



CITY GUIDE

WINTER 2024



Don't miss out on special events this winter!

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Real or Artificial Tree: Which is better?

Page 10

2024 Waste and Recycling Calendars Inside Page 6-7

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™.

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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Special Events



Holiday Lights @ Bowring Park

Ring in the holiday season with our 23rd annual celebration of bright lights, festive music and free hot chocolate! Enjoy performances by musical entertainers as we officially switch on the beautiful light display. Bring along a non-perishable food item to donate to the food bank. Event is free.



Saturday, December 2, 2023 at 5 p.m.

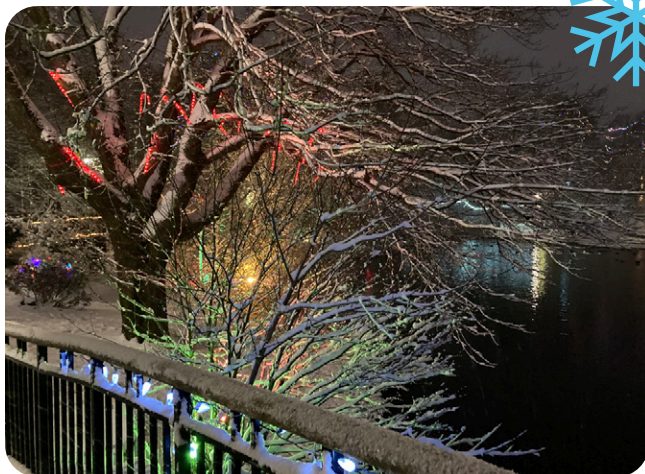
Bowring Park Duck Pond



(Inclement weather date is Saturday, December 9)

Bowring Park Holiday Light Display

From December 2 (or December 9) to January 8, stroll through Bowring Park duck pond and view the beautiful holiday light display while listening to a playlist of local artists performing holiday music. Look for signage with a QR code to listen with your smartphone in and around the park.



New Year's Eve Events

Celebrate the New Year with a full day of free, family-friendly activities for all ages. Fireworks are weather dependent. For up-to-date information on the fireworks visit StJohns.ca.



Events include:

- 9-10:50 a.m. Gym & Swim at H.G.R. Mews & Paul Reynolds Community Centres
- 5-7 p.m. Grab your skates and helmet and 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 six days of action-packed free winter events for a variety of ages and interests from February 9 to 14, 2024. Come out and join in the fun!



ChillFest 2024 will include our annual Kitchen Party, MegaPlay, Youth Talent Show, free ski and snowshoe rentals, outdoor skating parties at The Loop and more. Visit StJohns.ca for details.



City of St. John's Archives

The City of St. John's Archives was formally established in 1989. It is the official repository for historical municipal records and other records of significance relating to St. John's history.

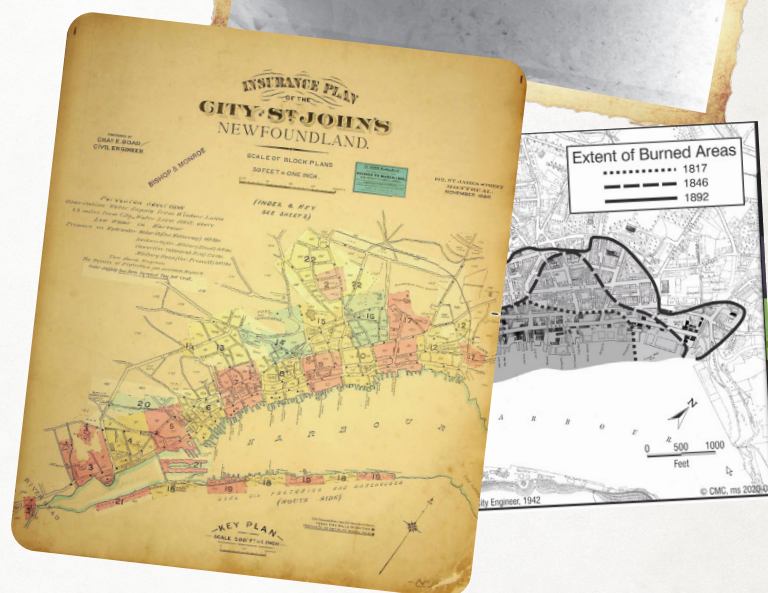
Located in the F. Burnham Gill Archival Centre at 15 Terra Nova Road, the Archives is open to the public for research purposes by appointment.

The Municipal Archives has a treasure-trove of archival photographs, documenting the past and present of City landmarks, events and people.

Visit our website at StJohns.ca/Archives to search our photograph database, look at City insurance maps, review the guide to our holdings and much more. Our photograph collection shows that St. John's has seen its fair share of snowstorms over the years, some to rival Snowmageddon in 2020.



The Archives also manages the City's fine art collection. Pieces are often on display at Wyatt Hall in City Hall and in our employee office spaces.



Insurance plans were maps created to help insurance companies document the risk of potential fire damage. This helped determine the rates and costs of insurance for a particular property. They detail property structures for the whole city and document the evolution of urban development and design! Visit the Insurance Plans tab at StJohns.ca/Archives to check out the city landscape over the years including pre-1892 Great Fire!

Council Minutes are available online at StJohns.ca/Meetings and date all the way back to 1895! They can also be viewed in person at the Archives.

Researchers are welcome to view our holdings at StJohns.ca/Archives or by scheduling an appointment to visit the Archives in person.

To schedule an appointment to visit us call **709-576-8167** or email Archives@StJohns.ca.

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.

📍 348 Water Street 📞 709-576-8107 ✉️ Business@StJohns.ca



ADVANTAGE
ST. JOHN'S

Discover the St. John's Advantage.

Sign up to receive the **City of St. John's Economic Snapshot** and have monthly St. John's metro area business news delivered directly to your inbox.



SUBSCRIBE FOR FREE

A

Area 1A to 5A, 2024

Curbside Collection

Learn your area at CurbitStJohns.ca or call 311 or 709-754-CITY (2489).

- Waste must be put at the curb between 6 and 8 a.m. on your collection day only.
- Garbage carts and bags must be properly placed (ie. not on sidewalks/snowbanks).
- In manual areas 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

January						
M	T	W	T	F	S	
1 H	2	3	4	5	6	
8	9	10	11	12	13	
15	16	17	18	19	20	
22	23	24	25	26	27	
29	30	31				

February						
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12	13	14	15	16	17	
19	20	21	22	23	24	
26	27	28	29			

March						
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25	26	27	28	29 H	30	

April						
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15	16	17	18	19	20	
22	23	24	25	26	27	
29	30					

May						
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27	28	29	30	31		

June						
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July						
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August						
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September						
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16	17	18	19	20	21	
23	24	25 H	26 H	27	28	
30	31					

B Area 1B to 5B, 2024

Curbside Collection

Learn your area at CurbitStJohns.ca or call 311 or 709-754-CITY (2489).

- Waste must be put at the curb between 6 and 8 a.m. on your collection day only.
- Garbage carts and bags must be properly placed (ie. not on sidewalks/snowbanks).
- In manual areas 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
1B	Monday		
2B	Tuesday		
3B	Wednesday		
4B	Thursday		
5B	Friday		
Holiday		H	H

January						
M	T	W	T	F	S	
1 H	2	3	4	5	6	
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March						
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29	30					

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13	14	15	16	17	18	
20 H	21	22	23	24	25	
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June						
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July						
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16	17	18	19	20	21	
23	24	25 H	26 H	27	28	
30	31					



Be a Good Neighbour, Don't Place Waste Too Early

When waste is placed at the curb earlier than the scheduled collection day, it can lead to an increase of litter in neighbourhoods or removal from your property (ie. high winds, theft), and can cause disturbances for those living nearby.

Placing waste at the curb earlier than the morning of collection day increases the chance of rodents or birds tearing the bags open and litter ending up around the neighbourhood. This includes garbage bags in City garbage carts when the lid was not closed due to overfilling or windy conditions.

We all know windy conditions are common here. When garbage carts are put at the curb too early, it increases the chances of cart lids blowing and banging open and closed throughout the night. This can disturb the sleep of those living nearby. Storing the garbage cart in a garage or shed, or even secured close to the home until the morning of the scheduled collection will shield the cart from wind and keep the lid from blowing open and closed.

During winter, waste bags or carts put out prior to collection day can interfere with snow clearing on roads and sidewalks. In past winters, sidewalk snow clearing

and road widening in many areas of the city have been impacted, resulting in City crews having to return later to clear the road.

These issues are increased during winter storms when waste collection is cancelled, and waste bags or carts are already placed at the curb.

Subscribe to waste collection reminders and alerts so that you receive timely information about cancellations. Sign up at CurbitStJohns.ca, through the free app Curbit St. John's, or by calling Access St. John's at **311** or **709-754-CITY (2489)**.



Too Much Garbage? Curbside Recycle!

We occasionally see or hear from some residents that they have too much garbage to fit in the garbage cart, and in areas without carts that they have more than four bags of garbage each week. Through observance or discussion, most often we learn that those homes are not curbside recycling.

Much of your regular household packaging waste is recyclable right at the curb in St. John's – much more than just pop cans and water bottles! Plus, on recycling collection days every second week, you can place an unlimited number of properly sorted blue bags of recycling at the curb by your home for the City to collect.

When households put all their recyclables in blue bags instead of a garbage bag, there should be enough room for what is truly garbage to fit in the City-issued garbage cart with the lid closed, or within four regular-size garbage bags.

To learn more about what is accepted in curbside recycling, visit CurbitStJohns.ca and look under the recycling tab or ask the Waste Wizard. To request a free Curbit information kit that includes free see-through blue bags for recycling, email Curbit@StJohns.ca or call Access St. John's by dialing **311** or **709-754-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 Toiletries Containers

e.g. shampoo, liquid soap, mouthwash & more



Plastic Cleaning Product Containers

e.g. bleach, liquid laundry detergent, all-purpose cleaner & more



Steel (Tin) Cans

e.g. soup cans, bean cans, tuna cans & more



Tetra Pak Containers

e.g. juice boxes, soup containers & more



Plastic Drink Bottles

e.g. water, pop, liquor & more



Separate bag for Papers



Egg Cartons

Cardboard, not styrofoam



Boxboard

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



Take Out Drink Trays



Empty Paper Towel & Toilet Paper Rolls*

*Cardboard inner rolls only



Corrugated Cardboard

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



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

Real or Artificial Tree: Which is Better?

During the holidays the amount of waste generated increases by approximately 25%. To do our part, it is important we understand options to reduce waste. One option is the type of Christmas tree you choose. Which is more sustainable - real or artificial trees?

Greenhouse Gas Emissions

Reusing the same artificial tree year after year may sound better than cutting down real trees, however it's important to consider the impact of manufacturing plastic trees and shipping them around the world, which contributes to their carbon footprint. According to Statistics Canada, 97% of the artificial Christmas trees purchased in Canada come from China.

Real trees are usually grown close to home and during their average 13-to-15-year lifespan capture carbon dioxide and produce oxygen.

A comparative lifecycle assessment study of artificial versus natural trees by Ellipso, a Montreal-based sustainable development consulting firm, found that to minimize the impact of an artificial tree you would need to use it for 20 years or more.

Environment

Artificial trees are made with polyvinyl chloride plastic and metal. As they can't be recycled, they eventually end up in the landfill, can take hundreds of years to break down and contribute to methane (landfill) gas production which is a greenhouse gas.

It is estimated that most people use an artificial tree for six to 10 years. If you already have an artificial tree, the longer you use it the better. If you no longer require your artificial tree, consider selling or donating it to a friend, family member, community group or reuse/thrift store.

One of the biggest benefits of real Christmas trees is that they're completely biodegradable and if disposed of properly does not produce greenhouse gases. Bring your real and undecorated trees to one of our drop off sites (see page 11).

Economy

Buying a real Christmas tree from a business near you supports the local economy.

In Newfoundland and Labrador, tree farms are run by local entrepreneurs and many real Christmas trees sold in the province are cut on provincial Crown Land which provides income to local families and small businesses right before the holiday season.

Like artificial trees, it is important to consider how far both you and the tree travel before it arrives at your home. We all know that the further we drive to pick up a real tree the greater the emissions are going to be, and the same is true for real trees that are grown hundreds of kilometres, perhaps even a boat ride away from where they are being sold.

The more local your real Christmas tree is, the better.



Learn more tips to reduce your holiday waste at:

CurbitStJohns.ca/Recycle/Holiday-Recycling-Tips



Give your real tree new life.

Christmas Tree Drop Off

Give your real tree new life. We mulch Christmas trees and use them for landscaping projects in City open spaces. Only natural, undecorated trees are acceptable – no artificial trees, decorations, tinsel or other manufactured objects are accepted and please do not bundle or tie the tree.

Quidi Vidi Lake Parking Lot

Large gravel lot off The Boulevard
Wednesday, Dec. 27, 2023 – Sunday, Jan. 7, 2024
(excluding Dec 31 and Jan 1)

Residential Drop Off (RDO)

340 East White Hills Road
Open Tuesdays to Saturdays, 8 a.m. to 4 p.m.
except statutory holidays.



Keep Safe, Steer Clear!

The City has protected watersheds to ensure you have potable water at Windsor Lake, Bay Bulls Big Pond and Petty Harbour Long Pond.

Please don't cross our watersheds. Water levels change frequently under the ice and can be dangerous for someone walking, skiing or snowmobiling. Snowmobiles can also pose a threat to all residents from gas, oil and toxins ending up in the water supply.

Snow Clearing



Levels of Service

Snow clearing 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. 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

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

Downtown Overnight Snow Removal



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

For streets scheduled daily for snow removal visit 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:

- Visit Map.StJohns.ca/Snow
- Sign up to receive an email by 3 p.m. each day, at StJohns.ca/SubscribeSpecialAdvisories
- Call Access St. John's at **311** or **709-754-CITY (2489)**
- Check for signs placed in snowbanks and at the ends of the street where snow is being removed

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 when there is no event at the Mary Brown's Centre
- 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

Winter Parking

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

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



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

StJohns.ca/Snow

Map.StJohns.ca/Snow

No Parking- Snow Route

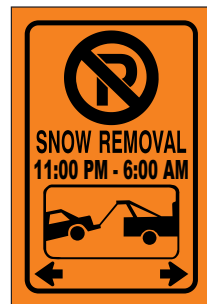
From December 1 to March 31 parking is prohibited 24 hours a day, regardless of snow/street conditions, on streets with designated Snow Route signs.



Downtown

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

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



By 3 p.m. every day in winter, we announce streets scheduled for snow removal. If you live or work overnight in the downtown snow removal area, the snow removal list can be accessed by:

- visiting Map.StJohns.ca/Snow
- subscribing to receive an email each day at StJohns.ca/SubscribeSpecialAdvisories
- Call Access St. John's at **311** or **709-754-CITY (2489)**
- Check for signs placed in snowbanks at the ends of the street where snow is being removed

Business District

4 to 6 a.m. daily, once in effect

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

Outside the Downtown and Business District

12:30 to 7:30 a.m. daily, once in effect

The on-street parking ban 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 ban 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.

Residents can receive emails stating when the parking ban will come into effect and when it will be lifted. Subscribe to the '24 Hour Parking Restriction' category, under the news section at StJohns.ca/Subscribe

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 after 6 p.m. on weekdays or on weekends. **You do not need a cell phone for parking,** pay stations accept debit (tap only) and credit.

StJohns.ca/PaidParking

Steps for using PayByPhone

1. Download the PayByPhone app

Find the app on the Google Play or Apple App Store on your smart phone. Search “**PayByPhone**” and look for the app that uses the above icon. Once downloaded, open the app to start the registration process.

2. Create an account

Find the person/gear icon. Click to begin to set up your account. You can enter multiple vehicles, payment info and more.

3. Enter the parking zone/location number

The app will ask the zone number of where you are parked. Look for on-street signage that indicates zone number.

4. Enter your vehicle information

You will add the license plate number and province as well a vehicle type and description.

5. Enter your parking duration

Add the amount of time you wish to park.

6. Extend your parking anytime

Add more time from wherever you are.

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

There are also various private parking lots in the downtown, please look for signage in these areas as the restrictions differ from the City's.

Steps for using a Pay Station

You can visit a pay station to make your payment using a credit card, debit card (tap only), or mobile pay.

1. After you park, identify the zone you are in (on the nearby signage), go to the nearest pay station and press any button on the station to begin.
2. Select a payment method using the yellow buttons on the machine. Either tap (debit, credit or mobile pay) or insert your credit card.
3. Confirm your parking zone number. Stations will display the zone you are currently in.
4. Enter your license plate number. This is on the same screen as the zone confirmation.
5. Choose the amount of time you wish to pay for parking and confirm using the green button.
6. Make the payment either by tapping or inserting and removing your credit card.
7. The station will ask you if you would like a receipt when the transaction is processed to keep for you own records, you do not need to return to your vehicle with the receipt.



Fireplace and Woodstove Safety Tips

Fireplaces and wood burning stoves can provide economical heat and a relaxed atmosphere on cold days. However, when not properly maintained, they can be a source of danger and can result in a chimney fire.

- Before starting a fire, ensure the draft is open wide to allow proper ventilation.
- Only use dry, well-seasoned wood. Never burn garbage, Christmas trees, piles of paper or building scraps.
- Always use a fireplace screen or glass doors. Never keep your wood burning stove door open unless you have a screen or glass door as a back-up.
- Keep the area around the hearth clear of debris, decorations and flammable materials.
- Check your flue regularly for any obstructions such as squirrel or bird nests, debris, etc.
- Keep your fireplace and chimney in good condition. Check for cracks and loose mortar or bricks and have any problems fixed before using.
- Chimneys should be inspected and cleaned annually by a certified chimney specialist.
- Never overload your fireplace or woodstove.
- Never leave a fire unattended and extinguish fires fully before going to bed.
- All wood burning units should have an approved listing and shall be installed as per manufacturer's instructions. Also, consider installing a spark arrester on top of any chimney that vents a solid-fuel stove or fireplace.
- Ensure that working smoke alarms are installed on every level of the home and in each sleeping room and have a family fire escape plan. There should also be a carbon monoxide detector installed on every level of the home and outside sleeping areas.

Residential Re-Leaf Program gets Revamped through Continuous Improvement

In 2016, the City launched a Community Roots Tree Planting program, which offered eligible residents a \$150 voucher towards the purchase of a tree for their property. The first year saw 161 trees planted. In 2019, the program was relaunched under the title 'Residential Re-Leaf' and received tremendous response from residents resulting in 146 trees being planted.

Problem

On the administrative side, the program proved to be taxing which resulted in a slower processing time and extended wait time for residents. This was mostly due to missing information on applications, which caused rework for staff.

One of the City's core values is to continue to do things better. Using continuous improvement processes, the team determined that the application form was not collecting information effectively. The goal was to make the application process and processing times more efficient for residents and staff.



Improvements

Several improvements were made to the program process in 2023 including:

- addition of an online application form as an alternative to the hard copy form
- hard copy application form was updated to include required fields to avoid missing information
- communications to residents was improved to provide clarity on how to apply
- an improved selection process
- data was auto populated from the online application form
- earlier start and end dates were implemented

Results

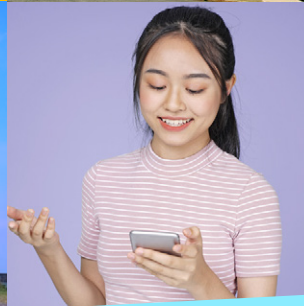
The application process proved to be much easier for residents. The number of applications requiring rework also decreased from 53 residents (2022) to three residents (2023) resulting in a time savings in processing of 94%.

Improvements to the Residential Re-Leaf Program application form and process resulted in administrative time savings of 49.9 hours per year. This allowed vouchers to be issued earlier to residents who were able to choose from a greater selection of trees and benefit from a longer growing season.

Continuous Improvement is a core element of the City's Strategic Plan. Work continues to focus on awareness and training of CI, projects, tools, methods, governance and metrics to ensure we are performing effectively and achieving results.



Make an impact on your city!



CITY INFLUENCERS

A Fresh New Look for the 18-30 Community

In 2022, the Youth Engagement Panel was launched as an online space where people age 18-30 could provide feedback to the City on various topics of interest to them. The online panel was a recommendation in the Youth Engagement Strategy as a great way for this age group to engage with the City in a quick and easy manner.

There are currently over 200 members on the Youth Engagement Panel, which is expanding every day. However, the word “youth” was not working to clearly define who the target group was, and the term “panel” sounded too formal.

As a result of consultations with the Youth Engagement Working Group and the City’s Marketing and

Communications team, the panel has been recently rebranded as “City Influencers” and has been visually refreshed to better reflect the 18-30 year old members. With a new name, logo, colour scheme and images, the City Influencers are excited to increase their membership and get more young people engaged in civic matters.

City Influencers is a free, online, public engagement community open to St. John’s residents between the ages of 18 to 30. Join now and check out the latest surveys and what we heard at [EngageStJohns.ca](https://www.engagestjohns.ca). Each time you participate in a survey, your name is entered for a chance to win a gift card.

Engage!
St. John’s

Is The Loop open?
Call 709-733-LOOP (5667)

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. Visit StJohns.ca for updates.

Once opened for the season:
Daily hours 10 a.m. to 10 p.m.

Ice maintenance (no skating)
Daily: 1 to 2 p.m.
Friday to Monday: 4 to 5 p.m.

Help us plan the future of recreation in St. John's

The City is currently developing a new **Recreation Master Plan** to guide the development, planning and continuous improvement of recreation facilities, programs and services over the next 10 years.

We want to hear from you! This winter there will be various opportunities to provide your feedback on our current recreation opportunities and what we should focus on in the future. Please visit EngageStJohns.ca and City social media channels for more details on upcoming opportunities to share your feedback.

For more information on recreation opportunities offered by the City please visit StJohns.ca/RecreationAndCulture

Healthy City Strategy

ST. JOHN'S



In 2021, the City of St. John's and Newfoundland and Labrador Health Services-Eastern Urban Zone (formerly Eastern Health) signed a Memorandum of Understanding towards the development of a Healthy City Strategy. The Healthy City Strategy is about making changes in our systems and neighbourhoods that promote mental and physical health, strengthen capacity and create a healthy future for all. The strategy supports the work of the two organizations along with key contributors in the community who help make St. John's a healthier city for all.

Two of the many directions in the Healthy City Strategy that Newfoundland and Labrador Health Services contribute to are:

1. To connect residents with health supportive services in every neighbourhood across the city and
2. To identify strategies and tools to help residents make decisions about their own health and the health of their families.

Newfoundland and Labrador Health Services' Health Information (Hi) website supports these directions by providing information on a wide range of health and wellness topics to residents of all ages. From family meals to family planning, from sexual health to mental health, from getting active to getting immunized – the Hi website has you covered.



To learn more about Hi visit hi.easternhealth.ca

Wednesdays at 8 p.m.

Starting November 8

on Rogers Community TV Channel 9
and the City of St. John's YouTube channel

Join Mayor Breen as he takes a deep dive while interviewing experts and industry leaders about a wide range of topics from St. John's hosting the Canada Games in 2025 to the City's plan for Climate Change.

MUNICIPAL MATTERS

with **Mayor Breen**



ST. JOHN'S



Planning for an Accessible City of St. John's

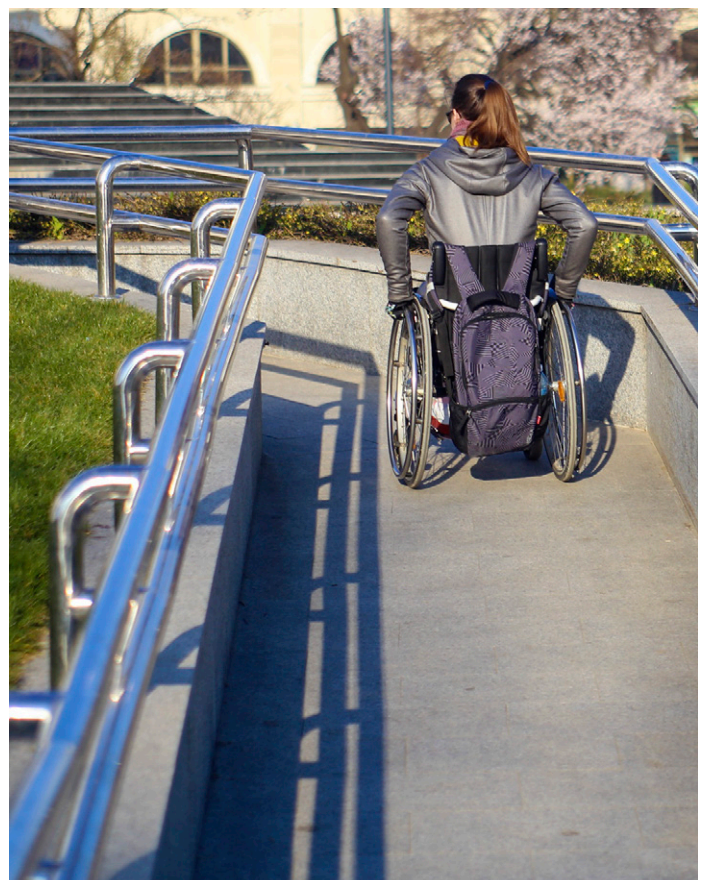
The City is creating a new 3-year Accessibility Plan to improve access to programs, services and public spaces operated by the City.

The development of the plan is supported by the City's Accessibility Working Group, Inclusion Advisory Committee, and feedback collected through stakeholder engagement. The City's Accessibility plan will also be informed by the provincial Accessibility Act and Regulations.

The plan will outline what efforts the City currently takes to improve accessibility, the barriers that exist and future actions to reduce or remove the barriers.

Learn more and keep up to date about accessibility and inclusion at the City of St. John's by visiting

StJohns.ca/AccessibilityAndInclusion.





Inclusive Services

Pursuing Active Lifestyles

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

Pursuing Active Lifestyles						
Code	Age	Day	Date	Time	Location	Cost
35447	18+	Tu	Jan 30 -Apr 23	6:30-8pm	PRCC	\$84

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, nurse practitioner or certified therapeutic recreation specialist.

TIME™ Together in Movement and Exercise						
Code	Age	Day	Date	Time	Location	Cost
35450	18+	Tu Th	Jan 23 -Mar 28	11:15am -12:15pm	PRCC	\$200

Financial Support

Financial support is available for adults and seniors facing financial barriers to participate in City of St. John's recreation programs. Requests for children and youth are referred to the REAL program.

If you require financial support contact us at **709-576-8684**, **709-576-4556**, Real@StJohns.ca or for more information visit StJohns.ca/REAL.

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.

Contact us

For more information about any of these programs or services: Call **709-576-4450** or email Inclusion@StJohns.ca. Application deadlines for Inclusion Support:

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

Inclusion Support Applications can be found:

- By emailing Inclusion@StJohns.ca
- By calling 709-576-4450
- At the Paul Reynolds or H.G.R. Mews Community Centres

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.

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 and access booking at StJohns.ca/InclusiveServices. **Booking deadline for winter is Nov. 30 and for spring is Feb. 28.**

Attendant Pass

Persons with disabilities who require the support of an attendant to accompany them to events, may apply for an attendant pass. Call **709-576-4556** for more information.



Adaptive Equipment Loan Program

The City of St. John's understands that taking part in recreation, at any time of the year, greatly improves physical and mental well-being. The Recreation Division has adaptive recreation equipment that can be used in winter that is 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 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. Our Sit Ski is only available for use at the Pippy Park Winter Activity Centre during business hours, see page 38 for details.

Staff will work with you to choose equipment to meet your needs. Contact us for more information on how to reserve equipment for free.

Contact us

For more information about any of these programs or services:

709-576-6972

Inclusion@StJohns.ca

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 funding partners who make the REAL Program a success.

ST. JOHN'S

Thank you to City of St. John's employees for their support through payroll deductions with over \$2000 raised in 2023.



Rock Sports Academy and REAL Program Staff



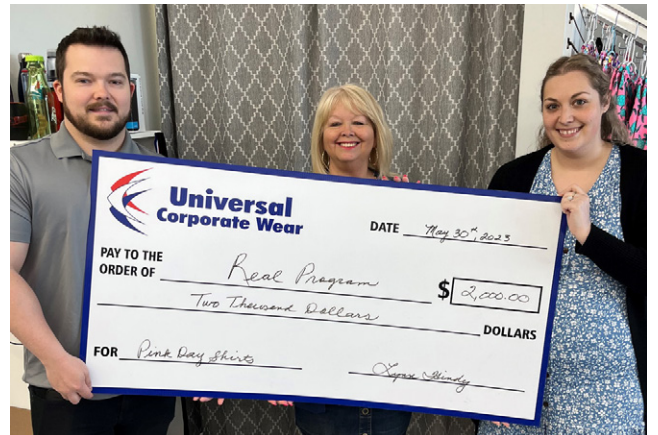
Cal LeGrow Foundation and REAL Program Staff



VOGM Cares Foundation
Greg Smith and REAL Program Staff



United Way
REAL Program Staff and Renee Pope from the Canadian Coast Guard at United Way Community Fund Grant presentation.



Universal Corporate Wear (UCW)
Lynn Hindy from UCW and REAL Program staff



Buy REAL Program Holiday Cards to support local kids

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

Get your cards or donate:

Call: 709-576-8684

Email: Real@StJohns.ca

Drop by one of the following locations:

Paul Reynolds Community Centre, 35 Carrick Drive.

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

Access St. John's, first floor City Hall, 10 New Gower Street.



Recreation



Registration

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

Program Registration	St. John's Residents	Residents of Other Municipalities
Winter Programs	7 a.m., Thursday, November 30	7 a.m. Tuesday, December 5
Winter Swimming Lessons	7 a.m., Thursday, December 7	7 a.m. Tuesday, December 12

Save the Date! Spring Registration Dates

Program Registration	St. John's Residents	Residents of Other Municipalities
Spring Day Camp, Senior, Adult, Fitness	7 a.m., Thursday, March 7	7 a.m. Tuesday, March 12
Aquatics, Preschool, After School Program	7 a.m., Thursday, April 4	7 a.m. Tuesday, April 9

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

By phone:

709-576-8499 or 709-576-8631

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 709-576-8499 or 709-576-8631, or register online 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, 2024.

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 709-576-8499	<ul style="list-style-type: none"> • Gym • Kitchen • Multi-Purpose room
Paul Reynolds Community Centre 35 Carrick Drive 709-576-8631	<ul style="list-style-type: none"> • Gym • Multi-Purpose room • Kitchen • Meeting room
Kenmount Terrace Community Centre 85 Messenger Drive 709-576-6112	<ul style="list-style-type: none"> • Gym • Kitchen • Multi-Purpose room • Meeting room
Southlands Community Centre 40 Teakwood Drive 709-364-5129	<ul style="list-style-type: none"> • Multi-Purpose room • Kitchen • Meeting room
Shea Heights Community Centre 130 Linegar Avenue 709-576-1023	<ul style="list-style-type: none"> • Multi-Purpose room • Kitchen
Kilbride Lions Community Centre 34 Fahey Street 709-368-0250	<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
Foran/Greene Room City Hall civicfunctions@stjohns.ca	<ul style="list-style-type: none"> • Meeting room • Kitchen



For details on programs and services visit:
StJohns.ca/RecreationPrograms



Birthday Parties

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

To book, call the Mews Centre or PRCC for Kenmount and Southlands; for Kilbride and Shea Heights, call them directly.

Swimming Parties

Cost \$200

Swimming parties are available at the Mews Centre and PRCC, call us to book!



Court Sports

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

Court reservations can be made seven days in advance by calling or dropping by the Mews Centre. Users must pay in advance.

Reservations are \$9 per 40-minute court reservation.

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



Fitness Programs

We offer a wide range of fitness opportunities for adults, age 16+, who want to live a healthy, active lifestyle.

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 major muscle groups using effective body weight and equipment based exercises. Pre-registration is required for Body Pump classes at the Southlands Community Centre. All other centres are drop-in.

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 is 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.

For schedules:

- Visit [StJohns.ca/RecreationCalendars](https://www.stjohns.ca/RecreationCalendars)
- Call the swim & fitness lines 709-576-8155 (PRCC), 709-576-8408 (Mews)
- Email Recreation@StJohns.ca

Yoga

Registration is required, see page 26.
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 that improves flexibility and circulation. Suitable for all levels and does not require previous yoga experience.



Swimming

Indoor pools

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

Pool schedules:

Visit [StJohns.ca/RecreationCalendars](https://www.stjohns.ca/RecreationCalendars)

Call the swim & fitness lines:

709-576-8155 (PRCC)

709-576-8408 (Mews)

Email: Recreation@StJohns.ca

Pool Accessibility

All pools have accessible pool lifts and change rooms. Water wheelchairs may be available. If accommodations are required, please let our staff know at the time of check in or call ahead to confirm equipment is available.

Swim Descriptions

Children 10 and under must always be accompanied by a 16+ 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. Suitable for swimmers 13+ and over. Accessible change rooms, water wheelchairs (at PRCC only) and accessible pool entry are available.

Everyone Welcome Swim and Leisure Swim

Leisure space is available for families. Water features in operation, slides at PRCC available during Everyone Welcome Swim only.

Pop in Tot

A fun and exciting drop-in swim and play program for parents/caregivers and children ages three months to three years. An instructor is available for the first 20 minutes to provide water safety tips, techniques and assist with new skills.



Swimming Lessons



LIFESAVING SOCIETY®
The Lifeguarding Experts



For more details visit: StJohns.ca/Swimming

Our swimming lesson program follows the Lifesaving Society Swim for Life and runs at both the Paul Reynolds and H.G.R. Mews Community Centres. Winter lessons run from January 7 to March 23.

Parent and Tot 1, 2, & 3

Parent and Tot lessons for four months to three years of age. Maximum one child to one adult.

One lesson per week of 30 minutes instruction and 20 minutes stay and play.

Preschool/Swimmer/Teen

One lesson per week, 45 minutes instruction.

Adult Lessons

Suitable for basics to stroke development levels.

One lesson per week, 50 minutes instruction.

Swim for Life Adapted

A parent or aide may be required to support the swimmer in the water. Ratio of one Instructor to one swimmer.

One lesson per week, 45 minutes instruction.

A swimmer intake form, due two weeks prior to program start, is required to participate. Contact Inclusive Services at **709-576-4450** or Inclusion@StJohns.ca.

Private Swimming Lessons

Private or semi-private (two participants), 25 minute instruction is available for all ages. If you choose semi-private lessons, participants must be within one level of each other.

To register and view the current schedule visit

StJohns.ca/REConnect



New H.G.R. Mews Community Centre Opening Spring 2024

Construction of the new H.G.R. Mews Community Centre is about 85% complete. The building exterior is complete including roofing, brick, panels and windows. Interior finish work continues on walls, ceilings, flooring and painting.

The brand new 60,000 square foot facility will include:

- a 25 metre, six lane swimming pool with accessible ramp, a climbing wall and diving board
- a beachfront leisure pool with water features
- a steam room, full-size gymnasium and indoor walking track
- convertible courts for squash, handball or racquetball
- dedicated space for the Boys and Girls club and the REAL Program

Aquatic Leadership

Climb the ladder to become a lifeguard!

Start your lifeguard training now with the following Lifesaving Society training programs. All prerequisite certifications must be submitted on the first day of the course.



Canadian Swim Patrol (CSP) - Rookie, Ranger, Star

(8 to 12 years of age)

Prerequisites: Swim for Life Level 6 or equivalent program

CSP is a three-level pre-Bronze program for candidates who are ready to move beyond the Swim for Life Program. Earn recognition for success in swimming, first aid, water rescue and overall achievement. It is recommended to complete in order of Rookie Patrol, Ranger Patrol then Star Patrol.



Bronze Star

(minimum 12 years of age)

Prerequisites: None

Refine stroke mechanics, learn self-rescue skills and improve personal fitness. Prepare for success in Bronze Medallion and enjoy a fun introduction to lifesaving sport.



Bronze Medallion + Emergency First Aid

(minimum 13 years of age)

Prerequisites: Bronze Star or 13 years of age

Focused on the four components of water rescue (judgement, knowledge, skill and fitness). Be challenged mentally and physically and learn assessment and problem-solving skills needed to make good decisions in, on and around the water.



Bronze Cross + Standard First Aid

Prerequisites: Bronze Medallion

Prepares candidates to be assistant lifeguards. Strengthen and expand on lifesaving skills, the importance of teamwork and communication in preventing and responding to aquatic emergencies.



National Lifeguard + Standard First Aid

(minimum 15 years of age)

Prerequisites: Bronze Cross

National Lifeguards are water rescue professionals trained in emergency care to prevent accidents, spot potential trouble and intervene before a situation becomes life threatening.



Swim for Life Instructor

(minimum 15 years of age)

Prerequisites: Bronze Cross

Required to teach the Lifesaving Society Swim for Life Program. Participants should be strong swimmers and have aquatic leadership courses completed.



LIFESAVING SOCIETY®
The Lifeguarding Experts



Children and Youth



Playgroups, up to age five unless otherwise noted					
Course	Day	Dates	Time	Location	Cost
Playgroup	M W	Jan 8 - Jun 19	10-11:30am	Southlands	\$2; free for under 6 months
Playgroup Active	M	Jan 8 - Jun 17	9:30-11:30am	Kilbride	Free; offered by Kilbride to Ferryland Family Resource Coalition. Visit kffrc.com
Playgroup	Tu Th	Jan 9 - Jun 20			
Playgroup	M Sa	Jan 8 - Jun 8	10-11:30am	Kenmount	\$2; free for under 6 months

Preschool							
	Code	Age	Days	Dates	Time	Location	Cost
Preschool	35424	4-5	M W F	Jan 15-May 17	9am-noon	PRCC	\$735
Preschool	35425	4-5	Tu Th	Jan 16-May 16	9am-noon	PRCC	\$510
Preschool	35426	4-5	Tu Th	Jan 16-May 16	9am-noon	Southlands	\$510

Children will prepare for kindergarten through a play-based program with caring leaders certified in HIGH FIVE®, Canada’s quality standard for recreation and leisure programs. **No preschool program April 1 to 5.**

Afterschool Program

There is space in our After School Program at the Shea Heights Community Centre, 3 to 5:30 p.m. Monday to Friday. Search ‘after school’ at StJohns.ca/REconnect

Save the Date - Spring Camp

Spring Camps take place April 1-5 at several of our Community Centres.
Resident Registration: Thursday, March 7, 2024
Non-resident Registration: Tuesday, March 12, 2024

Nominations open for Youth Awards!

The City of St. John’s Junior and Senior Youth of the Year Awards are open to St. John’s residents between the ages of 12 and 18. They honour young people in the community, who through their volunteer contributions, extracurricular activities and community involvement have helped make St. John’s a better place to live, work and play.

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 will be mentored and learn about various City services.

Application forms: StJohns.ca/VolunteerWithUs

For more information or to nominate a deserving youth today visit StJohns.ca/Applause

Sport – requires registration

	Code	Age	Days	Dates	Time	Location	Cost
Tri-Sport	35445	6-8	Su	Feb 11 – Mar 17	3:30-5pm	Kenmount	\$49.50
	35446	9-12			5-6:30pm		
	35467	6-8	M	Feb 5 – Mar 11	6-7:30pm	Southlands	
	35468	9-12			7:30-9pm		

Crafting

	Code	Age	Days	Dates	Time	Location	Cost
Valentines Craft	35466	5-12	Th	Feb 8	6-7:30pm	Southlands	Free

Leadership – requires registration

	Code	Age	Days	Dates	Time	Location	Cost
Babysitting	35432	11-15	Sa	Mar 23	9am-4pm	PRCC	\$55
Home Alone Safety	35430	10-12	Su	Feb 25	9am-4pm	Shea Heights	\$55
	35431		Sa	Jan 27		Kilbride	

FREE Youth Drop Ins

Course	Ages	Day	Start Date	Time	Location
Lunch In	11–16	M to F	Jan 8-Jun 7	noon-1pm	PRCC
Drop In – Sports	10-12	Tu	Jan 9-Jun 4	6-7:30pm	St. John Bosco
	13-16			7:30-9pm	
Drop In	10-12	W	Jan 10-Jun 5	6-7:30pm	Southlands
	13-16			7:30-9pm	
Drop In	10-14	W	Jan 10-Jun 5	6-8:30pm	Shea Heights
Drop In	12-16	M	Jan 8-Jun 3	6-7:30pm	Kenmount

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 3, 2024
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
For application forms visit

StJohns.ca/YouthTalentShow

Application deadline is January 8, 2024





Adult Programs

Adult courses are for ages 18+ and require registration, see page 26. Registration required unless otherwise noted. Programs can be cancelled one week prior to start of program at the discretion of the City.

Art						
	Code	Day	Date	Time	Location	Cost
Acrylic Paint - Iceland Forest	35334	F	Jan 19	6-8pm	Mews	\$17.50
Acrylic Paint - Mittens	35477	Su	Jan 28	6:30-8:30pm	Shea Heights	\$17.50
Acrylic Paint - Sunset Silhouette	35335	F	Feb 2	6-8pm	Mews	\$17.50
Acrylic Paint - Whale Tale	35336	F	Mar 8	6-8pm	PRCC	\$17.50
Oil Paint - Bonavista Window	35337	Th	Jan 18-Feb 1	6-8pm	Mews	\$45.50
Oil Paint - Pansy in Jar	35338	Th	Mar 14-28	6-8pm	PRCC	\$45.50
Acrylic Paint - Orchid	35478	Su	Mar 24	6:30-8:30pm	Shea Heights	\$17.50
Drawing - Iceberg	35314	F	Jan 26	6-8pm	Mews	\$16
Drawing - Lighthouse	35313	F	Mar 22	6-8pm	PRCC	\$16

Leisure & Learning * Pending Instructor Availability						
	Code	Day	Date	Time	Location	Cost
Bridge Level 1	35330	Tu	Jan 9-Mar 26	10am-12:30pm	Kenmount	\$165
Bridge Level 2	35331	W	Jan 10-Mar 27	10am-12:30pm	PRCC	\$165
Bridge Level 3	35332	M	Jan 8-Mar 25	10am-12:30pm	PRCC	\$151.25

Handicraft						
	Code	Day	Date	Time	Location	Cost
Knitting Circle	35312	M	Jan 8-Mar 25	10:30am-noon	Mews	\$22
Learn to Knit	35462	M	Jan 15-Feb 26	6:30-8:30pm	Southlands	\$60
Rug Hooking: Hooking into a wire mesh bin. Home Art Décor	35344	M	Feb 5-Mar 4	9am-noon	Mews	\$179.75 \$197 if hook & frame needed

More Adult Programs

Fitness					
	Day	Date	Time	Location	Cost
Open Gym drop-in	M	Jan 8-June 3	7:30-9:30pm	Kenmount	\$2 drop-in fee

Life Long Learners- Continued education for adults						
	Code	Day	Date	Time	Location	Cost
Introduction to Philosophy	35316	W	Feb 7-Mar 13	6-8pm	PRCC	\$66

Music						
	Code	Day	Date	Time	Location	Cost
Accordion Beginner	35301	W	Jan 10-Mar 27	11am-noon	Mews	\$66
Accordion Intermediate	35302	W	Jan 10-Mar 27	12:30-1:30pm	Mews	\$66
Guitar Beginner	35304	Th	Jan 11-Mar 28	5:30-7pm	Mews	\$99
Guitar Intermediate	35303	M	Jan 8-Mar 25	7:30-9pm	Mews	\$90.75
Guitar Advanced	35305	Th	Jan 11-Mar 28	7:30-9pm	Mews	\$99
Keyboarding Beginner	35306	Tu	Jan 9-Mar 26	9:30-10:45am	Mews	\$82.50
Keyboarding Beginner	35307	Th	Jan 11-Mar 28	9:45-11am	PRCC	\$82.50
Keyboarding Intermediate	35308	Tu	Jan 9-Mar 26	11:15am-12:30pm	Mews	\$82.50
Keyboarding Intermediate	35310	Tu	Jan 9-Mar 26	1-2:15pm	Mews	\$82.50
Keyboarding Intermediate	35309	Th	Jan 11-Mar 28	11:30am-12:45pm	PRCC	\$82.50
Ukulele Beginner	35311	M	Jan 8-Mar 25	6-7pm	Mews	\$60.50

Dance						
	Code	Day	Date	Time	Location	Cost
A Time to Dance	35327	M	Jan 8-Mar 25	1-2pm	PRCC	\$60.50
A Time to Dance	35328	Tu	Jan 9- Mar 26	6:30-7:30pm	PRCC	\$66
Beginner Line Dance	35318	Tu	Jan 9-Mar 26	11am-noon	Mews	\$66
Beginner Line Dance	35317	Tu	Jan 9-Mar 26	12:30-1:30pm	Mews	\$66
Beginner/Intermediate Line Dance	35321	W	Jan 10-Mar 27	12:30-1:30pm	Mews	\$66
Intermediate Line Dance	35320	W	Jan 10-Mar 27	2-3pm	Mews	\$66
Intermediate Line Dance	35319	Th	Jan 11-Mar 28	12:30-1:30pm	Mews	\$66
Intermediate/Advanced Line Dance	35322	Th	Jan 11-Mar 28	11am-noon	Mews	\$66
Beginner Ballroom Dance	35323	Su	Jan 7-Mar 24	6:30-7:30pm	Mews	\$66 per person Partner required, each person must register separately.
Intermediate Ballroom Dance	35324	Su	Jan 7-Mar 24	8-9pm	Mews	
Beginner Ballroom Dance	35325	W	Jan 10-Mar 27	6:30-7:30pm	PRCC	
Intermediate Ballroom Dance	35326	W	Jan 10-Mar 27	8-9pm	PRCC	
Newfoundland Tradition Dance	35329	W	Jan 10-Mar 27	7:30-9pm	Mews	\$8.25 (drop-in)



Older Adults

These programs for ages 50+ require registration, see page 26.
For other adult programs see pages 34-35.

For more information call
709-576-8411, 709-576-8490,
or email Recreation@StJohns.ca

Fitness						
	Code	Day	Date	Time	Location	Cost
Active for Life	35297	Tu & Th	Jan 9-Mar 28	1-2pm	Southlands	\$132
Active for Life	35298	M & W	Jan 8-Mar 27	1-2pm	Kenmount	\$127

Walk & Wheel - Finding it difficult to walk outside? Join us indoors. Bring indoor footwear and a filled water bottle.						
	Code	Day	Date	Time	Location	Cost
Walk & Wheel	35436	M W	Jan 8-Mar27	11:45am-12:45pm	Kenmount	Free
Walk & Wheel	35461	M W	Jan 8-Mar27	noon-1pm	Southlands	Free

Leisure						
	Code	Day	Date	Time	Location	Cost
Social Time	35333	F	Jan 12-Mar 22	10:30-12:30pm	Mews	\$22
Social Time	35300	M	Jan 8-Mar 25	10am-noon	PRCC	\$22
Social Time	35435	W	Jan 10-Mar 20	10am-noon	KMT	\$26

Events and Outings

Registration must be completed at least three days prior to the event, see page 26.

Meal, refreshments and transportation are included. All 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 voucher upon arrival at the event.

Events and Outings – requires registration (50+)						
Title	Code	Day	Date	Time	Location	Cost
Social and Bingo	35339	Th	Jan 18	10am-1pm	Kenmount	\$19
Valentine’s Party	35340	Th	Feb 8	6:30-10:30pm	City Hall	\$23
Pancake Bingo & Brunch	35341	Th	Feb 13	10am-1pm	Kenmount	\$19
St. Patrick’s Day Party	35342	Th	Mar 14	6:30-10:30pm	City Hall	\$23
Outdoor Adventures	35343	Th	Mar 21	10am-1pm	Pippy Park	\$17

Transportation for special events is included in the price. Please call **709-576-8594** 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 | Kenny’s Park Apartments | Mt. Pleasant Manor |
| Building # 25 Tiffany Lane | The Bristol | St. Luke’s |
| St. George’s Court Apartments | Maplewood Apartments | Victoria Manor |
| Kelly’s Brook Apartments-
(Main Entrance) | Thomas Estates | Wigmore Manor |
| | Morgan Hollow | |

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

Nominations for the 2024 Applause Awards are opening soon.



Awards include:

Athletes of the Year

Climate Change Leadership Award

Heritage Awards

Senior of the Year

Tourism Awards

Youth of the Year
(Junior and Senior)

Volunteer of the Year

Visit StJohns.ca/Applause for updates and learn how to nominate someone deserving today.



Contact Outdoor Programs

709-576-8522 or Outdoor@StJohns.ca

709-737-3651 for rental shop and trail conditions

Outdoor Programs

Winter Activity Centre

The City of St. John's Winter Activity Centre located at North Bank Lodge in Pippy Park is scheduled to open on January 5, 2024. Days of operation are weather dependent and based on snow cover.

Cross Country Skiing and Rentals

There is equipment available for all ages including classic cross-country skis & boots, snowshoes and poles. Payment is accepted by debit/credit only as the Winter Activity Centre is transitioning to cashless payments.

Equipment rental per hour:

- Individual \$5
- Family of three \$10
- Family of four to six \$15

A cross country sit ski is available to use on site. Other adaptive equipment is available for use by contacting Inclusion@StJohns.ca. See page 23 for details.

Rental hours of operation:

Tuesday to Friday noon to 9 p.m.

Saturday 9 a.m. to 9 p.m.

Sunday 9 a.m. to 5 p.m.

For up-to-date schedules and hours of operation call the snow line at **709-737-3651**.

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

Ski Trails

Have your own equipment? The ski trails are groomed twice daily for both skate skiing and classic cross-country skiing. They are open seven days a week and lit for evening use. If you'd rather snowshoeing, the trails are multiuse or use the dedicated snowshoe trail. Maps and trail information are available inside the Winter Activity Centre.

Ski Lessons

Learn the basics of classic cross-country skiing in a group lesson at the Winter Activity Centre in Pippy Park. Equipment is included.

Lessons are first come, first served and weather dependent. Please call the snow line for information regarding the status of the lesson.

Adult Ski Lessons, ages 18+

7:30 to 9 p.m.

Thursdays starting January 18

\$20 per person, per session

Family Ski Lessons, ages 5+

9:30 to 11 a.m.

Sundays starting January 21

\$50 per family, per session

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 best suit your needs.

For more details visit:

OutdoorCorporateProgram.StJohns.ca

Humane Services



That's Mine! Resource Guarding in Dogs

What is Resource Guarding?

When a dog feels a threat to something they value (resource) they respond with a behaviour aimed to keep another pet or person away from it. This resource could be a person or pet they are bonded with, toys, food, treats or their favourite place to lounge or sleep.

Common guarding behaviours include:

- stiffening or hovering over the resource when approached
- moving their body or head between the resource and the threat
- freezing, suddenly slowing or stopping
- a hard direct stare and/or lip curl
- growling, barking, snapping, which may progress to biting



Managing Resource Guarding

It's important to realize that your dog is reacting to stress and a fear of loss. Punishment or intervention that increases their stress or fear can make things worse and may result in a bite or attack.

Do Not:

- react with yelling, physical punishment, or attempts to "win" by pushing past warning signs
- attempt to remove the item they are guarding
- force the dog off or out of the area they are guarding

Do:

- give them the space they are asking for reserve "high value" items (toys/treats) for when they can enjoy them without interruption
- replace the resource with something the dog finds more valuable like tossing high value treats away from the item they are guarding
- Use distraction to get the dog to lose interest in the item they have
- If your dog guards a person in your household, give the dog an alternative sleeping area and avoid co-sleeping

Introducing positive outcomes can instill a happy response rather than a sense of threat. With time and consistency, your dogs fear or stress can decrease which may result in less resource guarding behaviours.

Please seek professional advice if you are having difficulty managing your dogs resource guarding.

what's

HAPPENING

ST. JOHN'S

You've got plans.

EVENTS • ARTS • CULTURE • RECREATION

