

# The Town Crier

TOWN OF ANNAPOLIS ROYAL

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Town Hall will be closed January 1/14.
Open January 2/14
For Public Works emergencies, please call 532-8347.

### Royal Canadian Legion Branch #21 and the Town of Annapolis Royal

**Cordially Invite the Public to the Annual** 

New Year's Day Levee

January 1<sup>st</sup>, 2014
12 Noon to 3 pm at the
Royal Canadian Legion Branch #21
Annapolis Royal
Refreshments will be served
Entertainment from 1-3pm

Dress: Business Casual Tie Required

#### WASTE COLLECTION

New Year's Day No Collection Special Collection on January 4th. Pick up on January 15<sup>th</sup> and January 29th, 2014.

For more information
<a href="http://annapolisroyal.com/about-zero-collection">http://annapolisroyal.com/about-zero-collection</a>
Or contact Valley Waste at 1-877-927-8300 or
<a href="http://www.vwrm.com">www.vwrm.com</a>

REMINDER: Town of Annapolis Royal Waste Collection is Wednesday as per Week #1 of the Valley Waste Calendar.



Town residents can place trees at curbside for collection by the Town of Annapolis Royal

If you witness any vandalism or unlawful behavior within the Town of Annapolis Royal, please report the incident to the Annapolis Royal Police Department. Thank you for your help in this matter.

To contact the Annapolis Royal Police Department

CALL 532-2427

Any time, 24 hours a day

#### **MEMBERS OF COUNCIL**

Mayor Michael Tompkins mayor@annapolisroyal.com

Deputy Mayor Pat Power pat.power@ns.sympatico.ca

Councillor Sherman Hudson idontknow@ns.sympatico.ca

Councillor Byron Mersereau byron.artown@gmail.com

Councillor Paul Paquette paulpaquette@annapolisroyal.com

## The public is welcome to attend all meetings.

#### **Next Meetings**

Planning and Heritage Advisory Committee January 6 at 9:30 am

Committee of the Whole January 8 at 6 pm

Special Council January 14 at 6:30 pm

Board of Police Commissioners January 15 at 9 am

Marketing & Economic Development Committee January 16 at 6 pm

> Town Council January 20 at 6 pm

# **Town Office Hours of Operation**

The Town Office is open Monday to Friday from 9am to 3pm

## Unapproved Motions from the Regular Council Meeting Held December 16, 2013 MOTION a Applications AR13-021-HER 324 St. George Street

It was moved by Councillor Paquette, seconded by Deputy Mayor Power to refund 50% of the permit fee for Application AR13-021-HER, as per the Schedule of Fees. 2 Nay Votes, **CARRIED**.

#### MOTION b Annapolis Partnership Steering Committee & Protocol Document - Revised

It was moved by Councillor Mersereau, seconded by Councillor Hudson to a) rescind Motion 22 from the Regular Council meeting dated September 16, 2013 where at Council approved execution of the Protocol Document in the form of the September 13, 2013 Draft and that b) Council approve execution by Mayor Tompkins on behalf of the Town of the Regional Protocol Document in the form of the December 5, 2013 Draft. **CARRIED.** 

#### **MOTION c Council Committees and Representation**

It was moved by Councillor Paquette, seconded by Councillor Hudson to include the Twinning Committee as a sub-committee of the Marketing and Economic Development Committee of the Town of Annapolis Royal. **CARRIED. MOTION d** 

It was moved by Deputy Mayor Power, seconded by Councillor Paquette to advertise for a citizen representative to the Board of Police Commissioners; and to advertise for two representatives to the Marketing and Economic Development Committee. **CARRIED.** 

#### MOTION e Vending By-law 2014 - First Reading

It was moved by Councillor Mersereau, seconded by Councillor Hudson to approve 1st reading of the Vending By-law 2014. **CARRIED.** 

#### MOTION f Policy re: Fees Schedule

It was moved by Deputy Mayor Power, seconded by Councillor Mersereau to receive the Fee Schedule for information. **CARRIED.** 

#### MOTION g Valley Region Solid Waste-Resource Management By-law 2014 - First Reading

It was moved by Councillor Mersereau, seconded by Councillor Hudson to approve 1<sup>st</sup> reading of the Valley Region Solid Waste Resource Management By-law 2014. **CARRIED.** 

#### MOTION h Public Hearing to Amend a Development Agreement

It was moved by Councillor Paquette, seconded by Councillor Hudson to hold a Special Council meeting for the purpose of a public hearing to be held in the Council Chambers of the Annapolis Royal Town Hall at 6:30 pm, January 14, 2014. The purpose of this Public Hearing is to receive comment from the public on its intention to amend the Development Agreement with FM Developments Limited. **CARRIED.** 

#### **MOTION i Policy for Heat Pumps**

It was moved by Councillor Hudson, seconded by Councillor Mersereau to approve the creation of a policy for heat pumps whereby administration can approve heat pumps that are placed on the side or rear of buildings unless placement thereof is an issue. **CARRIED.** 

#### MOTION j AR13-039-HER - 396 St George St - Request for Changes to Heritage Building

It was moved by Councillor Mersereau, seconded by Deputy Mayor Power that the applicant at 396 St. George Street be given heritage approval to add the five skylights, change a window to a door at the rear of the building, and add two heat pumps - one the side facing Prince Albert Road, and one at the rear of the building, as detailed in application AR13-039-HER, providing all conditions of the Land Use By-law are met. **CARRIED.** 

## MOTION k AR13-040-HER – 540 St George St – Request for Changes to Heritage Building Stairs from Church

It was moved by Deputy Mayor Power, seconded by Councillor Paquette that the applicant at 540 St. George Street be given heritage approval to replace the stairs, as detailed in application AR13-040-HER, providing all conditions of the Land Use By-law are met. **CARRIED.** 

#### MOTION I AR13-041-HER – 44 Prince Albert Rd – Request for Changes to Heritage Building

It was moved by Councillor Paquette, seconded by Councillor Hudson that the applicant at 44 Prince Albert Road be given heritage approval to enlarge the dormer on the rear of the house to match the style, design and shape of the dormer in the front of the house, as detailed in application AR13-041-HER, providing all conditions of the Land Use By-law are met. **CARRIED.** 

#### MOTION m AR13-042-HER – 210 St Anthony St – Request for Changes to Heritage Building

It was moved by Councillor Hudson, seconded by Councillor Mersereau that the applicant at 210 St Anthony Street be given heritage approval to build a storage shed, as detailed in application AR13-042-HER, providing all conditions of the Land Use By-law are met. **CARRIED.** 

#### **MOTION n Protocol for Regional Cooperation**

It was moved by Councillor Mersereau, seconded by Councillor Paquette that Council approve the Protocol for Regional Cooperation as amended. **CARRIED.** 

#### **MOTION o Student Drop Off - AVRSB**

It was moved by Deputy Mayor Power, seconded by Councillor Paquette that the CAO send a letter in response to the Annapolis Valley Regional School Board letter advising a student drop off on Champlain Street is agreed to in principle as long as the School Board includes a pull-in in front of Annapolis West Education Centre to fit a minimum of three (3) vehicles and that the student drop off be for the use of cars not busses. Further, that the School Board can rebuild the stairs at their cost, a new sidewalk should continue to the new student parking area and provide pedestrian access to the Town recreational facilities including the tennis courts and swimming pool without the public having to walk through a parking lot, that the student parking area should provide access for town residents to park during the summer months, that maintenance of all paved areas are the School Board's responsibility; and that all of the costs associated with this work would be the responsibility of the School Board. **CARRIED**.

#### MOTION p Drainage Issues

It was moved by Councillor Paquette, seconded by Councillor Hudson that the CAO send a second letter to the Annapolis Valley Regional School Board advising there are drainage issues due to a natural spring and the School Board's plans should include a drainage system or French drain to alleviate the matter and that the Annapolis Valley Regional School Board can contact Local Traffic Authority McLean for information about the location of the spring. **CARRIED**.

#### **MOTION q Electrical Vehicle Charging Station**

It was moved by Councillor Hudson, seconded by Councillor Mersereau that Council request Administration to pursue grant opportunities for installing an electrical vehicle charging station, and that the information be brought forward to Council's 2014/2015 Budget discussions. **CARRIED.** 

### January Calendar of Events

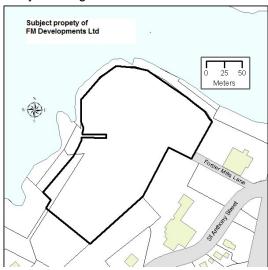
Dec 31	New Years Dance with the Rhythm Rogues. Tickets \$15.00 per person with lunch included; advance tickets at the Port Royal Legion Br 21. Everyone welcome.	18	Annapolis Royal Winter Farmer's Market Your source for local food products and more, from October until May! 9am-12 noon at the Historic Gardens. Free admission. Call 532-7016. Saturday Mornings.
1	YEAR	The Metropolitan Opera: Puccini's TOSCA (An Encore Presentation) 215 minutes (there will be a 20 minute intermission) Tickets: \$14 (reserved seating) Puccini's timeless verismo score is well served by an exceptional cast, led by Patricia Racette in the title role of the jealous diva, opposite Roberto Alagna as her lover, Cavaradossi. George Gagnidze is the villainous Scarpia. Tosca is a co-production of the Metropolitan Opera, the Bayerische Staatsoper and the Teatro alla Scala. 7pm King's Theatre www.kingstheatre.ca	
1	New Years Levee 12:00 noon - 3:00 pm. Port Royal Legion Branch 21. Everyone welcome. 66 Victoria Street		
3	MOVIETIME: Philomena, Starring: Judi Dench, Steve Coogan. 98 minutes, Rated: PG Drama, Tickets: \$8. adult, \$7. child/youth. A world-weary political journalist picks up the story of a woman's search for her son, who was taken away from her decades ago after she became pregnant and was forced to live in a convent. The movie Philomena is		
	based on the true story of an Irish woman, forced by the Catholic Church to give up her child because she wasn't married, who spends the next 50 years of her life searching for him. 7 pm King's Theatre www.kingstheatre.ca	19	<ul> <li>MOVIETIME: The Hobbit, The Desolation of SmaugThe dwarves, along with Bilbo Baggins and Gandalf the Grey, continue their quest to reclaim Erebor, their homeland, from Smaug. Bilbo Baggins is in possession of a mysterious and magical ring. 2pm King's Theatre www.kingstheatre.ca</li> <li>MOVIETIME: Walking with Dinosaurs Starring: Charlie Rowe, Karl Urban, Angourie Rice 87 minutes, Rated: Animation Family, Tickets: \$8. adult, \$7. child/youth. See and feel what it was like when dinosaurs ruled the Earth, in a story where an underdog dino triumphs to become a hero for the ages. 7pm King's Theatre www.kingstheatre.ca</li> </ul>
4	Annapolis Royal Winter Farmer's Market Your source for local food products and more, from October until May!  9am-12 noon at the Historic Gardens. Free admission. Call		
	532-7016. Saturday Mornings.	24	
5	MOVIETIME: Philomena, Starring: Judi Dench, Steve Coogan. The movie Philomena is based on the true story of an Irish woman, forced by the Catholic Church to give up her child because she wasn't married, who spends the next 50 years of her life searching for him. 2pm King's Theatre		
	www.kingstheatre.ca	25	Annapolis Royal Winter Farmer's Market Your
9	Baby, It's Cold Outside, Christmas Concert with the Annapolis Basin Community Band and the Annapolis Voices has been re-scheduled. 7:30 pm at King's Theatre. For more information www.kingstheatre.ca.		source for local food products and more, from October until May! 9am-12 noon at the Historic Gardens. Free admission. Call 532-7016. Saturday Mornings.
11	Annapolis Royal Winter Farmer's Market Your source for local food products and more, from October until May! 9am-12 noon at the Historic Gardens. Free admission. Call 532-7016. Saturday Mornings.	25 <b>Mamma Mia - A Special Sing-Along Screening</b> The King's Theatre Fundraising Committee is hosting a special night full of fun, laughter and song, with great prizes, tasty appetizers and specialty cocktails! Prizes will be awarded for best costume,	
13	Passages in Art Lecture Series with Ray Mackie, Monday evenings, starting January 13, 6:30pm. Series of 6 lectures, pay as you go or purchase a season pass. 19 yrs and over \$7 per lecture, \$40 season pass. 18 yrs and under \$5 per lecture, \$25 season pass. Light refreshments served. (902) 532-7069, arcac@ns.aliantzinc.ca http://arcac-artsplace.weebly.com/		so come in your favourite Greek attire or wear your best disco outfit anything goes. Door prizes and a chance to win dinner for two at 'ela! Greek Taverna' in Halifax. Specialty drinks will be available before the show and during intermission to get you in the sing-along mood. Doors open at 7pm, so come early and don't miss the party! Tickets available at the door. \$20.00 - ages 13 and up welcome! 7pm. King's Theatre www.kingstheatre.ca
17	MOVIETIME: The Hobbit, The Desolation of Smaug, Starring: Ian McKellen, Martin Freeman, Richard Armitage, Ken Stott. 161 minutes, Rated: 13 Adventure/Drama, Tickets: \$8. adult, \$7. child/youth. The dwarves, along with Bilbo Baggins and Gandalf the Grey, continue their quest to reclaim Erebor, their homeland, from Smaug. Bilbo Baggins is in possession of a mysterious and magical ring. 7pm King's Theatre www.kingstheatre.ca	26	MOVIETIME: Walking with Dinosaurs See and feel what it was like when dinosaurs ruled the Earth, in a story where an underdog dino triumphs to become a hero for the ages. 2pm King's Theatre www.kingstheatre.ca

#### **TOWN OF ANNAPOLIS ROYAL**

#### NOTICE OF PUBLIC HEARING

**PLEASE TAKE NOTICE** that the Annapolis Royal Town Council will hold a Special Council Meeting for the purpose of a Public Hearing in the Council Chambers of the Annapolis Royal Town Hall, at 6:30 p.m., January 14, 2014.

The purpose of this Public Hearing is to receive comment from the public on its intention to amend the Development Agreement with F M Developments Limited. The proposed amendments enable changes with respect to increasing the maximum gross floor area, and increase the number of semi-detached dwellings and decrease the number of single family dwellings.

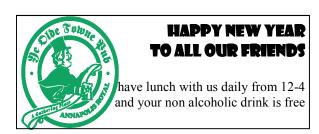


A copy of the Town of Annapolis Royal Municipal Planning Strategy and Land Use By-law and the application may be inspected at the office of the CAO at the Town Hall, Annapolis Royal, from 9:00 a.m. to 3:00 p.m., weekdays, except public holidays.

Carol St-Amour Chief Administrative Officer

# Annapolis Royal Winter Farmer's Market

at the Historic Gardens
Every Saturday 9am -12 noon.
Your source for local food products and more,
from October until May!
Free admission. Call 532-7018.





#### TOWN OF ANNAPOLIS ROYAL NOTICE OF INTENT

Valley Region Solid Waste-Resource Management By-law 2014

and

Vending By-law 2014

The Town of Annapolis Royal will have second and final reading for the Town of Annapolis Royal's Valley Region Solid Waste-Resource Management By-law 2014 and Vending By-law 2014 at the regular Council meeting to be held on January 20, 2014 at 6:00 p.m. in the Council Chambers at the Town Hall at 285 St. George Street. The By-laws may be inspected at Annapolis Royal Town Hall located at 285 St. George Street, Annapolis Royal from Monday to Friday between the hours of 9:00 am and 3:00 pm.

Carol St-Amour Chief Administrative Officer

#### INVITATION FOR COMMITTEE MEMBERS

Town Council invites interested people to apply for membership on Council Committees where seats have recently been vacated. Applicants are requested to provide a cover letter and resume noting their interest in one of the Committees. Council will review applications with the purpose of appointing members to Committees as detailed below.

## **Board of Police Commissioners:** one citizen appointment for a one year term

The Board comprises two members of Council, an appointee of the Department of Justice and two citizen members. The Board meets at 9:00 a.m., Wednesday, once a month – generally the second week of each month.

#### Marketing and Economic Development Committee: one member at large & one business representative; each for a one year term

The Marketing and Economic Development Committee consists of two members of Council, two members at large and two business representatives. The Committee meets at 6:00 p.m., Tuesday, once a month – generally the second week of each month.

To submit a letter of interest or for additional information about these committees, please contact <a href="mailto:cao@annapolisroyal.com">cao@annapolisroyal.com</a> or call 532-3146 by Wednesday, January 15, 2014.

## French for Life

Beginning January 2014



Are you an adult interested in beginner conversational French

Join us for the Annapolis Living and Learning Institute winter session beginning January 2014, Tuesday and Thursday mornings / 10 weeks / 30 hours total.

Classes at 590 St. George Street, Annapolis Royal Regional Academy Registration: \$275/session

For more information please call 532-0556 or email admin.alli@gmail.com



#### Community Mapping Project for Annapolis County

Join us if you are interested in the online mapping of important cultural, heritage, business spots in our County. The start of Phase 2 will be on Thursday, January 9, 2014 at COGS at 1 pm. This project has been developed by the Age Advantage group in conjunction with the Nova Scotia Community College. Call 532-5836 for more information.

#### LIFEGUARD JOBS FOR 2014

Annapolis Royal Community Pool

Our community pool will be looking for Lifeguards for the 2014 summer season. Please think about getting qualified this winter and let us know if you are interested. Contact: Christine Igot

christine@latext.com

532-7978

# **Annapolis Royal Library**

# **Computer Workshops**

lanuary -February



One-On-One Computer Tutorials

The topic is up to you! Book your time by visiting or calling the library.

lan. 7 2-3pm



Downloading Library eBooks and Audiobooks

For your computer, tablet, eReader or portable device. (Not available for Kindle.)

Jan. 14 2-3pm



Poster-Making 101

Learn how to make a poster using free programs, insert images, download fonts, ask questions!

Jan. 21 2-3pm



Excel 101

How to use spreadsheet formulas to keep track of information such as personal finances or lists.

Jan. 22 2-4pm



3D Printing Demonstration

Drop in for a live demonstration to see how 3D printers really work.

Jan. 28 2-3pm



Computer Files 101 Learn about different types of computer files and how to move, edit, send, store, and open files.

Feb. 4 2-3pm

Photo Editing Basics

How to touch-up, crop, rotate, resize and save images using free programs.

Feb. 11 2-3pm



#### PowerPoint 101

Learn how to make presentations - insert graphics and text, links, videos and more.



To register or for more information, call the library: 902-532-2226



SAVE THE DATE!

2014 Queen Annapolis Royal Dinner Sponsored by Fairway Insurance Services Inc

Friday, 28 March 2014

Annapolis Royal Fire Hall

5:30 Social Gathering & Cash Bar

6:30 Dinner and Program

Meet your 2013 Queen Annapolis Royal and 2014 Apple Blossom Princess Annapolis Royal, Caitlin Bridson-Pateman

> Be inspired by Peggy Armstrong, Key Note Speaker

Enjoy a delicious meal prepared by Paula Buxton, Lco's Café and Catering

\$30.00 per ticket in support of: Annapolis & District Princess Leadership Program Sending our Queen to the 2014 Apple Blossom Festival Leadership Competition Maintaining and updating our Annapolis Royal & District Parade Float

> Mrs. Jane Nicholson, Honourary Chair and the Annapolis & District Princess Committee thank you for your support!

To reserve your seat please phone Ann Marie Monk, Princess Committee Chairperson at 532-0379

#### ANNAPOLIS ROYAL SENIORS' AFTERNOON OUT

- A safe, supervised, and enriching afternoon
- \* An opportunity to keep active and maintain independence
- \* A chance to socialize and exercise
- \* A respite opportunity for caregivers

Come and enjoy an afternoon of fun! Monday and Thursday 1 to 4 pm at the Annapolis Royal Nursing Home Cost \$5.00

(A nutritious snack will be served)
For more information call
Jane MacKay, Coordinator 532-8389

#### Day in Annapolis Royal NOW AVAILABLE



Copies can be ordered on line (soft and hard copies available) and also viewed via the internet through the link

http://www.blurb.ca/search/site\_search?search=this+day+in+Annapolis+Royal

#### **Nova Scotia Heating Assistance Rebate 2013-2014**

Making life more affordable for families. www.HomeHeatingHelp.ca

"Baby, It's Cold Outside" Christmas concert with the Annapolis Basin Community Band and the Annapolis Voices has been postponed to January 9th, 2014.

So, if you have tickets, they will be honoured. If you do not have tickets, you will have tons of time to get them... going to be a great concert!



### Port Royal Legion Br 21

Monday - Bridge 1:15 pm Tuesday - 45s 1:30 pm Tuesday - Senior Pool 1:30 pm

Wednesday - Bingo 7:00 pm

**New Years Levee** - Wednesday 1 January 12:00 noon - 4:00 pm. Everyone welcome.

Executive Meeting Thursday 9 January 7:00 pm



The Annapolis Royal Police Department dealt with the following complaints during the month of November 2013:

- 2-911 Misdialed Calls
- 2- Uttering Threats Charges
- 1- Theft Complaint
- 4- Criminal Record Checks
- 1 -Suspicious Person Complaint
- 1 -Lost and Found Complaint
- 1 -Assistance to the General Public
- 2- Property Checks
- 4 -Motor Vehicle Accidents
- 1 Fail to Remain at an Accident Scene
- 1 Intersection Charge
- 2 Speeding Charges
- 1 Parking Complaint
- 1 Non Moving Charge
- 3 Motor Vehicle Act Charges
- 2 Off Highway Vehicle Charges

#### TOWN OF ANNAPOLIS ROYAL WINTER PARKING REGULATIONS

Whereas it is necessary to make the following winter parking regulations to facilitate the removal of snow in the Town of Annapolis Royal, effective either on the first snow storm or December 01, 2013 (whichever is earlier) to April 30, 2014, between the hours of 12:00 midnight and 8:00 a.m., no person shall park or leave standing a motor vehicle upon any highway or street within the Town limits in accordance with provisions of the Motor Vehicle Act. Vehicles, whether attended or unattended, shall not be left in a position or manner which may interfere with or obstruct snow removal or winter maintenance operations. Ticketing and/or towing will occur when a parked vehicle restricts snow removal or winter maintenance operations.

TRAFFIC AUTHORITY
TOWN OF ANNAPOLIS ROYAL



The Annapolis Royal Police Department
has set up check stops in an effort to clamp
down on
drinking and driving this holiday season.

Please drive responsibly.

#### **Tender for Used Police Car**

The Town has declared the following vehicle surplus to its operations: AS IS, WHERE IS:

1999 Ford Crown Victoria, V8, rear wheel drive, approximately 250,000 miles

This vehicle may be viewed at the Town of Annapolis Royal Public Works yard at 144 Victoria Street, Monday through Friday between the hours of 8:30 a.m. and 4:30 p.m.

Bids should be sent to 285 St. George Street, PO Box 310, Annapolis Royal NS B0S 1A0, or by fax to (902) 532-7443, or by e-mail to admin@annapolisroyal.com Bids must be received no later than January 6, 2014 at 1:30 p.m.

# REMINDER When the snow falls, please ensure your green cart does not impede snow removal.



#### Snow and Ice Control

This is a reminder to owners or occupiers of building or vacant lots, that they are responsible for clearing snow and ice from the sidewalks on St. George Street in the business section as well as removing accumulated snow or icicles from roofs overhanging St. George Street. The business section is defined as the area from the Dargie Plaza ( 324 St George Street) to the wharf at the lower end of St. George street. Sidewalks must be cleared of snow and ice within four (4) hours of daylight or four (4) hours from the time it ceases to snow, if snowing occurs after daylight. Compliance with this bylaw is necessary in order to make the business section of the Town of Annapolis Royal safe for pedestrians. Failure to comply may result in prosecution under the Town of Annapolis Royal Streets Bylaw, Section 9 through 11 inclusive. A copy of this bylaw is available on line at www.annapolisroyal.com or from the Town Hall.

## **Active Living News**



# Here's what's happening in the Town of Annapolis Royal to help keep you active, healthy, and happy.

#### Seeking participants for Annapolis County Community Winter Activity Challenge 2014!

This is a friendly competition among Annapolis County communities to see who can log the most hours of physical activity during the winter months. This is a great way to stay fit, as well as keep a record of just how much physical activity you're really doing every week. To participate, you need only sign up, then email or phone in your total number of hours of activity on a weekly basis from January 1 to March 31, 2014. There are prizes available for the winning community. Last year, Bear River was the community with the most logged hours...this year, let's show them what Annapolis Royal's all about! Sign up Now!! Contact Noah Scanlan atalc@annapolisroyal.com

#### Return of the 55+ Club

The 55+ Club, a club for those age 55 or more, will be re-launching in January with a special partnership with the Annapolis Royal C@P Site. There will be a Digital Photography Workshop Hike held at The Historic Gardens on Saturday, Jan 18 starting at 10AM. Bring your camera and learn some basic to intermediate digital nature photography techniques, and enjoy a short hike. The event is free, and free snowshoes will be available for use if they are needed, and hot drinks and snacks are available at the Farmers' Market afterwards! There will also be a geocaching event on Feb 1 at 2PM, with the starting location being the walking trail next to the Old Rail Station across from the Historic Gardens. The event will be run by Kevin Conrick, and free GPS units and snowshoes are available for those interested in trying out this exciting and rewarding activity! For more info about geocaching in general, please visit www.geocache.ca or call Noah Scanlan at 955-1205. This event is also 100% free!

For more information, please call Noah Scanlan at 902-955-1255, or visit the C@P Site at the Annapolis Royal Public Library.



#### Winter Session of **Power Hour** to Begin January 6 at ARRA!!

Power Hour is a total body workout based on the latest research on how best to achieve your fitness and fat loss goals, led by Jane Power Grimm. It's an intense, fat-blasting hour of cardio that finishes off with a relaxing stretch to improve circulation and maintain flexibility to those wellworked muscles. No equipment or coordination necessary! Various hand weights are available for use.

The winter session will begin Monday, January 6, and sessions are Mondays at 8:05PM and Wednesdays at 7:15PM at the ARRA gym, lasting 1 hour each. Cost is only \$50 for 16 classes! For more information, please contact Jane Power Grimm at 902-532-7279.

#### Senior Citizen's *Raised Bed Garden* Project

We're seeking seniors who would be interested in having a compact raised garden bed installed at their homes for low to no cost, and then receive instruction on upkeep and how to successfully grow through three (or even four) seasons. If you or someone you know would be interested in applying for this program, please contact us!

For more information on any of the above, or to sign up or apply for any programs or events, please contact Noah Scanlan, Active Living Coordinator, at alc@annapolisroyal.com, or call (902)-955-1205.



285 St. George Street PO Box 310

Phone: 902-532-2043 Fax: 902-532-7443 Toll Free 1-877-522-1110 E-mail: admin@annapolisroyal.com

www.annapolisroyal.com

