



CITY GUIDE

FALL 2022

Great gourds in the Park Get ready for Pumpkin Walk

Page 34

Curbside pickup for yard waste in paper bags

Page 11



City getting plugged in with EV charging stations Page 3

ST. JOHN'S

www.StJohns.ca

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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™.

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Contents

EV Charging Stations.....	3
My New St. John's Live Expo	4
Heritage Plan	6
New City Website	7
Waste and Recycling	8-13
Fall Planting.....	14
Continuous Improvement	15
Paid Parking	16-17
Fitness	18
Swimming	19
Recreation Registration.....	20
Facility Rentals	21
REAL Program	22-23
Aquatic Leadership	24-25
Children and Youth.....	26-27
Outdoor.....	28
Inclusion Services	29
Adult.....	30-31
Older Adult.....	32-33
Pumpkin Walk.....	34
Music @	35
Humane Services.....	36
Fire Safety.....	38-39



Did you know...

50% grants are available for businesses in St. John's now through Newfoundland Hydro's Commercial EV Charger Rebate?

We encourage local businesses to consider making use of this program:
nlhydro.com/evchargerrebate

Learn more about electric vehicles at the Drive Electric NL Resource Centre on 10 Pippy Place

driveelectricnl.ca

EV Charging Stations Coming to City Facilities

Electric vehicles (EV) and plug-in hybrid vehicles are becoming increasingly popular in North America. With more models on the market with better battery range, drivers are making the switch from gas to electric.

The City of St. John's is committed to being a city that is sustainable, today and for future generations. In June, Council took an important step forward by approving the installation of 26 Level 2 electric vehicle charging stations. Eighteen of the new charging stations will be available for public use at seven City facilities:

- City Hall
- Paul Reynolds Community Centre
- Southlands Community Centre
- St. John's Community Market
- Churchill Square
- Future Community Centre at Mundy Pond Park (Mews Centre replacement)
- Metrobus Depot visitor parking

Eight charging stations will be for municipal vehicles, as the City begins the switch from gas to electric for its light-duty fleet.

We also plan to pilot one charging station in the downtown. The exact location will be announced later.

The chargers will be installed before the end of the year, with many starting to pop up as early as July.

Minimal cost to charge

We will charge a flat fee of \$1.50 per hour for public chargers. This will help the City to fund the operation and make future investments, while still passing on 70 to 80% of the savings per kilometer back to the public.

Funding

This EV project is expected to receive up to \$130,000 in grants through a partnership with Pollution Probe and Natural Resources Canada through the Zero Emission Vehicle Infrastructure Program. Pollution Probe is a Canadian charitable environmental organization with a vision of Canada being a place where all people live, work, and prosper in harmony with a healthy environment.

The City's portion of funding comes from the sustainability operating budget, which seeds funds for partnerships like these. Since 2021, it has helped the City bring in about half a million dollars in grants from other levels of government to support the vision of a Sustainable City.

New to St. John's?

Join us at the

My New St. John's

LIVE Expo

For more information
about the Expo contact:
immigration@stjohns.ca
MyNewStJohns.ca



Monday, October 17

**St. John's Community Market
245 Freshwater Road**

Find out what is available for you

My New St. John's Live is an opportunity for newcomers to be introduced to and access more than 45 community organizations in person. The St. John's Local Immigration Partnership with the support of the City of St. John's and the Provincial Government invites residents and newcomers to the St. John's Community Market October 17, to learn what St. John's has to offer.

There will be diverse and interactive booths and workshops on employment, starting a business, volunteering and much more.

Visit MyNewStJohns.ca for more information. Booth space is available for community groups and organizations. The Expo is a great opportunity to network, meet collaborators and help create a sense of place for our newcomer community.



ST. JOHN'S

The City's Business Information Centre



Are you an entrepreneur starting a new venture? Do you have questions about how to start a new business in St. John's? Contact us today. The Business Information Centre is open for in-person, telephone, virtual and walk-in appointments from 9 a.m. to 4:30 p.m. Monday to Friday. You can reach us at 709-576-8107 or at business@stjohns.ca to arrange a meeting.



stjohns.ca/doing-business



twitter.com/Advantage_SJ

advantagestjohns.ca

Welcome to St. John's.

A great place to live, work and study.

Discover the advantages of being here.

AdvantageStJohns.ca



**ADVANTAGE
ST. JOHN'S**



Help Us Create the City's Heritage Plan

Protecting our heritage is important to the City of St. John's. Work will begin soon on a new Heritage Plan that will assist us in managing, maintaining and protecting our heritage resources. It will align with the Envision St. John's Municipal Plan and the Heritage By-Law (approved in 2021).

What is a Heritage Plan?

A Heritage Plan sets goals and objectives to achieve over the next 10 years. It will set out a vision for heritage in the city and establish action items to preserve it.

What will the Heritage Plan include?

Most people tend to think of the City's historic buildings in downtown St. John's when they think of heritage, but this plan will consider more than that. It will look at such things as our cultural heritage and may include festivals and events, stories and oral traditions, place names, historic events, natural heritage and public art.

Themes in the Heritage Plan include:

- Protecting our built heritage and recognizing cultural landscapes
- Working towards reconciliation with Indigenous residents and history
- Identifying ways to celebrate the history and cultures of St. John's
- Promoting the Heritage Financial Incentives Program
- Enhancing accessibility to our heritage, both online and in person

Provide your input

This fall/winter you can help us to protect, celebrate, and recognize our cultural landscapes and built heritage by providing your input on the City's draft Heritage Plan. Stay tuned to EngageStJohns.ca for more information and register to stay in the loop.



Interesting facts about the City's heritage:

- Water Street was originally called the Lower Path and is one of the oldest streets in North America.
- Bowring Park is over 100 years old.
- There are 159 Heritage buildings and structures designated in our city.
- St. John's is part of the ancestral homelands of the Beothuk. Today, these lands are home to a diverse population of Indigenous and other peoples.



Welcome to St. John's

[Learn More](#)

New Website Coming for the City of St. John's

This fall, we're excited to announce that StJohns.ca is getting a facelift.

Over the past two years, staff have been preparing to launch a new website. Last fall, we hired a company to work with us on the site, and we'll soon be ready to go live.

The website is a major upgrade, with better navigation, new features and a clean new look.

With the new site comes a new and improved notification system. Once we go live, we will invite you to sign up for the things that matter most to you. Topics include:

City News

- business and the economy
- council and committee updates
- cruise ship schedules
- parking restrictions
- parks and recreation news
- press releases and announcements
- zoning matters

Service Impacts and Interruptions

- 24-hour parking restrictions outside the downtown
- emergency alerts
- facility closures
- garbage and recycling changes
- road closures and construction
- snow removal: downtown
- street cleaning: downtown
- water disruptions

Opportunities

- application deadlines
- call for board/committee members
- public engagement opportunities

The City's new website was designed with feedback gathered from a public engagement process and from your comments over the years on what needs to be improved.

A

Area 1A to 5A, 2022 Curbside Collection

Learn your area at CurbitStJohns.ca or call 311 or 754-CITY (2489).

- Waste must be at the curb between 6 and 8 a.m. on your collection day only.
- Automated: Garbage carts must be properly placed (ie. not on sidewalks/snowbanks).
- Manual: Garbage bags must be completely covered from April to November.
- Yard waste must be in paper yard waste bags; put at the curb on your recycling days from May to November.
- Cancelled collections (ie. storm, holiday) take place the next day along with that days regularly scheduled collection.

Area	Normal Garbage Day	Garbage/ Recycling	Garbage/Yard Waste/Recycling
1A	Monday		
2A	Tuesday		
3A	Wednesday		
4A	Thursday		
5A	Friday		
Holiday		H	H

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B Area 1B to 5B, 2022

Curbside Collection

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5B	Friday		
	Holiday	H	H

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Photos courtesy Tania Heath

Satellite Furniture Drop-Off Relaunches at Robin Hood Bay

By Erin Molloy, Home Again Furniture Bank

After a pause due to COVID-19, we are pleased to welcome back the satellite furniture drop-off in the Residential Drop Off at the Robin Hood Bay Waste Management Facility.

“We are thrilled to relaunch this program,” says Amy Tulk, Director of Operations for Home Again Furniture Bank. “Not only does it have a positive environmental impact by diverting good quality furniture from the landfill, it allows us to offer furniture donors another option when it comes to donating furniture to Home Again. This program, paired with our existing two pick-up days each week, allows us to change even more lives through the comfort, dignity and stability that a well-furnished home provides.”

As furniture items are brought to the Residential Drop-Off at Robin Hood Bay, they are assessed to determine if they’re suitable for reuse. Home Again then takes these items and finds them a new home.

Home Again is a nonprofit organization that aims to end furniture poverty on the Northeast Avalon by collecting gently used furniture and redistributing it to individuals and families, free of charge. Home Again works with referral partners in the community to identify those in need. You can learn more about the organization at HomeAgainFB.ca.

The City of St. John’s is committed to a city that is sustainable today and for future generations; economically, environmentally and financially. Diverting additional waste from the landfill is identified in the Our City, Our Future 2022 Action Plan under the goal to preserve and enhance the natural and built environment.



Room to Grow





Mulch or Use Paper Yard Waste Bags

The best choice for grass clippings, both environmentally and economically, is to mulch them. In other words, just mow and go! Mulching is the most economically efficient way to dispose of leaves and grass and the most earth-friendly approach for handling them.

If mulching is not an option for you, put your leaves and grass clippings in paper yard waste bags at the curb on the same day as your recycling day. To find out when your recycling and yard waste collection is visit CurbitStJohns.ca > schedules.

Yard Waste Stays Out of the Landfill

The City of St. John's collects yard waste at the curb in paper yard waste bags only. Place the paper yard waste bags at the curb on the same day as your recycling day, until the end of November.

- There is no limit to the number of paper yard waste bags that can be set out for collection at the curb. Yard waste bags must be under 50 lbs and are collected separately from your garbage and recycling.
- Paper yard waste bags can also be brought to the Residential Drop Off at Robin Hood Bay until mid-December.

Since 2018 residents of St. John's have diverted more than 4,000 tonnes of organic yard waste from the landfill. That has reduced approximately 123 tonnes of greenhouse gas emissions which is the equivalent to taking 38 passenger vehicles off the road for a year and has resulted in a savings of \$286,750 in tipping fees.

Learn to Compost

If you are interested in learning how to properly backyard compost, the experts at the MUN Botanical Garden can help!

A short Backyard Composting course is available online anytime at CurbitStJohns.ca > **Recycle** > **Backyard Composting** and in-person sessions are free on a 'first come, first seated' basis:

MUN Botanical Garden, 306 Mount Scio Road
1:30-2:30 p.m. Saturday, Sep. 10

Kenmount Terrace Community Centre, 85 Messenger Drive
6:30-7:30 p.m., Tuesday, Sep. 20

Southlands Community Centre, 40 Teakwood Drive
6:30-7:30 p.m., Monday, Oct. 3

Paul Reynolds Community Centre, 35 Carrick Drive
6:30-7:30 p.m., Tuesday, Nov. 1

Backyard compost bins are available for purchase once the session is completed. Cost is \$50 for a standard compost bin, and \$75 for a tumbler bin. Complete your purchase by calling Access St. John's at 311 or 754-CITY (2489).

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
Only cardboard, not styrofoam



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 or app St. John's Waste and Recycling

Curbside Recycling

THREE SIMPLE STEPS

1

Sort it

- Sort recyclables into containers and papers.
- Rinse food containers and milk cartons.
- Remove straws from containers and wrap, plastic or Styrofoam from boxes.



2

Bag it

- Place paper and cardboard in one separate see-through blue bag and containers in another.
- Place recyclables loosely in the bag.



3

Curb it

- Put your blue bags at the curb on your recycling day, every second week.



Learn more at CurbitStJohns.ca



Fall Planting for Spring Colour

As the days shorten, the leaves change colour and the gardens that have been meticulously maintained all summer begin to fade. Now is the time to put some effort into your garden for an early spring payback. Planting bulbs now are a sure way to have some early spring colour in your gardens.

Early spring flowering varieties will often begin to emerge not long after the snow has melted and the soil begins to warm, particularly if they have been planted in a sunny location. Crocuses are early bloomers and can provide the first welcomed signs of spring. Other successful and popular choices for our climate include daffodil, tulip and hyacinth. These are all spring flowering plants that can withstand late frosts and will naturally die back around the time you begin to plant summer annuals.

These flowers are not typically grown by homeowners from seed, rather they are purchased as bulbs that are readily available at most local nurseries and garden centres. For these bulbs to bloom in the spring, they must go through an extended cold period. In our climate, it is best to plant them in the fall so they can over-winter in your garden.

As you are walking through many of the City's park spaces you may notice "empty" beds that were once full of summer colour. Please be mindful to stay off them and keep pets away. Many of these beds are full of bulbs that have been planted to provide our park spaces with early spring blooms - a welcomed sign of warmer days ahead.



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
- Email access@stjohns.ca

The City uses proven continuous improvement (CI) tools and methods to tackle process problems and engage staff in problem solving. Learn more by searching 'continuous improvement' at StJohns.ca



Continuous Improvement Success

The Non-Profit Housing division in the Department of Community Services manages more than 400 housing rental units. On average, 65 tenant move-in or move-outs are processed by the division annually.



CASE STUDY NON-PROFIT HOUSING

The Challenge

In January 2019, the Residential Tenancies Act changed the timeline requirement for refunding tenant security deposits from within 15 days of vacating a unit to within 10 days. The City's move-in and move-out process for these units at the time was primarily manual and did not allow for this shortened turnaround time. The turnaround time for move-outs was averaging 30 plus days.

The Solution

A cross-departmental project team came together to apply continuous improvement methodology and tools with the goal of improving turnaround time and increasing the quality and consistency of the process overall.

- Each step in the process was thoroughly reviewed and documented; clearly identifying roles and responsibilities for all staff involved.
- We implemented a software solution for unit inspections that helps us detail and collect information on the condition of units on move-in and move-out. This solution also helped eliminate paper use.
- We streamlined information sharing between City departments involved in the process, reducing wait times.
- A process checklist was created for move-in tenants.

As a result of these improvements, turnaround time for move-outs decreased with 91% completed in less than 30 days. The Non-Profit Housing division monitors the process to identify gaps and opportunities for additional improvements.

How You Benefit

Accessing affordable, suitable housing is essential to the health of individuals and is the foundation for a prosperous and healthy community. By streamlining and standardizing the move-in and move-out process, the City is better positioned to meet legislated timelines. More importantly, we can better serve our client's housing needs by ensuring units are available without delay.

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.



Paid Parking Options

In all areas where public parking is available, look for signs that indicate the parking restrictions in the area. Note that payment is not required for parking on weekends, statutory holidays, or after 6 p.m. on weekdays.

Steps for Using a Parking Pay Station

If you do not wish to use PayByPhone, you can visit a Pay station to make your payment using credit card, debit card (tap only) or smartphone.

1. Park your vehicle and look for a sign nearby with a zone number.
2. Go to the pay station and press any button to activate the screen.
3. Select your payment method. You can use a debit card (tap only), credit card or smartphone. Pay stations do not accept cash.
4. Confirm your parking zone number. The zone number will be on a sign near your vehicle. Pay stations will be configured to default to the zone they are located in.
5. Enter your licence plate number.
6. Choose the amount of time you wish to pay for parking.
7. Confirm the payment.

A receipt can be printed if you would like. You do not need to return to the vehicle with the receipt after the payment is made.



PayByPhone Parking App - How it works

PayByPhone is a user friendly app, and an efficient way to pay for parking from your phone. Before you head downtown, install the app, and set up your account from home. Steps for setting up and using the PaybyPhone app are outlined below.



1 Get PayByPhone app

Download the app from the Google Play and iOS App Store.

Once in the app store search for PayByPhone or PayByPhone Parking.

The first entry displaying the icon above is the one you want to get. Once the app is loaded on your device, open it.



2 Create an account

See icon in the top right corner of your screen. Click this to begin. You can enter multiple vehicles, credit card info and more. If you do not want to set up an account, just enter a location/zone number where you are parked.



3 Enter your zone/ location number

The app will start by asking the location number of where you want to park. Look for a street sign near your vehicle and enter the zone/ location number.

Note: Be sure to choose the location on the correct street in the City of St. John's.



4 Enter your vehicle information

Add the license plate number, province, vehicle type and description. You can even upload a photo of your vehicle.



5 Enter your parking duration

Add the time duration you wish to park. Check the details then confirm your selection.



6 Extend your parking anytime

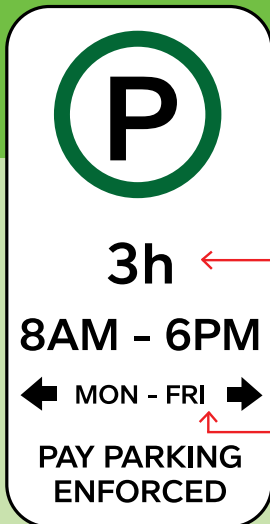
Add more time from wherever you are. Simply open the app and add time to your current parking meter.

For assistance you can visit the PayByPhone website at paybyphone.com

If you do not have a smartphone, you can call 1-866-234-7275 to make a payment.

PayByPhone zones contain two types of signs.

Here is what they tell us.



- ← 3h → Maximum parking stay
- ← 8AM - 6PM → Range of times when payment is required
- ← MON - FRI → Direction in which these rules apply
- ↑ Range of days when payment is required



- ← Where to download the app
- ← Website to pay or download the app
- ← Phone number to call to pay (866-234-7275)
- ← Zone/location number to enter when paying



Fitness Programs

The City of St. John's offers a range of fitness opportunities for adults, age 16+, looking to live a healthy, active lifestyle. For up-to-date schedules:

- Call the swim and fitness line 576-8408 (Mews) or 576-8155 (PRCC)
- Online StJohns.ca > Living in St. John's > Recreation and Parks > Fitness

Email 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 that are 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 designed for all ages and endurance levels, uses body weight exercise and equipment to develop the participant's cardio and muscular strength.

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. Registration required.

TIME

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

Yoga (Registration Required)

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 incorporates mindfulness throughout the class. Poses are done slowly to illicit the relaxation response and increase body-mind awareness.

Yin Yoga

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



For more information visit

StJohns.ca

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



Swimming

Indoor pools

All pools have accessible pool lifts.

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

Paul Reynolds Community Centre, 35 Carrick Drive

Pool Schedules:

Online StJohns.ca > Quick Links > Swim Schedules

Call the swim & fitness lines:

• Paul Reynolds Community Centre, 576-8155

• H.G.R. Mews Community Centre, 576-8408

Email recreation@stjohns.ca



For details visit: StJohns.ca

> Living in St. John's

> Recreation and Parks

> Swimming



Canadian Red Cross Swimming Lessons

Swimming lessons are offered following current Red Cross guidelines.

September 25 – November 3, 2022

Paul Reynolds Community Centre and the H.G.R. Mews Community Centre.

Swim Descriptions

Children 10 and under must be accompanied in the water by a 16+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 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

Water features in operation, slides available during Everyone Welcome Swim only.

Leisure space is available for families. Children 10 and under must be accompanied in the water by a 16+ year-old who must remain in the water at arms-length.

Recreation



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

Registration

For the most current program and service offerings please visit StJohns.ca/REConnect.

Program Registration	St. John's residents	Residents of other municipalities
Fall Programs and Swimming Lessons	7 a.m., Thursday, August 11	7 a.m., Tuesday, August 16

Application deadlines for REAL and Inclusion Support: **Winter Programs Nov. 17**

Registration Options



Online: StJohns.ca/REConnect



In person:

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



Call 576-8499 or 576-8631
Telephone registration is available 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. Visit us in person, call 576-8499 or 576-8631, or login at StJohns.ca/REConnect.

Wish List

Add the courses you want to your wish list a couple of days prior 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.



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, including baby or bridal showers, family gatherings, community/corporate events or sports activities.

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

Sports Facilities

Outdoor sport fields and pitches are typically available for rental from June to mid-October. For details:

- Email recreation@stjohns.ca
- **StJohns.ca** > Living in St. John's > Recreation and Parks > Recreation Facilities > Rental Information



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 - Cost \$165

Paul Reynolds Centre - Cost \$165

Call 576-8499 or 576-8631.



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. Court reservations are 40 minutes in length and users must pay in advance.

Racquetball Court Rental \$8 per 40 minutes

No refunds or exchanges are permitted once a reservation is complete. Maximum 4 players on a court at one time.



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

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



REAL Program

Join us for Pumpkinfest October 15 & 16 from 10 a.m. to 5p.m. at Lester's Farm Market, 173 Brookfield Road.

Park & Ride return shuttle services begin at 10 a.m. at the NL Housing Building (2 Canada Drive)

A portion of the proceeds go to the REAL Program.

Lester's Farm Market has been a longtime supporter of the REAL Program through the annual Pumpkinfest. REAL is grateful for the continuous support they provide to children and youth of the City of St. John's.

"We wouldn't be here without our community so connecting with a program that gives back to families was important to us," says Susan Lester from Lester's Farm Market. "The REAL Program was a perfect fit. They make a large impact on the community by giving families the opportunity to be involved in extra-curricular activities that they may not have had access to. Life lessons learned through these activities are something that we believe all families should have access to and the REAL Program helps achieve that.

"While the activities for Pumpkinfest may have changed since we started in 2001, the sense of community has stayed the same. Each year, we have many visitors who come and support the REAL Program while enjoying a fun filled day on the farm. Families take part in our hot pepper contest, kids pie eating contest, wagon rides, corn maze, and pumpkin themed games. We have seen Pumpkinfest come full circle as some of our visitors who attended as a child now come with their own families. A portion of the proceeds of Pumpkinfest are donated to the REAL Program. It is a day full of fun while supporting a great cause."

REAL Support deadlines

See page 20

Contact Us

576-8684 or 4556 real@stjohns.ca



- Visit StJohns.ca
- > Living in St. John's
- > Recreation and Parks
- > REAL Program



Ways to Donate

Online through your RECconnect account

StJohns.ca/Real

In Person

Drop off at:

- 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

By Mail

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

Recycle for REAL - Drop off your recyclable containers to any Ever Green Recycling Depot using the code 5768684.

A tax receipt can be issued for any donation over \$20.

Climb the ladder to become a lifeguard!

Start your lifeguard training now

We're always looking for lifeguards to join our team.



Aquatic Leadership

Climb the ladder to become a lifeguard!
Start your lifeguard training with us now with the following Lifesaving Society training programs.

National Lifeguard

(minimum 15 years of age)

Prerequisites: Bronze Cross and Standard First Aid.

National Lifeguards are water rescue professionals trained in emergency care. National Lifeguards are trained to prevent accidents, spot potential trouble, and intervene before it becomes life threatening. They educate the public about the hazards and risks associated with aquatic activities and how to be water smart.

Bronze Cross

Prerequisites: Bronze Medallion and Emergency or Standard First Aid (need not be current).

Begins the transition from lifesaving to lifeguarding and prepares candidates for responsibilities as assistant lifeguards. Candidates strengthen and expand their lifesaving skills and begin to apply the principles and techniques of active surveillance in aquatic facilities. Emphasis is on the importance of teamwork and communication in preventing and responding to aquatic emergencies.



Bronze Medallion

(minimum 13 years of age)

Prerequisites: Bronze Star OR 13 years old

The four components of water rescue (judgement, knowledge, skill, and fitness) form the basis of Bronze Medallion training. Candidates are challenged both mentally and physically and acquire the assessment and problem-solving skills needed to make good decisions in, on, and around the water.



Bronze Star

Prerequisites: None.

Bronze Star develops swimming proficiency, lifesaving skills and personal fitness. Candidates refine their stroke mechanics, acquire self-rescue skills, and apply fitness principles in training workouts. Bronze Star is excellent preparation for success in Bronze Medallion and provides a fun introduction to lifesaving sport.



Junior Lifeguard

(8 to 15 years of age)

Prerequisites: Roll into deep water, Tread water 1 minute, swim 50 metres.

The Junior Lifeguard Club (JLC) offers a unique aquatic alternative to traditional test-sheet-based aquatic programs and is independent of traditional award progressions. JLC is for quick learners and those between levels or programs who thrive in an energetic learning environment.

Swim Patrol - Rookie, Ranger, Star

(8 to 12 years of age)

Prerequisites: Ability to swim.

Canadian Swim Patrol (CSP) is a three-level pre-Bronze program for candidates who are ready to move beyond the learn-to-swim program. Candidates earn recognition for success in swimming, first aid and water rescue along with badges for overall award achievement. It is recommended that candidates complete the courses in order of Rookie Patrol, Ranger Patrol then Star Patrol.





Children and Youth



For more detail
www.stjohns.ca

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

Family Fun:

National Family Week, Oct. 2-8

National Child Day, Nov. 20

Visit the calendar of events at StJohns.ca for a list of activities.

Family & Friends						
Course	Age	Day	Dates	Time	Location	Cost
Knitting	15 to adult	M	Oct. 17-Dec. 12	7-9pm	Southlands	\$60
Sit & Knit	10 to adult	Tu	Oct 18 Nov 29	7-9pm	PRCC	\$2 per person, drop in
Halloween Craft Night	5-11	Th	Oct 27	6-7:30pm	Southlands	\$14
Kids Craft	5-11	Su	Nov 20	6-7:30pm	Kenmount	\$14
Kitchen Party	0+	Sa	Dec 3	2-3:30pm	Kilbride	Free

Playgroups, up to age 5 unless otherwise noted					
	Day	Dates	Time	Location	Cost
Playgroup	M	Sep 12-Dec 12	9:30-11:30am	Kilbride	Free
	Tu & Th	Sep 13-Dec 15			
Playgroup- Mother Goose Up to age 2.5	M	Sep 12-Nov 21	9:30-10:30am	Shea Heights	Free, registration required info@mothergoosenl.ca
	M	Sep 12-Nov 21	11:30am-12:30pm		
Playgroup – Active	M Sa	Sep 20-Dec 11	10-11:30am	Kenmount	\$2, under 6 months free
	W Sa	Sep 22-Dec 11	10-11:30am	Southlands	

Afterschool Program

3-5:30pm, school days

Openings at Kilbride & Shea Heights Community Centre's
 Search 'after school' at StJohns.ca/RECconnect

Preschool

9am-noon

Openings at Paul Reynolds, Kenmount and Southlands
 Community Centre's

Search 'preschool' at StJohns.ca/RECconnect



Sport – requires registration

	Code	Age	Days	Dates	Time	Location	Cost
Ball Hockey	31808	12-16	Su	Oct 2-Dec 4	6-7pm	Mews	\$40
Tri-Sport	33372	6-9	Th	Nov 3-Dec 8	6-7:30pm	Kenmount	\$36
	33373	9-12					

Leadership – requires registration

	Code	Age	Days	Dates	Time	Location	Cost
Babysitting	33375	11-15	F Sa	Oct 14 & 15	5:30-8:30pm	PRCC	\$55
	33376			Nov 4 & 5	9am-2:30pm		
Home Alone Safety	33374	10-12	Sa	Sep 24	9am-4pm	PRCC	\$55
	33385		Sa	Oct 1		Kilbride	
	33374		Sa	Nov 19		Kenmount	

FREE Youth Drop Ins

Course	Ages	Day	Dates	Time	Location
Lunch In	11-16	M to F	Sep 12-Dec 12	12-1pm	PRCC
Drop In – Sports	10-14	Tu	Sep 13-Dec 13	6-7:30pm	Shea Heights
Drop In	10-14	W	Sep 14-Dec 14	6-7:30pm	Shea Heights
Drop In – Girls Only	10-14	Th	Sep 15-Dec 15	6-7:30pm	Shea Heights
Drop In	10-14	W	Sep 14-Dec 14	6:15-8:15pm	Southlands
Drop In	10-14	M & W	Sep 12-Dec 12	6-7:30pm	Kilbride
Drop In	10-14	M	Sep 12-Dec 12	6-7:30pm	Kenmount

Volunteer Junior Recreation Leader Program

Our Volunteer Junior Recreation Leader program is designed to provide youth ages 14+ with a workplace educational experience mentored by one of our caring recreation practitioners. This program takes place in a fun-filled atmosphere designed to challenge youth by developing self-respect and a sense of camaraderie through team building. The next session is scheduled to take place October to December 2022.

Application form: StJohns.ca > Living in St. John's > Forms and Applications > Recreation





Outdoor Recreation

For more details or to register for these programs visit StJohns.ca/RECconnect

	Code	Age	Day	Date	Time	Location	Cost
Family Canoeing	33395	5+	Sat	Sep 17	10am-noon	Rotary	\$28 per family
Family Wilderness Survival	33397	5+	Su	Oct 2	1-4pm	Rotary	\$42 per family
Family Archery	33394	5+	Th	Oct 6-20	6:30-8pm	Kenmount	\$63 per family
Family Fire Building	33396	5+	Sat	Nov 5	1-3pm	Rotary	\$28 per family
Snowshoe Making	33398	18+	Wed	Nov 2-16	6:30-8:30pm	Rotary	\$65

Group Outdoor Programs

Outdoor programs are available to community, youth and school groups, and occur at Rotary 'Sunshine' Park or C.A. Pippy Park.

Programs are customized for the age and ability of participants, are offered as the season permits and can be booked at any time of the year.

Depending on the season, types of programs offered:

- archery
- fire building
- shelter construction
- orienteering
- geocaching
- paddling
- skiing/snowshoeing
- Duke of Edinburgh preliminary training

Corporate Outdoor Program

The City of St. John's outdoor team offers Corporate Team building programs for your organization. We offer a variety of land, snow or water activities available for groups from 10 to 60 people. We can plan a day or work with your company to create a custom program that will meet your needs.

For more details and contact information visit:

OutdoorCorporateProgram.StJohns.ca



Book an outdoor program
call **576-8522** or
email **outdoor@stjohns.ca**



For details visit: StJohns.ca
 > Living in St. John's
 > Recreation and Parks
 > Inclusive Services



Inclusive Services

The City is committed to fostering a space where people feel connected, have a sense of belonging and are actively engaged in community life. Accessible, healthy neighbourhoods and inclusive programs and services are an important part of this commitment. We can help provide support to participate in City of St. John's recreation programs; contact us to learn more.

Pursuing Active Lifestyles

For individuals with mild to moderate developmental disabilities to learn about basic skills needed for active living.

Course Code	Age	Day	Date	Time	Facility	Cost
33386	18+	Tu	Sep 20- Dec 6	6:30- 8pm	PRCC	\$72

Therapeutic Recreation Referrals

Therapeutic Recreation promotes safe and supportive recreation and leisure opportunities for participants with physical, mental, social or emotional barriers. Participants may be referred by a professional or self-referral.

TIME™ Together in Movement and Exercise

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

Course Code	Age	Day	Date	Time	Facility	Cost
33387	18+	Tu Th	Sep 20- Nov 24	11:15am- 12:15pm	PRCC	\$200

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. Registration required.

Fit Finders

Offered fall, winter and spring 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.

Attendant Pass

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

Adaptive Equipment Loan Program

The City has all-terrain wheelchairs, a hand cycle and a duet bicycle designed for outdoor settings including trails and parks available for people with disabilities to borrow. Contact us for more information.



Financial Support

Financial support is available for adults/seniors facing financial barriers to participate in City of St. John's recreation activities. Requests for children and youth are referred to the REAL Program, see page 23.

Contact us

For more information about any of these programs or services:
 576-6972 inclusion@stjohns.ca

Application deadline for winter Inclusion Support is Nov. 17



Adult Programs Registration required unless otherwise noted

Art						
	Code	Day	Date	Time	Location	Cost
Acrylic Paint-Fall Corn	32312	F	Sep 23	6-8pm	Mews	\$18
Acrylic Paint-Bridge in Fall	32313	F	Oct 14	6-8pm	Mews	\$18
Acrylic Paint-Blue Birch Trees	32314	F	Nov 18	6-8pm	PRCC	\$18
Oil Paint-Little Fox	32310	Th	Sep 22-Oct 6	6-9pm	Mews	\$67
Oil Paint-Stormy Sky's	32311	Th	Oct 20-Nov 3	6-9pm	Mews	\$67
Water Colour	33344	M	Sep 19-Oct 17	6:30-9pm	PRCC	\$74
Water Colour	33343	M	Nov 7-Nov 28	6:30-9pm	PRCC	\$74
Drawing- Musical Instruments	33325	F	Oct 7	6-8pm	Mews	\$16
Finger Paint-Gall Tree's	33347	F	Sep 30	6-9pm	Mews	\$23
Mug Paint Class	33346	F	Dec 9	6-9pm	Mews	\$29.50
Wine Glass Paint Class	33345	F	Nov 25	6-9pm	PRCC	\$29.50
Acrylic Paint	33393	Th	Oct 27	7-9pm	Southlands	\$16
Acrylic Paint	33392	Th	Dec 15	7-9pm	Southlands	\$16

Leisure						
	Code	Day	Date	Time	Location	Cost
Bridge Level 1	32326	Tu	Sep 13-Nov 29	9-11:30am	KMT	\$120
Bridge Level 2	32327	W	Sep 14-Nov 30	9-11:30am	PRCC	\$120
Bridge Level 3	32328	M	Sep 12-Nov 28	9-11:30am	PRCC	\$110

Handicraft						
	Code	Day	Date	Time	Location	Cost
Knitting Circle	33348	M	Sep 12-Nov 28	10:30am-noon	Mews	\$22
Rug Hooking - Blue Jean Bag Bird Design	33350	M	Oct 17-Nov 07	9am-noon	Mews	\$154; \$184 if hook & frame needed
DIY Fall Décor - Wooden Stacks	33326	M	Nov 28	1-4pm	Mews	\$22

More Adult Programs

Music						
	Code	Day	Date	Time	Location	Cost
Guitar Beginner	33340	Th	Sep 15-Dec 1	5:30-7pm	Mews	\$81
Guitar Intermediate	33339	M	Sep 12-Nov 28	7:30-9pm	Mews	\$74.25
Guitar Advanced	33338	Th	Sep 15-Dec 1	7:30-9pm	Mews	\$81
Keyboarding Beginner	33336	Tu	Sep 13-Nov 29	9:30-10:45am	Mews	\$67.50
Keyboarding Beginner	33335	Th	Sep 15-Dec 1	9:45-11am	PRCC	\$67.50
Keyboarding Intermediate	33334	Tu	Sep 13-Nov 29	11:15am-12:30pm	Mews	\$67.50
Keyboarding Intermediate	33333	Th	Sep 15-Dec 1	11:30am-12:45pm	PRCC	\$67.50
Keyboarding Intermediate	33332	Tu	Sep 13-Nov 29	1-2:15pm	Mews	\$67.50
Ukuele Beginner	33337	Tu	Sep 13-Nov 29	6-7pm	PRCC	\$54

Dance *Pending instructor availability. Please call the Mews Centre prior to attending.						
	Code	Day	Date	Time	Location	Cost
A Time to Dance	32315	M	Sep 12-Nov 28	1-2pm	PRCC	49.50
A Time to Dance	32316	Tu	Sep 13-Nov 27	6:30-7:30pm	PRCC	\$54
Beginner Line Dance	32317	Tu	Sep 20-Nov 29	11am-noon	Mews	\$49.50
Beginner Line Dance	32318	Tu	Sep 20-Nov 29	12:30-1:30pm	Mews	\$49.50
Beginner/Intermediate Line Dance	32320	W	Sep 14-Nov 30	12:30-1:30pm	Mews	\$54
Intermediate Line Dance	33358	W	Sep 14-Nov 30	2-3pm	Mews	\$54
Intermediate Line Dance	32319	Th	Sep 15-Dec 1	12:30-1:30pm	Mews	\$54
Intermediate/Advanced Line Dance	32321	Th	Sep 15-Dec 1	11am - 12pm	Mews	\$54
Beginner Ballroom Dance	32322	Su	Sep 11-Nov 27	6:30-7:30pm	Mews	\$54 per person Partner required, each person must register separately.
Beginner Ballroom Dance	32323	W	Sep 14-Nov 30	6:30-7:30pm	PRCC	
Modern Sequence Ballroom	32324	Su	Sep 11-Nov 27	8-9pm	Mews	
Newfoundland Tradition Dance *	32325	W	Sep 14-Nov 30	7:30-9pm	Mews	\$6.75 (drop-in)

Technology						
Course	Code	Day	Dates	Time	Location	Cost
Technology for Beginners Part 1	33331	Tu	Sep 20-Oct 18	6-8pm	PRCC	\$60
Technology for Beginners-Part 2	33330	Tu	Nov 1-Nov 29	6-8pm	PRCC	\$60
Technology - Smart Watch	33329	Tu	Sep 13	6-9pm	PRCC	\$18



Older Adults

Fitness						
Title	Code	Days	Dates	Time	Location	Cost
Active for Life	33328	M & W	Sep 12-Dec 5	1-2pm	Kenmount	\$96
Active for Life	33327	Tu & Th	Sep 13-Dec 1	1-2pm	Southlands	\$96

Walk & Wheel - Finding it difficult to walk outside? Join us indoors. Bring indoor footwear and a filled water bottle.						
Title	Code	Day	Date	Time	Location	Cost
Walk & Wheel	32331	W F	Sep 14-Dec 2	9:30-10:30am	Shea Heights	Free
	32332	W	Sep 14-Nov 30	9:30-10:30am	Kilbride	Free
	32333	Tu Th	Sep 13-Dec 1	9-10am	Kenmount	Free
	32334	M W	Sep 14-Nov 30	noon-1pm	Southlands	Free

Social Time

Join friends new and old while enjoying leisure activities, light refreshments and snacks.

Mews	PRCC
Sep 16-Dec 2	Sept 12-Nov 28
10:30am to 12:30pm	10am-noon
Fridays	Mondays
Cost: \$22	Cost: \$22
Code: 32329	Code: 32330
Search 'social time' at StJohns.ca/RECconnect or call 576-8499.	





Seniors Week 2022 - Seniors Reconnecting

Join us October 3-7 as we celebrate seniors and focus on hope for the future. All programs are free, but registration is required.

Register at: 576-8490/8411 or recreation@stjohns.ca

Title	Code	Day	Date	Time	Location
Active for Life Demo	33360	M	Oct 3	9:30-10:30am	Mews
Craft-Fall Book Stacks	33359	M	Oct 3	1-3pm	Mews
Acrylic Paint	33361	Tu	Oct 4	6:30-8:30pm	PRCC
Beginner Line Dance Class	33362	Tu	Oct 4	9:30-10:30am	Mews
Lunch & Bingo	33363	Th	Oct 6	10am-1pm	Kenmount
Leisure Swim	33364	W	Oct 5	11:30am-1:50pm	Mews
Ageless Grace -NIA	33366	Th	Oct 6	1:30 - 2:30pm	Mews
Technology for Beginners	33365	F	Oct 7	9:30-11:30am	PRCC
Information Session- Shopping Tips: Stretching a Loonie to a Toonie.	33367	F	Oct 7	1-2:30pm	PRCC

Events and Outings

Registration must be completed at least three days prior to the event, see page 20.

Meal, refreshments and transportation are included. 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 several adult and seniors apartments.

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

Events and Outings – requires registration (50+)						
Title	Code	Day	Date	Time	Location	Cost
Social and Bingo	31787	Th	Sep 22	10am-1pm	PRCC	\$18
Fall Fashion Dinner & Dance	31786	Th	Sep 29	6:30-10:30pm	City Hall	\$22
Halloween Dinner & Dance	31785	Th	Oct 27	6:30-10:30pm	City Hall	\$22
Country Western Night	31784	Th	Nov 17	6:30-10:30pm	City Hall	\$22
Christmas Social & Bingo	31783	Th	Dec 1	10am-1pm	Kenmount	\$18
Christmas Dinner & Dance	31782	Th	Dec 8	6:30-10:30pm	City Hall	\$22
Christmas Light Tour	31781	Th	Dec 15	7-10pm	Various Locations	\$10

Pumpkin Walk

The Loop, Bannerman Park

Monday, Nov. 1

5:30 to 8:30 p.m.

Inclement weather date:

Nov. 2

**Quiet viewing
5:30 to 6:30 p.m.
(no loud music or surprise
performances)**

You're invited to display your Jack O' Lantern (pumpkin) at Bannerman Park and participate in our annual Pumpkin Walk - a magnificent Halloween themed event that includes music with a live DJ and pop-up performances. A light source will be provided for your pumpkin. Bring along a reusable mug for hot chocolate.

This is a free, inclusive event. Everyone is welcome to come and admire the pumpkin display. It is not necessary to bring a pumpkin. Pumpkins will be composted after the event.

**Festival of Music & Lights
Save the Date!**

Save the date to ring in the holiday season with our annual celebration of bright lights and festive music beginning the first week of December 2022 at the Bowring Park Duck Pond.



music @ Concerts continue into the Fall

The Music @ Concert Series carries on beyond the dog days of summer, with plenty of toe-tapping tunes still to savour in August, September, and beyond! Concerts are scheduled at 12:30 every Friday afternoon at Harbourside Park until September 23. There will also be a Music @ Bannerman concert at 2:00 p.m. on Saturday, October 1.

Each concert opens with a youth performer coordinated through a partnership with the Newfoundland and Labrador Folk Arts Society, followed by performances from some of the best musical talent the city has to offer. See you at the park!

Date	Time	Location	Performer
Fri. Aug 5	12:30-1:30pm	Harbourside Park	Jim Payne & Fergus O'Byrne
Fri. Aug 12	12:30-1:30pm	Harbourside Park	Kelly McMichael
Fri. Aug 19	12:30-1:30pm	Harbourside Park	Nico Paulo
Fri. Aug 26	12:30-1:30pm	Harbourside Park	Sherry Ryan
Fri. Sep 2	12:30-1:30pm	Harbourside Park	Ian Foster
Fri. Sep 9	12:30-1:30pm	Harbourside Park	Rachel Cousins
Fri. Sep 16	12:30-1:30pm	Harbourside Park	Darrell Cooper Quartet
Fri. Sep 23	12:30-1:30pm	Harbourside Park	Rosemary Lawton
Sat. Oct 1	2:00-3:00pm	Bannerman Park	Rube & Rake

Although accurate at the time of publishing, this information may be subject to change. Please check the City's website for the latest information.

New this year: Music @ The Courthouse!

St. John's Courthouse, 194 Water St., 1-4pm
 Sat, Aug. 13: Kubasonics & Cabot Power
 Sat, Aug. 27: Kellie Loder & Quote The Raven



Humane Services



576-6126

humaneservices@stjohns.ca

[@HumaneServicesStJohns](https://www.facebook.com/HumaneServicesStJohns)

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

Pet Vehicle Safety

Whether you are taking your pet on your next road trip or heading to the local dog park, it is important to travel with safety in mind.

Driver Safety

In general, having your pet moving around the vehicle can cause significant distractions for the driver. In the event of an emergency stop or a collision, a pet can become airborne injuring both itself and others.

- A pet in the front seat can block the driver's vision and can affect the driver's ability to brake if they end up at their feet.
- A pet sitting in the driver's lap is not only a distraction but can significantly hinder their ability to react quickly in an emergency.

Pet Safety

We recommend that all pets be secured in the back seat or hatch of a vehicle. Options include a secured carry kennel, a pet seatbelt harness or booster seat, or a pet barrier/safety netting.

Pets should never be allowed to hang out of open windows in a vehicle:

- Sudden turns, starts or stops can result in the animal being thrown from the vehicle.
- Debris in the air can fly into your pets eyes, nose, mouth or ears causing injury or infection.
- Window controls should be kept locked to prevent accidental injury if your pet steps on the controls.

The Law

The Newfoundland and Labrador Animal Health and Protection Act prohibits:

- The transport of animals in a motor vehicle outside the passenger compartment unless the animal is confined or secured adequately to prevent the animal from falling off the vehicle.
- Confining an animal in an enclosed space, including a motor vehicle without adequate ventilation.
- The transport of an animal in the trunk of a motor vehicle.



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





Do Not 'Fall' Short on Fire Safety

Have you thought about the fire safety risks that occur in the fall? As we turn up the heat indoors, it is important to know that heating equipment is one of the leading causes of home fires. Fuel burning (wood, oil, propane) heating systems should be inspected and/or cleaned annually by a qualified professional, especially after not being used for a few months. If appliances are not working properly or are used incorrectly, dangerous levels of carbon monoxide (CO) can result.

What is carbon monoxide (CO)?

Carbon monoxide is an invisible, odourless, colourless gas created when fuels burn incompletely and is often called the invisible killer. Fuel burning equipment in your home can be sources of carbon monoxide.

CO Alarms

If you have fuel burning equipment in your home, you must have CO alarms installed in a central location outside each sleeping area as well as on every level of the home. Ideally, all CO alarms should be interconnected so when one sounds, they all sound. Choose alarms listed by a qualified testing laboratory and follow the manufacturer's instructions for installation and replacement. Test your CO alarms at least once a month.

If the CO alarm sounds, immediately move to an outdoor location. Account for everyone inside the home and call 911 for help. Do not go back inside until emergency personnel declare that it is safe.

Minimize your Carbon Monoxide exposure

- Remove vehicles parked in a garage immediately after starting
- Do not run a vehicle or other fueled equipment indoors even with doors open
- When there is snowfall, make sure vents for the dryer, furnace, stove, fireplace and exhaust pipes of vehicles are clear of snow build-up
- If using a generator, choose a well-ventilated location outdoors away from windows, doors, and vent openings
- Always use gas or charcoal grills outside



How would you know if you are experiencing CO poisoning?

Exposure to CO can cause flu-like symptoms such as:

- Headache
- Nausea
- Dizziness
- Burning eyes
- Confusion
- Drowsiness
- Loss of consciousness

Plan and Practice Your Escape

Make a home escape plan with your family to be fully prepared when an alarm sounds. Consider the following:

- Ensure your street number is clearly visible from the road so emergency personnel can easily find your home
- Inspect all possible exits and escape routes; draw a floor plan and mark two ways out of each room and ensure windows and doors open easily
- Have an outside meeting place a safe distance from the home and mark the location on your escape plan
- Close all doors on your way out to slow the spread of fire, giving you more time to escape safely
- Practice your home fire drill at night and during the day with everyone in your home, twice a year; practice getting low and under the smoke, moving towards the exit
- Teach children how to escape on their own
- When a smoke or CO alarm sounds, leave immediately. Do not go back inside under any circumstances
- Practice 'sealing yourself in for safety' in case smoke or fire prevents you from exiting:
 - close all doors between you and the fire
 - Use duct tape, towels or clothes to seal the door cracks and cover air vents to keep smoke from coming in
 - If possible, open your windows at the top and bottom
 - Call the fire department to report your exact location
 - Wave a flashlight or light-coloured cloth at the window to let the fire department know where you are located
- Make arrangements in your plan for anyone with a disability
- Tell guests or visitors about your fire escape plan
- When staying overnight at other people's homes, or when children are having sleepovers, ask about their escape plan or offer to help them make one



Opening the right door can **change your life**

The City's **Housing** Division has one to four bedroom units available for those on a tight budget. These units are comfortable and well maintained.

A great home may be just a call away.

Contact us or complete an application:



In person at Access St. John's,
first floor, City Hall



576-8196



housing@stjohns.ca



Online at stjohns.ca

- ▶ Living in St. Johns
- ▶ City Services
- ▶ Non Profit Housing