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SARSFIELD COMMUNITY ASSOCIATION NEWSLETTER

Community Events



January 30
12:00 - 10:00 pm
Sarsfield Community Centre
3385 Sarsfield road

Winter Carnival

See article for more details.



Winter Carnival

Join us on January 30th at the Community Centre.

Schedule of events:

- 12:00 - 1:00 pm: Chili and fudge competition
- 12:00 - 1:00 pm: Hot dog and chili lunch
- 1:30 pm: Interactive theatre by the Animaxion group
- 12:00 - 5:00 pm: Snow slide and curling tournament
- 5:00 - 7:00 pm: Hamburger and hot dog dinner
- 7:00 - 10:00 pm: Card and board games in the community center

To register a team in the curling tournament or for information about the carnival, contact Robert Dessaint at 613-835-2608.



February 6th
Hockey Day in Sarsfield

More details to come.

To book the community hall,
call Nicholas Dessaint at
613-835-7590



Are you retired?

Do you have suggestions for activities? Maybe a walking club, a knitting circle, a scrapbooking group, sandbag games, tai chi or cross country skiing? Maybe simply meeting up for a chat over coffee?

The community association would like to hear your ideas!

Recurring Events

Monday

7:00 pm - Cardio and weights (HIIT)

Tuesday

9:30 am - Pétanque (Mme Chevalier at 835-3095)

2:00 pm - Bookmobile

6:30 / 7:30 pm - Karate (Bearbrook)

8:00 pm - Yoga

Thursday

7:00 pm - Cardio and weights (HIIT)

6:30 / 7:30 pm - Karate (Bearbrook)

Saturday

9:30 am - Dance - 4 to 7 years

10:30 am - Hip Hop - 7+ years

For more information about courses and the pass (10 classes of your choice for 75\$), contact the association at info@sarsfield.org or call Nadine at 613-835-7590

Social Networks



Sarsfield Community Association



Citoyens de Sarsfield Ontario Residents



@sarsfieldON

Announcements

Christmas Masses

Christmas Masses at the St. Hugues church will take place December 24 at 8:00 pm and December 25 at 10:15 am.



Food Drive

Thank you to all the participants of the food drive that was held December 4th. Food contributions (72 bags) and monetary donations (1,375\$) were delivered to the Orléans-Cumberland Community Resource Centre who will distribute everything to families in need in our region.

Board Game Night

The evening was a success and will become a recurring event organized by the community association. The next game night will take place during the Winter Carnival.

New Fitness Program

A new fitness program will begin January 11. The 10-week program will consist of two high intensity interval training courses (HIIT) a week: Mondays and Thursdays at 7:00 pm at the community center.



The cost of the program, which includes a nutritional plan is 225\$. Other participation options are possible. Classes are mixed and adapted to different physical fitness levels. For more information, contact Nadine at 613-835-7590 or info@sarsfield.org

Outdoor Rink

The outdoor rink will open as soon as weather permits. We would like to plan an activity to celebrate National Hockey Day on February 6th.

Submit content

Do you have an event or announcement you would like to share with your neighbours?

Submit content at info@sarsfield.org

Subscribe electronically

Would you like to receive the Echo by email?

Contact us at info@sarsfield.org

Get involved

Interested in joining the association or volunteering at our activities?

Email info@sarsfield.org or call Robert Dessaint at 613-835-2608