiing  
 snowshoeing  
 outdoor cooking

orienteering  
 fire building  
 map & compass

## Corporate Outdoor Program

Introduce outdoor team building to your organization or business. We offer a variety of land, snow, and water activities for 10 to 60 people. Contact us to learn of options to customize a program to best suit your needs.

For more details and contact information visit: [outdoorcorporateprogram.StJohns.ca](http://outdoorcorporateprogram.StJohns.ca)





For details visit: [StJohns.ca](http://StJohns.ca)

- > Living in St. John's
- > Recreation and Parks
- > Children's Programs or
- > Youth Programs

## Children and Youth

Playgroups, up to age 5 unless otherwise noted					
Course	Day	Dates	Time	Location	Cost
Playgroup	W Sa	Jan 12-Jun 4	10-11:30am	Southlands	\$2 Free for under 6 months
Playgroup Active	M	Jan 10-Jun 20	9:30-11:30am	Kilbride	Free
Playgroup	Tu Th	Jan 11-Jun 23	9:30-11:30am	Kilbride	Free
Playgroup	Tu	Jan 11-May 31	1:30-3pm	PRCC	\$2 Free for under 6 months
Playgroup Mother Goose Up to age 1	M	Jan 10-Mar 14	9:30-10:30am	Shea	Free, register by email: <a href="mailto:pcmothergoosen@gmail.com">pcmothergoosen@gmail.com</a>
Playgroup Mother Goose 1 to 2.5 yrs	M	Jan 10-Mar 14	11:30am-12:30pm	Shea	Free, register by email: <a href="mailto:pcmothergoosen@gmail.com">pcmothergoosen@gmail.com</a>
Playgroup	M Sa	Jan 10-Jun 4	10-11:30am	Kenmount	\$2 Free for under 6 months

### Preschool

Children will prepare for Kindergarten through a play-based program with caring leaders through the delivery of a HIGH FIVE quality model.

Learn course offerings including dates, locations, and time by searching 'Preschool' at [StJohns.ca/RECconnect](http://StJohns.ca/RECconnect)

### After School Programs

Space remains in our After School Program at the Shea Heights Community Centre which runs 3 to 5:30pm on school days.

Search 'after school' at [StJohns.ca/RECconnect](http://StJohns.ca/RECconnect)

## Save the Date - Easter Camp

Registration begins March 3, 2022 for Easter Camps, taking place April 18-22 at several of our Community Centres.

Sport – requires registration							
	Code	Age	Days	Dates	Time	Location	Cost
Ball Hockey	28190	12-16	Su	Feb 6-Apr 10	6-7pm	Mews	\$32
Tri-Sport	28191	6-8	Su	Jan 16-Feb 20	6-7:30pm	Kenmount	\$36
	28192	9-12					
	28193	6-8	M	Jan 17-Feb 21	6-7:30pm	Southlands	
	28194	9-12			7:30-9pm		

Art – requires registration							
	Code	Age	Day	Date	Time	Location	Cost
Craft	28186	5-12	Su	Jan 30	6-7:30pm	Kenmount	\$14
Painting	28187	5-12	Su	Feb 20	6-7:30pm	Kenmount	\$14

## Youth Drop In

Free at community centres for ages 10-14, unless otherwise noted, beginning Jan. 10

Kilbride M, W: 6-7:30pm	Kenmount M: 6-7:30pm	Southlands W: 6:15-8:15pm	Shea Heights 6:30-8pm Tu: Sport W: Open Th: Girls Only	Paul Reynolds M-F: 12-1pm Ages 11-16
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Leadership – requires registration							
	Code	Age	Days	Dates	Time	Location	Cost
Home Alone Safety	28198	10-12	Sa	Mar 26	9am-4:30pm	Kenmount	\$55
Babysitting	28199	11-15	F	Jan 21	5:30-8:30pm	PRCC	\$55
			Sa	Jan 22	9am-2pm		

Family & Friends, for all ages						
Course	Age	Day	Dates	Time	Location	Cost
Sit & Knit	10+	Tu	Feb 8	7-9pm	PRCC	\$2 per person, drop in
			Mar 8			
			Apr 12			

## Volunteer Junior Recreation Leader (14+)

If you're looking for a rewarding experience or seeking volunteer hours for Duke of Edinburgh and career development, this is the program for you! Join a fun-filled atmosphere where youth volunteers will be mentored and exposed to awesome role of recreation leader.

Application forms: [StJohns.ca](http://StJohns.ca) > Living in St. John's > Forms and Applications > Recreation

## Youth Talent Show

Do you dance? Sing? Act? Do magic tricks? Perform feats of daring and wonder? Whatever your talent here's your chance to show it off in a supportive and non-judgmental environment!

**Saturday, February 12**

**2-4 p.m.**

**D.F. Cook Recital Hall, School of Music, Memorial University**

Anyone can attend for free – support these stars of tomorrow!

Performers are ages 10-16

Application deadline is January 24, 2022

For application forms visit [StJohns.ca](http://StJohns.ca) > Living in St. John's > Forms and Applications > Recreation



**Where will your next ride take you?**  
Ride with Metrobus, earn AIR MILES® reward miles.\*



# Adult Programs

Adult courses are for ages 18+ and requires registration, see page 24.

Handicraft – requires registration. Basic knowledge an asset.					
Course	Day	Dates	Time	Location	Cost
Knitting Circle 27580	M	Jan 10-Apr 11	10:30am-noon	Mews	\$26
Rug Hooking: 3D Quilled Tree 27608	M	Jan 24-Feb 7	9am- 12pm	Mews	\$118 \$149 if Hook & Frame are needed
Quilting 27581	W	Jan 19-Mar 3	6:30-9pm	Kenmount	\$150- Must bring own sewing machine; supply list provided 1 week prior to start date
Craft - Spring Decor 27582	M	Mar 21	1-4pm	Mews	\$20

Art – requires registration						
Course	Day	Dates	Time	Location	Cost	
Acrylic Painting-Winter scene 27583	F	Jan 14	6-9pm	Mews	\$22	
Acrylic Painting-Cardinal Bird 27584	F	Feb 18	6-9pm	Mews	\$22	
Acrylic Painting-St. Patrick's Day 27585	F	Mar 11	6-9pm	PRCC	\$22	
Acrylic Painting-Winter 28188	Th	Jan 13	7:30-9:30pm	Southlands	\$18	
Acrylic Painting-Winter 28189	Th	Feb 10	7:30-9:30pm	Southlands	\$18	
Acrylic Painting- Spring 27695	Th	April 14	7:30-9:30pm	Southlands	\$18	
Oil Painting-Puffin 27586	Th	Jan 13-Jan 27	6-9pm	Mews	\$56	
Oil Painting-Scenic Vista 27587	Th	Feb 17-Mar 3	6-9pm	Mews	\$56	
Water Colour Painting 27588	M	Jan 17-Feb 7	6:30-9pm	PRCC	\$60	
Water Colour Painting 27589	M	Feb 21-Mar 21	6:30-9pm	PRCC	\$60	
Drawing-Newfoundland 27590	Fr	Jan 28	6-9pm	Mews	\$20	

Leisure & Learning – requires registration, unless otherwise noted					
Course	Day	Dates	Time	Location	Cost
Bridge Level 1 27577	Tu	Jan 11-Apr 12	9-11:30am	Kenmount	\$140
Bridge Level 2 27578	W	Jan 12-Apr 13	9-11:30am	PRCC	\$140
Bridge Level 3 27433	M	Jan 10-Apr 11	9-11:30am	PRCC	\$130
Social Time 27510	F	Jan 14-Apr 8	10:30am-12:30pm	Mews	\$26
Social Time 27511	Tu	Jan 11-Apr 12	10:30am-12:30pm	Kenmount	\$28
Social Time	F	Jan 14-Apr 8	10:30am-12:30pm	Shea Heights	\$2 Drop In
Social Time 27512	W	Jan 12-Apr 13	10:30am-12:30pm	Kilbride	\$28
Social Time 27513	M	Jan 10-Apr 11	10:30am-12:30pm	Southlands	\$26
Social Time 27515	M	Jan 10-Apr 11	10am to Noon	PRCC	\$26
Walk & Wheel 27516	W, F	Jan 12- Apr 8	9:30-10:30am	Shea Heights	Free
Walk & Wheel 27517	W	Jan 12-Apr 13	9:30-10:30am	Kilbride	Free
Walk & Wheel 27518	Tu, Th	Jan 11-Apr 13	9-10am	Kenmount	Free
Walk & Wheel 27519	M, W	Jan 10-Apr 13	9:30-10:30am 12:30-1:30pm	Southlands	Free





## Adult Music & Dance

Adult courses are for ages 18+ and requires registration (unless otherwise noted), see page 24.

Music					
Course	Day	Dates	Time	Location	Cost
Accordion Beginner 27596	Th	Jan 13-Feb 17	9-10am	Mews	\$27
Accordion Intermediate 27597	F	Jan 14-Feb 18	9-10am	Mews	\$27
Guitar Beginner 27599	Th	Jan 13-Apr 14	10:30am-12pm	Mews	\$94.50
Guitar Intermediate 27598	M	Jan 10-Apr 11	7:30-9pm	Mews	\$87.75
Guitar Advanced 27600	Th	Jan 13-Apr 14	7:30-9pm	Mews	\$94.50
Keyboard Beginner 27601	Tu	Jan 11-Apr 12	9:30-10:45am	Mews	\$78.75
Keyboard Beginner 27602	Th	Jan 13-April 14	9:45-11am	PRCC	\$78.75
Keyboard Intermediate 27603	Tu	Jan 11-Apr 12	11:15am-12:30pm	Mews	\$78.75
Keyboard Intermediate 27604	Th	Jan 13-Apr 14	11:30am-12:45pm	PRCC	\$78.75
Keyboard Intermediate 28184	Tu	Jan 11-Apr 12	1:30-2:45pm	Mews	\$78.75
Ukulele Beginners 27606	Tu	Jan 11-Apr 12	6-7pm	PRCC	\$63
Ukulele Intermediate 27607	Tu	Jan 11-Apr 12	7:30-8:30pm	PRCC	\$63

Dance					
Course	Day	Dates	Time	Location	Cost
Line Dance Beginner 28540	Tu	Jan 11-Apr 12	11am-12pm	Mews	\$63
Line Dance Beginner 28539	Tu	Jan 11-Apr 12	12:30-1:30pm	Mews	\$63
Line Dance Intermediate/Advanced 27431	Th	Jan 13-Apr 14	11am-12pm	Mews	\$63
Line Dance Intermediate 27432	Th	Jan 13-Apr 14	12:30-1:30pm	Mews	\$63
Line Dance Beginner/Intermediate 27434	W	Jan 12-Apr 13	12:30-1:30pm	Mews	\$63
Line Dance Intermediate 27433	W	Jan 12-Apr 13	2-3pm	Mews	\$63
Ballroom Dance Beginners 27435	Su	Jan 9-Apr 10	6:30-7:30pm	Mews	\$63 partner required. Fee required for both participants.
Modern Sequence Dance 27507	Su	Jan 9-Apr 10	8-9pm	Mews	\$63 partner required. Fee required for both participants.
Ballroom Dance Beginners 27436	W	Jan 12-Apr 13	6:30-7:30pm	PRCC	\$63 partner required. Fee required for both participants.
A Time to Dance 27508	M	Jan 10-Apr 11	1-2pm	PRCC	\$58.50
A Time to Dance 27509	Tu	Jan 11-Apr 12	6:30-7:30pm	PRCC	\$58.50
Newfoundland Traditional Dance	W	Jan 12-Apr 13	7:45-9pm	Mews	\$6.75 Drop-in Fee

Technology Courses – requires registration. If you have a tablet, smartphone or laptop, bring them along!						
Course	Day	Date	Time	Location	Cost	
Technology for Beginners Part 1 27593	Tu	Feb 1-Mar 1	6-8pm	PRCC	\$60	
Technology for Beginners Part 2 27594	Tu	Mar 15-Apr 12	6-8pm	PRCC	\$60	
Technology: Formatting Resumes 27595	Tu	Jan 11-Jan 18	6-8pm	PRCC	\$24	



# Older Adult Programs

These programs for ages 50+ require registration, see page 24 for registration details and new course listing key. There are also many other adult programs that may be of interest to you; see listings on pages 32-33.

**Contact Us**  
 Call 576-8490 or 576-8411  
 email [recreation@stjohns.ca](mailto:recreation@stjohns.ca)

## Active for Life

This fall prevention fitness class will help older adults improve balance and flexibility to decrease the risk of falls.

Fitness					
Title	Days	Dates	Time	Location	Cost
Active for Life 27591	Tu & Th	Jan 18-Apr 7	1-2pm	Southlands	\$96
Active for Life 27592	M & W	Jan 17-Apr 11	1-2pm	Kenmount	\$96



## Events and Outings

Our events are a great way to become active and socialize.

Registration for events must be completed at least three days prior to the event, for registration options see page 24. Meal, refreshments, and transportation is included in the registration fee.

All our outings are scent free. Individuals who wear scented products may be refused admission, at the discretion of City staff.

**Those traveling on Go-Bus to and from events will receive a Go-Bus voucher upon arrival at the event.**

Events and Outings – requires registration (50+)						
Title	Day	Date	Time	Location	Cost	
Social and Bingo 28201	Th	Jan 20	10am-1pm	Kenmount	\$24	
Valentine’s Party 28204	Th	Feb 10	6:30-10:30pm	City Hall	\$29	
Pancake Bingo & Brunch 28207	Tu	Mar 1	10am-1pm	PRCC	\$24	
Outdoor Adventures 28210	Th	Mar 24	10am-1pm	Pippy Park	\$22	
Newfoundland Night 28213	Th	Mar 16	6:30-10:30pm	City Hall	\$29	
Hawaiian Night 28216	Th	Apr 14	6:30-10:30pm	City Hall	\$29	

### Transportation

Transportation for special events is included in the event price. Please call 576-8594 the evening before the event to determine the bus schedule. Pick-ups occur from the H.G.R. Mews Community Centre and the following adult and seniors apartment complexes:

- Building # 10 Pasadena Cres
- Building # 25 Tiffany Lane
- St. George’s Court Apartments
- Kelly’s Brook Apartments
- Kenny’s Park Apartments
- The Bristol
- Maplewood Apartments
- Thomas Estates
- Morgan Hollow
- Mt. Pleasant Manor
- St. Luke’s
- Victoria Manor
- Wigmore Manor

NOTE: If the bus cannot fit into the parking lot it will park at the entrance of the lot.





# The Loop at Bannerman Park

The Loop opens for the season when temperatures are consistently low enough to make and maintain the ice surface.

Please do not skate on The Loop until we've announced it's open – skating on it before then damages the ice and delays the opening.

Once opened for the season:

**Daily hours 10 a.m. to 10 p.m.**

Closed for Ice maintenance (no skating)

- Seven days a week: 1 to 2 p.m.
- Friday to Monday: 4 to 5 p.m.



Is The Loop open?

Call the Loopline 733-LOOP (5667)



## Opening the right door can change your life

The City's **Housing** Division has well maintained one to four bedroom units available to rent for those on a tight budget. **A great home may be just a call away.**

 Access St. John's  576-8196  [housing@stjohns.ca](mailto:housing@stjohns.ca)  [St.Johns.ca](http://St.Johns.ca)

ST. JOHN'S

# Humane Services

## Low-Cost Male Cat Neuter Program



Neutering is a surgical procedure that removes the reproductive organs of your male cat. Neutering is very important to control the pet population and contributes to your cat's health and well-being. It can also reduce medical and behavioral problems.

### Elimination of Unwanted Litters


Neutering your cat ensures that your pet won't contribute to the feline overpopulation problem. Even a cat that lives indoors may escape and produce kittens if not neutered. Each year, millions of homeless cats are euthanized or end up in shelters due to a lack of good homes.

Other benefits include:

- decreased risk or elimination of reproductive cancers
- decreased rates of injury and disease transmission due to roaming
- decreased rates or elimination of urine marking and other hormone related behaviors

### Contact us:

576-6126

 [humaneservices@stjohns.ca](mailto:humaneservices@stjohns.ca)

@HumaneServicesStJohns

StJohns.ca>Living in St.John's>Animal Care and Adoption

You can now  
License your Pet Online



### Now Available

Purchase and renew your pet license online!

Search 'pet license' at [StJohns.ca](http://StJohns.ca)

## The Male Cat Neuter Program is available to low-income residents of St. John's

Male cats must be six months of age or older to qualify for this program. For more information and for applications visit [StJohns.ca](http://StJohns.ca) > Living in St. John's > Animal Care and Adoption > Spaying and Neutering Your Pet

Please complete the application and email to [humaneservices@stjohns.ca](mailto:humaneservices@stjohns.ca), and include any supporting documentation.

Successful applicants will be contacted with the appointment date, time, and instructions. Surgeries will be performed by a local animal hospital within a few weeks of receiving the application. There is no limit per household.

Thank you for being a responsible cat owner!



# WE ARE HIRING

## RECREATION EMPLOYMENT



The City of St. John's Recreation Division is looking for enthusiastic and energetic individuals to work year round in a wide variety of programs and activities that focus on play, learning and fun for all ages. We welcome applicants from post-secondary education fields, high school students and adults. We are looking for Program and Inclusion Staff to work in Preschool, Playgroups, Afterschool, Youth, Adult and Seniors programs and so much more.

City programs are offered all over the city at our many recreation centres including: Shea Heights, Kilbride, Southlands, Kenmount Terrace and Paul Reynolds Community Centres. Programs operate over a wide variety of times that range between the hours of 8 a.m. and 9 p.m., seven days a week which allows a flexible working schedule.

Successful applicants will receive hands-on, practical training in a fun team-based learning environment, including; High Five - Canada's quality standard for children's recreation and sport, Standard First Aid & CPR, Leadership and professional development.

For more information on current job opportunities please email [communityserviceshiring@stjohns.ca](mailto:communityserviceshiring@stjohns.ca) or visit the City of St. John's website, Career Opportunities under Quick Links.

# ST. JOHN'S



# New rules for Fireworks

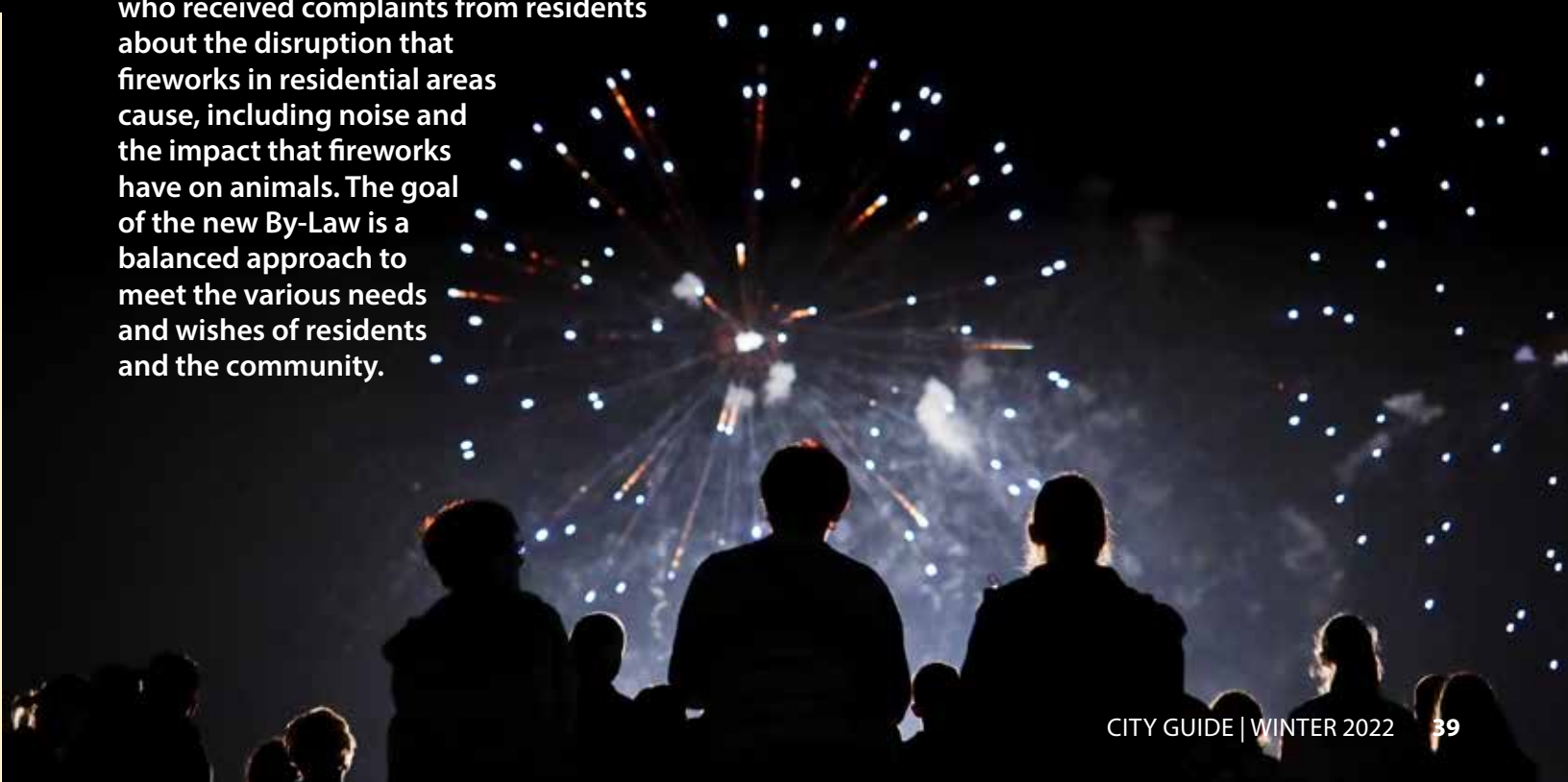
## Balanced approach By-Law starts New Year's Eve

The new fireworks By-Law that was approved by Council earlier this year will come into effect on December 31, 2021.

There are three types of fireworks outlined in the By-Law: family fireworks, aerial fireworks and pyrotechnics.

The By-Law states that family fireworks are only allowed on Canada Day and New Year's Eve from 7:30 p.m. to 12:30 a.m. the following day. It also sets out rules and restrictions on the manner in which these fireworks can be discharged. All other days and times throughout the year are prohibited unless a Special Event approval is obtained, or on other days that are declared by Council. Any aerial fireworks and pyrotechnics will require a Special Events approval from the City.

The By-Law was requested by members of Council in Spring of 2021 who received complaints from residents about the disruption that fireworks in residential areas cause, including noise and the impact that fireworks have on animals. The goal of the new By-Law is a balanced approach to meet the various needs and wishes of residents and the community.





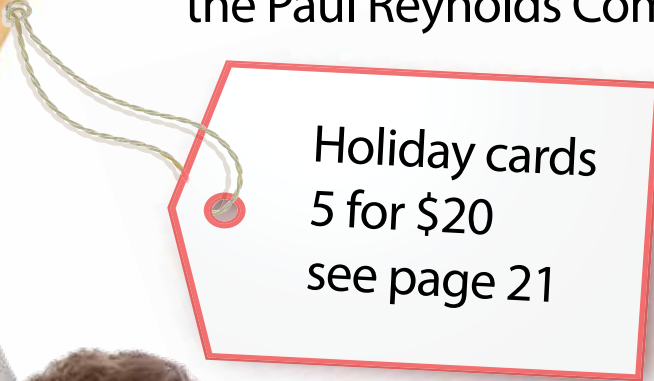


# Give the Gift of Play

## Support a child in need

Donate to the REAL Program:

- [StJohns.ca/Real](http://StJohns.ca/Real)
- 576-8684
- Drop by the H.G.R. Mews or the Paul Reynolds Community Centres



Holiday cards  
5 for \$20  
see page 21

