

COLLEGE HEIGHTS COMMUNITY ASSOCIATION

WINTER 2012 PROGRAMS

REGISTRATION INFORMATION

- First come first serve basis.
- Programs may limit registration.
- Lack of registrations or leaders will cause cancellation.
- Child's proof of age is required for some programs.
- Medical waivers **MUST** be signed by the participant or the parent or guardian of a minor participant when registering for the program.
- **Cheques are made payable to CHCA and one for each program is required.**
- **Cash or Cheque ONLY.**

****Please note** there are two program fees. To receive the discount program rate, please attend Registration Night on Monday, January 9, 2012. After January 9, regular program fees apply. If you can not attend Registration Night, have a friend sign you up. Registration forms are available one week prior at Kool Cats Kid Care and College Heights Preschool.

OPERATIONS MANAGER

Cheryl Vanderlinde
250-964-2662

PRESCHOOL BUILDING
105 - 6500 Southridge Ave
**ASSISTANT COORDINATOR
& KOOL CATS KID CARE**

Jean Petrovic
250-964-2668

KOOL CATS KID CARE
6989 Gladstone Drive



250-964-2662

FAX 250-964-2698

P.O. Box 2662

Pr George, BC

V2N 4T5

www.collegeheightsca.org

PURPOSE OF THE COMMUNITY ASSOCIATION

The purposes of the Society are:

- To plan, develop, activate and promote community programming.
- To obtain and control finances to be used for these objectives.
- To encourage all citizens to assume their share of responsibility and to participate in the support of community recreation

USE OF FACILITIES

The CHCA would like to thank the various people who make the facilities available for programs. This help is vital to the CHCA and we ask you to respect the following rules when attending our programs:

- Registered participants only in the facility.
- Stay in the specified program area.
- Non-marking indoor shoes only.
- Leave all outdoor footwear at door.
- Be on time, as doors will be opened for a limited time.
- **Parents, please make sure your child makes contact with the leader and do not leave your child unsupervised before or after programs.**
- Parents will be contacted to pick up unruly children.

REGISTRATION

MONDAY

January 9, 2012

7:30 - 8:00 PM

COLUMBUS CENTRE

7201 DOMANO BLVD

FLYERS AVAILABLE AT:

- Kool Cats Kid Care
- College Heights Preschool Building
- Save – On Foods College Heights

NO EARLY REGISTRATIONS CASH OR CHEQUE ONLY



COLLEGE HEIGHTS COMMUNITY ASSOCIATION MEETINGS

Community Association meetings are held the 3rd Wed. of the month at Kool Cats Kid Care. The meetings start at 7:30 pm. All College Heights residents are welcome and are encouraged to come. **Become involved.**

The CHCA maintains five ice rinks and needs help with the ice maintenance at:
Southridge • Eton Tennis Court
Malaspina Park • St. Mary Park
College Heights Secondary
 If you would like to assist at any of the rinks please call Bart at 250-964-6860.

DIRECTORS

Chairman..... Glenn Winther
 Vice Chair..... Jason Laurie
 Secretary..... Paulette Bellavance
 Treasurer..... Birthe Miller
 Director..... Janet Forrest
 Director..... Ed Shearer

COORDINATORS
COMMITTEES

Gaming..... Fund Raising Committee
 Flyer Jana Peters
 Ice Rink..... Bart Vanderlinde
 Registration..... Lynn Monteith
 Telephone Kristine Shearer

PROGRAMS

Preschool & Columbus Centre
 Cheryl Vanderlinde
 College Heights Elem. & Kin Centre.....
 Judy Clark
 Malaspina Elem., College Heights Secondary,
 Kool Cats Kid Care..... Jean Petrovic
 Southridge Elem..... Cheryl Vanderlinde

SPECIAL EVENTS

Kids Good as New Sale Taryn Thiessen

LIAISONS

College Heights Elem..... Andrea Fraser
 College Heights Sec..... Randy Petrovic
 Malaspina Elem..... Vacant
 Southridge Elem..... Carolyn Shannon

DATES TO REMEMBER

Directors Meeting	January 4, 2012
	January 9, 2012
Winter Registration	7:30 pm
	Columbus Centre
Meeting	Jan 18 – 7:30 pm
	Kool Cats Kid Care
Meeting	Feb 15 – 7:30 pm
	Kool Cats Kid Care
Meeting	March 21 – 7:30 pm
	Kool Cats Kid Care
Spring Registration	March 12, 2012
	7:30 pm
	Columbus Centre

North Central Seniors Association

COLLEGE HEIGHTS
5401 Moriarty Cres. PG, V2N 4C3
(College Heights Baptist Church)
 For Inquires: Phone: 250-640-1693

HOURS: MON. - WED. - FRI. 10:00 AM TO NOON

ACTIVITIES:

Photo Club, Cards, Crafts, Book Club, Tai Chi

24th Annual Breakfast With Santa

Thank you to the following sponsors of the event

Save On Foods - College Heights

Husky Oil

Columbus Community Centre

S.A.L.T.S.

Our volunteers – the Set Up, Clean Up crews

Face Painters, and the best Kitchen crew.

A big thanks to Santa & his elves for joining us.

ADULT & TEEN

Punch Cards for Adult Programs

10 Visits \$40.00

Expires April 30, 2012

Available on Registration

Night and at programs

where the card is accepted!

Men's Floor Hockey

30 yrs & up. "Older guys" recreational program. Plastic stick required. Limit 18.

College Heights Elem.

Tues 7:45 – 9:45 pm

Jan 10 – April 24 (No class Mar 20)

Thurs 7:45 – 9:45 pm

Jan 12 – April 26 (No class Mar 22)

Fee: \$35.00 for each program (night)

\$5.00 drop in or Punch Card

***After Jan 9 Fee is \$40.00

Adult Skate

13 yrs & up. Learn to skate program for beginners. CSA approved helmets, gloves and warm clothing suggested. Limit 10.

Judy Clark

Sun 5:30 - 6:15 pm

Jan 22 – Mar 4 (7 lessons)

Kin Centre I

Fees: \$55.00

***After Jan 9 Fee is \$60.00

Co-Ed Adult Volleyball

16 yrs & up. Recreational program. Limit 30.

Wed 8:15 - 10:00 pm

Feb 8 – May 16 (No class March 21)

College Heights Sec

Fees: \$35.00

\$5.00 drop in or Punch Card

***After Jan 9 Fee is \$40.00

Co-Ed Adult Volleyball

19 yrs & up. Recreational program. Limit 16.

Thurs 7:45 – 9:45 pm

Jan 19 – April 26 (No class Mar 22)

Southridge Elem.

Fees: \$35.00

\$5.00 drop in or Punch Card

***After Jan 9 Fee is \$40.00

Yoga

16 yrs & up. The class will focus on enhancing strength, flexibility and endurance using classic yoga postures. Loose, comfortable clothing recommended. Yoga mats are required. Limit 25.

Instructor: Ken Gleeson

Monday 7:15 – 8:45 pm

Jan 16 – March 5

College Heights Secondary Multi

Purpose Room

Fees: \$60.00 (No drop in)

***After Jan 9 Fee is \$65.00

Multi-Level Yoga

16 yrs & up. The class will focus on enhancing strength, flexibility and endurance using classic yoga postures. Loose, comfortable clothing recommended. Yoga mats are required. Limit 20.

Instructor: Robin Abra

Tuesday 7:00 - 8:30 pm

Jan 17 – Mar 6

College Heights Secondary Multi

Purpose Room

Fees: \$60.00

\$10.00 drop in if class is not full

***After Jan 9 Fee is \$65.00

Gentle Yoga Fitness - Daytime

16 yrs & up. This Yoga program is for beginners or those who wish a gentler form of yoga. Program will focus on breath as it leads us from posture to posture. Yoga mats are required. Limit 14.

Wednesday 9:30 - 10:30am

Jan 18 – March 7

Kool Cats Kid Care

Fees: \$50.00

\$8.00 drop in if class is not full

***After Jan 9 Fee is \$55.00

Discover Diving

12 yrs & up. Learn to dive program for beginners. Certified instructors. 90 minutes of class time and two hours of pool time.

Contact Neil Miller 250-964-9459

Four Seasons Pool

Date & Time **To Be Announced**

Fees: \$45.00 includes gear rental.

Yoga Fitness

16 years & up. Yoga Fitness is focused on the physical benefits of yoga. Yoga improves muscle tone and shape, improves strength, balance and flexibility. Please bring a yoga mat. Beginner to intermediate. **NEW** Limit 25.

Instructor: Shauna Korogonas

Wed 7:45 - 8:45 pm

Jan 18 – Mar 7

College Heights Secondary

Fees: \$50.00 or \$8.00 drop in

***After Jan 9 Fee is \$55.00

Zumba

16 years & up. Zumba is an exhilarating, effective, easy to follow Latin inspired, calorie-burning dance fitness-party that's moving millions of people towards joy and health. Zumba Fitness is the only Latin inspired dance fitness program that blends red hot international music, created by Grammy Award winning producers and contagious steps to form a "fitness-party" that is downright addictive.

ZumbaPG@shaw.ca for more info
Limit 25.

Instructor: Sharon Bourassa

Class #1

Mon 7:45 - 8:45 pm

Jan 16 – Feb 20 (6 classes)

Southridge Elementary

Fees: \$40.00 or \$8.00 drop in

***After Jan 9 Fee is \$45.00

Class #2

Thurs 7:45 - 8:45 pm

Jan 19 – Feb 23 (6 classes)

College Heights Secondary Multi

Purpose Room

Fees: \$40.00 or \$8.00 drop in

***After Jan 9 Fee is \$45.00

**Help Maintain the
College Heights Ice
Rinks**

Call Bart:

250-964-6860

ADULT & TEEN

Ladies Indoor Soccer

19+ years. Beginner recreational indoor soccer. Fun night out to get some exercise. Limit 25.

Tuesday 7:45 – 9:15 pm

Jan 17 – Mar 27 (No class Mar 20)

Southridge Elementary

Fees: \$30.00

\$5.00 drop in or Punch Card

***After Jan 9 Fee is \$35.00

Low Bounce Fitness

16 years & up. Offers low bounce workouts. Fun, music and fitness.

Limit 30.

Wed 7:45 - 8:45 pm

Jan 11 – Feb 29

Southridge Elem.

Fee: \$25.00

\$5.00 drop in or Punch Card

***After Jan 9 Fee is \$30.00

Quilting

16 years & up. Come, enjoy and complete some projects.

Mon 7:00 – 9:00 pm

Jan 16 – April 16 (no class Mar 19)

Kool Cats Kid Care

Fees: \$30.00

***After Jan 9 Fee is \$35.00

Scrapbooking

16 yrs & up. An opportunity to finish off your projects, share ideas and have a night out.

Tues 7:00 – 9:00pm

Jan 17 – April 17 (no class Mar 20)

Kool Cats Kid Care

Fees: \$30.00

***After Jan 9 Fee is \$35.00

CASH OR CHEQUE ONLY

Dog Obedience

Up to date vaccination cards must be presented at registration. Bring dog and leash to class. Limit: 15

Noel Pepin Canine Behaviour Specialist (250-963-7818)

Wed

Jan 18 – Mar 7

Columbus Centre Gym

Fees: \$135.00

***After Jan 9 Fee is \$140.00

Puppy

Teaches the handler and puppy basic training skills. Limit 15.

6:15 - 7:05 pm

Dog (Level 1)

Introduces basics including sit, down, stand, watch me, & heel commands. Limit 15.

7:10 - 8:00 pm

YOUTH

Home Alone

10 & up. Teaches safety when home alone. Limit 12.

Sat 10:00 – 2:00 pm

Jan 14

Kool Cats Kid Care

Fees: \$30.00

***After Jan 9 Fee is \$35.00

Additional classes will be offered if numbers warrant it. Child must be 10 years old by March 31, 2012.

Red Cross Babysitting Course

11 yrs & up.

Limit 25.

Sunday 10:00 - 3:00 pm

Jan 22 & 29

Kool Cats Kid Care

Fees: \$50.00

***After Jan 9 Fee is \$55.00

Must attend both classes.

Girls Basketball Grades 5, 6 & 7.

Clean running shoes required.

Leaders needed.

Mon 6:30 – 7:30 pm

Jan 16 – Feb 27

Malaspina Elem.

Fees: \$20.00

***After Jan 9 Fee is \$25.00

Supplied Air Snorkeling for Youth (SASY). 8-12 yrs.

Certified instructors. Learn to snorkel program for beginners. 90 min of pool time.

Contact Neil Miller 964-9459

Four Seasons Pool

Date & Time **To Be Announced**

Fees: \$40.00 includes gear rental.

Radiant Child Yoga

9 – 12 yrs. Kids yoga exposes children early to the benefits of yoga through stories, songs and games. It helps promote self-discipline and self-confidence. Yoga teaches children how to breathe, relax and focus. It is great exercise and a lot of fun. Please bring a yoga mat. Limit 25.

Instructor: Shauna Korogonas
250-964-2357

Wed 6:30 - 7:30 pm

Jan 18 – Feb 29

College Heights Secondary

Fees: \$45.00

***After Jan 9 Fee is \$50.00

Participate Prince George
eat healthy. be active.

Radiant Child Yoga

6-8 yrs. Kids yoga exposes children early to the benefits of yoga through stories, songs and games. It helps promote self-discipline and self-confidence. Yoga teaches children how to breathe, relax and focus. It is great exercise and a lot of fun. Please bring a yoga mat. Limit 12.

Instructor: Shauna Korogonas
250-964-2357

Wed 4:00 - 5:00 pm

Jan 18 – Feb 29

Columbus Centre

Fees: \$45.00

***After Jan 9 Fee is \$50.00

Kid's Martial Arts

3 - 7 yrs.

Class #1

Sat 1:00 pm – 2:00pm

Class #2

Sat 2:00 pm – 3:00 pm

Jan 14 – Mar 10

Contact Melony 250-964-5559

Malaspina Elementary

Fees: \$85.00

***After Jan 9 Fee is \$90.00

YOUTH

Mini Chefs

10 – 12 yrs. Food preparation, safety, nutrition, then clean up and enjoy your projects. Bring your apron and an empty stomach.

Limit 10.

Class #1 Saturday 10:00 - noon
Jan 28 – Feb 18

Class #2 Sat 1:00 – 3:00pm
Jan 28 – Feb 18

Kool Cats Kid Care

Fees \$45.00 includes supplies

***After Jan 9 Fee is \$50.00

Youth Skate

6 - 12 yrs. Learn to skate designed for beginners. CSA approved hockey helmets, skates, gloves and warm clothing are required. (No bike helmets allowed.) Limit 30. Judy Clark

Sun 5:30 – 6:15 pm
Jan 22 – March 4 (7 lessons)

Kin Centre 1
Fees: \$55.00

***After Jan 9 Fee is \$60.00

Jazz Dance

6 - 8 yrs. Wear soft-soled dance slippers or bare feet, T-shirts and shorts. Limit 12. Instructors from Lorna Carbutt School of Dance.

Mon 4:15 – 5:00 pm
Jan 16 – March 5

Columbus Centre
Fees: \$40.00

***After Jan 9 Fee is \$45.00

Floor Hockey

6 - 8 yrs. Leaders needed.

Clean indoor shoes required.
Limit 18.

Tues 6:30 - 7:30 pm
Jan 17 – Feb 28

College Heights Elem.

Fees: \$20.00

***After Jan 9 Fee is \$25.00

**Kids Good As New Sale
April 14, 2012**

**Interested in being a
seller or volunteer?**

Call Taryn at 250-906-3277

Floor Hockey

7 - 10 yrs Leaders needed.

Clean indoor shoes required.

Limit 18.

Thurs 6:30 - 7:30 pm

Jan 19 – March 1

Malaspina Elem.

Fees: \$20.00

***After Jan 9 Fee is \$25.00

Floor Hockey

9 – 12 yrs Leaders needed.

Clean indoor shoes required.

Limit 18.

Thurs 7:45 - 8:45 pm

Jan 19 – March 1

Malaspina Elem.

Fees: \$20.00

***After Jan 9 Fee is \$25.00

Indoor Coed Soccer

5 - 8 yrs.

Teaches teamwork and basic skills.

Clean indoor shoes required.

Parent participation is appreciated

Limit 24.

Sat 10:00 – 11:00 am

Jan 21 – March 3

College Heights Elem.

Fees: \$20.00

***After Jan 9 Fee is \$25.00

Indoor Coed Soccer

7-11 yrs. Teaches teamwork and

basic skills. Clean indoor shoes

required. Parent participation is

appreciated.

Leaders needed. Limit 18.

Wednesday 6:30 – 7:30 pm

Jan 18 – Feb 29

College Heights Elem.

Fees: \$20.00

***After Jan 9 Fee is \$25.00

Indoor Coed Soccer

9-12 yrs.

Limit 18. Clean indoor shoes & shin

guards needed.

Mon 6:30 – 7:30 pm

Jan 16 – Feb 27

Southridge Elem.

Fees: \$20.00

***After Jan 9 Fee is \$25.00

Black Diamond Lanes

Promotional 5-Pin Bowling Program
1241-5th Avenue

Contact Kyle Parker 250-564-2695

3 - 7 year olds. A 7 week introduction to the fundamentals of 5-pin bowling. Includes shoe rental and 1 game of bowling each day with an instructor. Limit 12.

Wed 3:45 - 4:45 pm

Jan 18 – Feb 29

1241-5th Avenue

Fees: \$35.00

***After Jan 9 Fee is \$40.00

8 - 12 year olds. A 7 week introduction to the fundamentals of 5-pin bowling. Includes shoe rental and 2 games of bowling each day with an instructor. Limit 12.

Wed 3:45 - 5:15 pm

Jan 18 – Feb 29

1241-5th Avenue

Fees: \$45.00

***After Jan 9 Fee is \$50.00

13 - 18 year olds. A 7 week introduction to the fundamentals of 5-pin bowling. Includes shoe rental and 2 games of bowling each day with an instructor. Limit 12.

Wed 3:45 - 5:15 pm

Jan 18 – Feb 29

1241-5th Avenue

Fees: \$45.00

***After Jan 9 Fee is \$50.00

The College Heights Community Association

And the hundreds of people we serve, benefit from the net proceeds of charitable gaming and funds raised through our affiliation with

Treasure Cove

Bingo Hall

2003 Hwy 97 South, Prince
George

PLAY BINGO!

PRESCHOOL

College Heights Preschool

3 - 5 yrs Children must be 3 by the month they start and toilet trained. We offer a licensed program focused on giving your child a clean, safe environment where they will enjoy learning centres, free play, art work, making new friends, learning to share and cooperate in a classroom situation. Registration is ongoing. Call Cheryl at 250-964-2662 for information on openings and to register. Limit 16 children per class.

College Heights Preschool Building
105-6500 Southridge Ave (Across from Wal-Mart Tire Centre on the O'Grady High School Property).

2 DAYS A WEEK \$65/month

PARENT PARTICIPATING

(1 duty day a month)

or NON-PARENT PARTICIPATING

For \$85.00 /month

Tues & Thurs 9:00 – 11:00 am

Wed & Fri 9:00 – 11:00 am

Mon & Wed 12:15 – 2:15 pm

Tues & Thurs 12:15 – 2:15 pm

2 DAYS A WEEK - 4 year olds only

\$100.00 PER MONTH

NON-PARENT PARTICIPATING

Mon & Wed 9:00 - 11:30 am

Tues & Thurs 9:00 - 11:30 am

Tues & Thurs 12:30 - 3:00 pm

Little Rascals

2 – 3 years. 2 yrs by the start of their first class. This Parent participating (Caregiver must stay) program offers games, songs, story time, and arts and crafts. Register for one or more sessions. Limit 11 per class.

Fridays 9:00 - 10:00 am

C. H. Preschool Building Room 2

Fees: \$30.00 per session

Session 3 Jan 6 – Feb 17

Session 4 Feb 24 – Apr 20

(no classes March 23 & Apr 6)

Session 5 April 27 – June 8

Registration is ongoing. Please call Cheryl at 250-964-2662.

January – June 2012

New Friday A.M. Preschool

2 ½ - 3 yr olds only.

NEW

This "Introduction to Preschool" program is for children who are 2 ½ - 3 years old. **Children must be toilet trained.** This is a licensed program where children will enjoy learning centres, free play and artwork, making new friends and learning to share and cooperate in a classroom situation. This is a Parent-Participating program where the parent or caregiver is assigned one "Duty Day" per month to help out in the program. Limited to 10 children.

Friday 10:30 am – 12:00 noon

Jan 6 – June 8

C. H. Preschool Building Room 2

Fees: \$30.00 per month

Preschool Skate

3 - 5 yrs. Learn-to-skate program for recreational skating. CSA approved hockey helmets only, skates, gloves and warm clothing required. No bike helmets.

Judy Clark

Jan 22 – March 4 (7 lessons)

Kin Centre 1

4 - 5 years Limit 30

Sun 4:45 - 5:30 pm

Fees: \$55.00

***After Jan 9 Fee is \$60.00

3 years Limit 6

Sun 5:00 - 5:30 pm

Fees: \$45.00

***After Jan 9 Fee is \$50.00

Indoor Coed Soccer

4-6 yrs. Teaches teamwork and basic skills. Parent participation is appreciated. Limit 18.

Leaders needed.

Thurs 6:30 – 7:30 pm

Jan 19 – March 1

Southridge Elem.

Fees: \$20.00

***After Jan 9 Fee is \$25.00

Pee Wee Gym

Walking – Kindergarten.

Parents and children can enjoy games, circle time and other activities in a gym environment. Parent participation required!

NOTE: **NO** activities for older children. Limit 25. **Leaders**

needed

Wed 6:30 - 7:30 pm

Jan 18 – Feb 29

Southridge Elem.

Fees: \$20.00

***After Jan 9 Fee is \$25.00

Preschool Jazz Dance

4 - 5 yrs. Ideal for older preschooler or kindergarten student. Soft soled dance slippers or bare feet, T-shirt and shorts.

Instructors from Lorna Carbutt School of Dance. Limit 12.

Mon 3:30 - 4:15 pm

Jan 16 – March 5

Columbus Centre

Fees: \$40.00

***After Jan 9 Fee is \$45.00

Kid's Martial Arts

3-7 yrs.

Saturday 1:00 - 2:00 pm

Saturday 2:00 – 3:00 pm

Jan 14 – Mar10

Contact Melony 250-964-5559

Malaspina Elementary

Fees: \$85.00

***After Jan 9 Fee is \$90.00

The Kids Good As New Sale Committee

Would like to give a heartfelt thank you to all of the wonderful people who gave up part of their day to volunteer for the sale. We had wonderful results. Thank you to the public for supporting the sale.

Next Sale April 14

Participate  **Prince George**
eat healthy. be active.

Volunteer for the CHCA

When you volunteer to lead a program you take that program for **FREE** and receive a **\$20 voucher** to apply toward any of the CHCA Winter 2012 Programs.

For Example you can lead Soccer with your child, participate in the program for **FREE** and receive a program voucher you can apply towards Yoga. Volunteer leaders also receive a CHCA Volunteer T-shirt. All leaders of youth programs must complete a RCMP criminal check.

The Volunteer Dinner was held on October 15, 2011 and recognized the following people for their years of service.

5 Years:

Carrie Bayes, Cory Cavalier, Cynthia Dobbs, Rob Endel, Jenny Fennell, Jodie Flanagan, Kurt Hawkenson, Zabrina Kelly, Steve Korpi, Barry Langthorne, Dorothea Soupdis, Brent Thiessen, Taryn Thiessen, Elena Thomas, Doug Thorne

10 Years:

Kathleen Lewis, Erin Lizotte, Jana Peters, Carolyn Shannon

15 Years:

Linda Bray, Jean Petrovic

20 Years:

Judy Clark, Ed Shearer, Viv Suel

25 Years:

Bart Vanderlinde

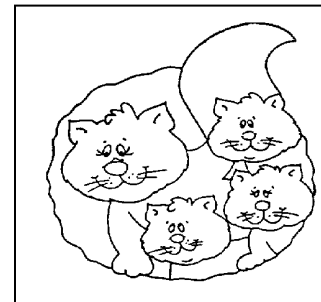
Thank you to the following for donating door prizes:

Kids Good as New Sale
Save-On Foods – College Heights
Directions Below Services

KOOL CATS KID CARE

Kool Cats is a licensed childcare centre for school age children. Conveniently located at 6989 Gladstone Drive
koolcats@telus.net

- 7:00 AM - 6:00 PM
- Monday to Friday except Statutory Holidays
- Before school and after school care.
- Transportation to and from the three College Heights schools.
- Open non-instructional days.
- Open Christmas holidays and Spring Break.



To register call Jean at 250-964-2668

Now also available at Sacred Heart 250-617-9583

- 2:15 PM - 6:00 PM
- Monday to Friday except Statutory Holidays
- Open non-instructional days.

Kool Cats Kid Care

Would like to thank Sands Bulk Transport and Pacific Western Brewing Co. for donating Prince George Cougars hockey tickets on November 4. The children of the Cougar Program and staff really enjoyed themselves that evening. Thank you to Trent Bilodeau for arranging the tickets.

Sands Bulk Transport
Div. of Sands Bulk Sales Ltd.

SANDS 
BULK TRANSPORT

Phone: 250 563-2855
Cell: 250 981-4780
Fax: 250 564-2978
1059 Eastern Street
Prince George, BC V2N 5R8
wayne.sands@sandsbulk.ca

Wayne Sands
President

www.sandsbulk.ca

Servicing Western Canada



Ben English
Territory Manager
Pacific Western Brewing Company
641 North Nechako Road
Prince George, B.C., V2K 4M4
Cell: (250) 961-5405
Tel: (250) 562-1131
Fax: (250) 562-0799

Email: sales@pwbrewing.com
www.pacificbrewing.com



Halloween Haunted Journey

We would like to thank all the volunteers that put in lots of time and energy to make this event happen and a special thank you to all the people who donated cakes for the Cake Walk.

- Wendy Pelkey

Fireworks

I would like to thank all the people who donated through the schools and put cash in the tins at Save-On Foods and Shoppers Drug Mart in College Heights.

The goal for the Fireworks display is \$5000. We were able to reach our goal this year with help from individuals, special events and businesses. Thank you to Northern Lights Fireworks for providing the display another year. - Kerri Svendsen

Thank you to the following business for their support of the Halloween festivities in College Heights

Save On Foods
Central Mohawk
The Creative Zone
College Heights 2 for 1 Pizza

McDonald's Restaurant
Scotiabank College Heights
Integris Credit Union
Marty Dupas

Domano Florist
Southridge PAC
Catherine Mills
TD Canada Trust College Heights




Mike Jakubowski
store manager

5232 Domano Blvd, Prince George, BC V2N 4A1


phone: (250) 964-9666
facsimile: (250) 964-6907

965sm@owfg.com
saveonfoods.com



INTEGRIS CREDIT UNION

River Point Branch
#100 - 2150 Ferry Avenue
Prince George, BC V2N 0B1
www.integriscu.ca



Tel: 250-612-3456
Fax: 250-612-3505




Licensed Family
CHILD CARE

THE CREATIVE ZONE

Diane Virtanen
964-9585

Central Mohawk
835 W. Central St.
Prince George, B.C. V2M 3C8
Tel: (250) 563-0461
Fax: (250) 563-0466
E-mail: dabunk@shaw.ca



MOHAWK
MOHAWK CANADA LIMITED. A SUBSIDIARY OF HUSKY OIL LIMITED

Denise & Ken Scott



Marlene Mohns

#400 - 5240 Domano Blvd.
Prince George, BC
V2N 4A1
www.domanoflorist.com

Phone: **250-964-4242**
Cell: 250-614-4546
Res: 250-964-3770
Toll Free: 1-800-939-4994

College Heights 2 For 1 Pizza
7088 Domano Boulevard
(BESIDE COLLEGE HEIGHTS SECONDARY SCHOOL)

Ask about discounts for Schools, Parties, CNC,
University and Business Meetings

964-2200

OPEN LATE

564-2274

DOWNTOWN CALL