

# Parks, Recreation & Leisure Services in Grand Falls-Windsor



# Grand Falls-Windsor



*Life is better here. Small wonder!*

[www.grandfallswindsor.com](http://www.grandfallswindsor.com)

**T**ake a walk along the Corduroy Brook Nature Trail; enjoy the peaceful beauty of Church Road Park and feed the ducks; see the Atlantic Salmon as they migrate upstream at the Salmonid Interpretation Center, or experience the electricity that fills the air as world-class entertainment hits the stage at Centennial Field for the annual Exploits Valley Salmon Festival. This is just a taste of what Grand Falls-Windsor has to offer visitors and residents.

When it comes to recreational, social, and leisure facilities Grand Falls-Windsor has it all. Grand Falls-Windsor is home to two first-class arenas, tennis courts, 5 national size softball fields, lighted baseball field, soccer field, and much more. This town is equipped with great hiking trails, cross-country ski trails, and surrounding countryside that is a snowmobiler's dream. We are home to the Frances M. Nichols Community Centre, golf course, bowling alley, curling club, parks and playgrounds. The town also has the largest concert site in Newfoundland at Centennial Park and boasts the Forestry Capital Pavillion, the only permanent outdoor stage east of Montreal.

Community spirit, natural beauty, and friendly people are just several reasons why Chatelaine Magazine named Grand Falls-Windsor as one of the top places to live in North America.

Reading through the pages in this brochure will help give an idea of the leisure services the town of Grand Falls-Windsor has to offer. Life is better here...small wonder!



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# Exploits Valley Salmon Festival

Started in 1985 as a

three-day celebration to honour the migrating salmon, a weekend of “Fish &

Fun while the Salmon Run” was designed to enhance the environmental awareness and focus attention on one of the most spectacular happenings of nature.

Today, the Exploits Valley Salmon Festival has developed into a major national festival, attracting visitors from near and far. Selected by the American Bus Association, as one of North America’s top 100 events, the

A.B.A acknowledges the contributions of volunteers, businesses and municipal leaders while praising local flavour, community spirit and family focus of the event. Featured events every year such as the

opening Salmon Dinner, Exploits Valley Tourism Association Craft Fair, and “Newfie Night”

– highlighting the traditional foods and music of our province, have been growing in popularity, and attract sell out crowds. The highlight of the festival-the “Splash Concert” is a day long event held at the Forestry Capital Pavilion on Centennial Field, attracting upwards of 20,000 people. Taking the stage in the past are entertainers such as Great Big Sea, Tom Cochrane, The Rankins, Tea Party, and Nelly Furtado. The Festival offers something for the young and the ‘young at heart.’ The residents of Grand Falls-Windsor invite you to celebrate, and be a part of Newfoundland’s biggest festival – the Exploits Valley Salmon Festival!



# Music Entertainment History



## Entertainers such as:

Charlie Pride ♦ Anna McGoldrick  
Tommy Hunter ♦ America  
Chilliwack ♦ April Wine  
The Beach Boys ♦ Trooper  
Benny Malone ♦ Crash Test Dummies  
Irish Descendants ♦ Jeff Dyer Band  
Bachman Turner Overdrive  
Bare Naked Ladies ♦ Alannah Myles  
Waylon Jennings ♦ Jesse Colter  
The Pursuit of Happiness ♦ Tom Cochrane  
Dan Seals ♦ Great Big Sea  
The Rankins ♦ Debbie Jordan Band  
Honeymoon Suite ♦ Signal Hill





Blue Rodeo ♦ Bon Jovi ♦ Ray Lyell & The Storm  
 The Stampedeers ♦ Tea Party ♦ Celtic Connection  
 I Mother Earth ♦ J.D. Sumner & The Stamps ♦ Wes King  
 Gary Callahan ♦ Spirit of the West ♦ Doobie Brothers  
 Base is Base ♦ Burton Cummings ♦ Amanda Marshall ♦ Kim Stockwood  
 Pamela Morgan ♦ Billy & The Bruisers ♦ Petra ♦ Neil Edwards ♦ Sky  
 Wide Mouth Mason ♦ Chantel Kreviazuk ♦ Philosopher Kings ♦ The Fables  
 Matthew Good Band ♦ Johnny Favorite Swing Orchestra ♦ Damhnait Doyle  
 Nazareth ♦ Timber ♦ Rod Jackson ♦ Crush ♦ Nelly Furtado ♦ The Moffatts  
 Variety in Motion ♦ Eric Nagler ♦ Indiana Bob ♦ Sods & Rhymes ♦ Brittany  
 Fred Penner ♦ Jeff Collins ♦ Greg Donnaghey ♦ Spice Power ♦ Backstreet's Back

# Minor Sports, Playground and Special Events Summer Program

The Summer Recreation, Leisure, and Minor Sports Program is designed for participation of children from four to sixteen years old. Close to one thousand children participate in this Program that runs from late June to late August each year. Phone 489-0450 for details on any aspect of the Summer Program.

## Minor Sports Program

The Minor Sports Program has grown to include over three hundred and fifty children who participate in the various sporting and coaching activities. All programs run from Monday to Friday during the months of June, July and August. The Program consists of the following sports:



play outside. Throughout the summer there are various fun out of town games and fun tournaments for each division.



**Ball Hockey** – Ball Hockey is played at the Windsor Stadium and has become a very popular sport. The Program is divided into two age divisions: 7-11 and 12-16. This sport allows our youth to stay fit and be active, while improving their skills year round. Most of the players on the 2001 Canadian



**T-Ball** – T-Ball is played at the Main Street Field and is for ages 4 to 6 years old. This sport allows children to develop their softball skills, learn the basic rules of the game and interact and meet new friends. T-Ball stresses participation and fun.

### Minor Softball

Softball is one of the most widely played sports in our town throughout the summer months. Played at the Main Street Ball Field, there are four age divisions: 7-11, 12-16, and two girls divisions from ages 7-11, and 12-16. A rainy day program is provided at the Main Street Club House when the weather is unsuitable to

National Juvenile Ball Hockey Championship Team were participants in the summer minor ball hockey program.

**In-Line Hockey** – In-Line Hockey is played at the Windsor Stadium. This sport is exciting, fast paced, and is very popular with our youth. The sport is divided into two age groups 7-11 and 12-16 years. All participants are required to wear proper safety equipment and helmets.



opportunity to play various sports. The purpose of these games is for participants to have fun, play hard, and interact with youth of other regions. The games stress fair play, sportsmanship and fun.

## Playgrounds

The Playgrounds in the community provide children with fun, games, exercise and events to enjoy the warm summer days. The playgrounds on Sutherland Drive, Lind Avenue and Main Street are supervised Monday to Friday during the summer months. Each week has a specific theme and includes various activities such as arts and crafts, field trips, and special events.

Field trips include visits to the Salmonid Interpretation Centre, the waterslide and the Mary March Regional Museum. Special Events include mini science fairs, talent shows, and garden parties.



**Basketball** – If it's "shooting hoops" you want then the Windsor Stadium is the place for you. Our quality instructors allow youth to learn to play basketball and to improve their overall skills such as dribbling, passing and shooting. The program has two age divisions 7-11 and 12-16.

**Volleyball** – Played at the Joe Byrne Memorial Stadium, this sport is the fastest growing sport in the minor sports program. Basic skills, drills, and rules are taught with an emphasis on participation. There are two age groups 7-11 and 12-16.

**Central Summer Games** – These games, started in 1995 by the Central Newfoundland Community Recreation Departments, are designed to give the youth of Central Newfoundland towns an

## Summer Program Special Events

Many Summer Program Special Events are offered for the children of the community to enjoy. Some of these events include: kite making day, trip to Wooddale Tree Nursery, Canada Day celebrations, fair and fireworks, trip to radio stations, lip sync contest, pre-teen and teen dances, wacky olympics, Christmas in July, haunted house/candy hunt, scavenger hunt, teddy bear picnic, trip to SPCA, pet show, pool party, closing banquet and Labour Day celebrations. Other special events are added each year.



## Integration

The Integration Program is designed to integrate physically and mentally challenged children into summer sporting and playground programs. Children are invited to take part in swimming, sports, arts and crafts, and a variety of organized special events throughout the summer.



## Supervised Wading Pool

The Sutherland Drive Playground has an outdoor pool supervised by qualified lifeguards and can accommodate up to 100 children. Admission is free.

# Community-wide Special Events

## Canada Day Celebrations

Each year the Town of Grand Falls-Windsor comes together to celebrate Canada's birthday. Activities are held at the Carmelite House for senior citizens. Celebrations for the community as a whole take place on Centennial Field where there is a Kids Day Fair with games, prizes, cake cutting ceremony and presentation of awards.

At dusk, fireworks light up the sky as thousands gather to end a fun-filled day of activities.

## Communities in Bloom-Tidy Towns Competition

These competitions are programs of environmental awareness and municipal beautification. Designed as an initiative to involve the whole community



in improving the visual appeal of the town, the "Best Bloomin' Garden" and "Best Bloomin' Business" awards represent a municipal contest where local residents and businesses compete to beautify their property. In the Provincial Tidy Towns competition, Grand Falls-Windsor was the overall winner in 1997.

The town won the "Three Blooms Award" in the 1998 and 1999

"Communities in Bloom" competition

for the 10,001-20,000 population category. In these national competitions, the town also received special mention for Environmental Awareness. Grand Falls-Windsor takes pride in its community and the environment and encourages residents and businesses to help make the town more beautiful and green!





## Labour Day Celebrations

Grand Falls-Windsor has been celebrating Labour Day since 1920 and is the only community in Newfoundland with such a long running history of Labour Day as a celebration.

### Pet Show

Every year parents and children can come and show their beautiful and/or unusual pets at a pet show. The show is held at Church Road Park and prizes are awarded for various categories such as the best trick or the fluffiest tail.

### Pre-teen/Teen Dances

Supervised pre-teen and teen dances are held throughout the summer months at both the Joe Byrne Memorial Stadium and the Windsor Stadium.

### Provincial Slo-pitch Softball Championships

Each year the town plays host to a major Provincial Slo-pitch tournament. Teams from across Newfoundland compete to qualify for the national championships. The tournaments have ranged from 30 to 40 teams and the top four teams qualify for National Competition.

People can participate in Family Day activities, which include games, races, a scavenger hunt, prizes for all children, and a picnic. An outing, such as a trip to the Logging Exhibit or other special events like a card game, can also be enjoyed.

On Labour Day a Wheels Contest is held at 9:00 a.m. followed by the annual parade. Wreaths are placed at the Newfoundland Overseas Foresters' Memorial, Workers' Workplace Memorial, and the Centotaph at the Memorial Grounds, either during or immediately following the parade.

Different types of entertainment can be enjoyed at various venues throughout the town during



Labour Day weekend. Grand Falls-Windsor is definitely the place to be with your family and friends during Labour Day Weekend!



### Winterlude

Winterlude, held in February, is a fun-filled time of year when people can forget about those winter blues. The carnival is filled with activities and events such as skating, curling, bowling, hockey, and skiing. Other family events include the popular Teddy Bear Parade and the Corduroy Pond day outing. Everyone is welcome. Flakes of fun in February... it's Winterlude in Grand Falls-Windsor!

### Red Maple Festival

The annual Red Maple Festival takes place from the last weekend in October to November 5. It is a family oriented festival with something for all ages. The Red Maple Festival consists of a movie night, dances, skating, Halloween party, best decorated house contest, Corduroy Brook Nature Trail walk, Battle of the Bands, craft and yard sales, family day activities, bowling tournament, and swimming. It concludes with a giant bonfire, barbequed wieners and a fireworks display at the Centennial Field parking lot, November 5 at 6:30 p.m. Join us as we celebrate the autumn season.



### Community Christmas Skating Party

A community Skating Party is held at one of the arenas in mid-December. It's free skating and a visit from Santa Claus who delivers loot bags for the children. This event promises to be loads of fun just in time for the holidays!



# Recreation/Sports Activities

## Ladies Volleyball

Volleyball has become a popular sport in Grand Falls-Windsor. In recent years, a ladies' volleyball league has been organized to provide friendly competition. The league also competes at several provincial tournaments.



## Sparkling Blades Figure Skating Club

Sparkling Blades Figure Skating Club operates from October to April each year with a professional coach available for all age groups and is held at both Joe Byrne Memorial Stadium and Windsor Stadium. Programs offered include CanSkate and CFSA. The club organizes the annual Winterlude Skate and competes in several provincial competitions. The highlight of the season is the annual closing ice show.

## Grand Falls-Windsor Recreation Hockey League

This is a five-team league geared towards the 25 and over age group that follows the basic rules of hockey with the exception of no slapshots or body contact allowed. The season starts around mid October and finishes at the end of March with each team playing approximately 40-45 games. Games are played Monday through Thursday at both Joe Byrne

Memorial Stadium and Windsor Stadium.

## Minor Hockey

The Exploits Valley Minor Hockey Association provides a minor hockey program for girls and boys ages 4-16. Operating out of both Windsor and Joe Byrne Memorial Stadiums, the EVMHA maintains a House League program as well as a competitive All-Star program in each age group. The EVMHA is very proud to be able to provide a fun and exciting program to the kids of Grand Falls-Windsor and will continue to do so well into the future. With a good core of volunteers, and the continuing support of the business community and Parks and Recreation Department, minor hockey looks forward to a bright future.



## Skating

Grand Falls-Windsor is equipped with two stadiums, which offers Adult, Family, and General skating during the winter season. Adult skating takes place Wednesdays from 10:30 a.m. –11:30 a.m. and is open to all adults over the age of 19 years. Family skating is held on Sundays



from 1:30 p.m.-3:00 p.m. and all children must be accompanied by an adult. General skating follows from 3:15 p.m.-4:15 p.m. and it is open for ages 12 and older.

Other sessions are scheduled at various times. For a daily stadium schedule, please call (709) 489-0449 or (709) 489-0450.

Mini Soccer Festival and Provincial Tournaments.

### Minor Baseball

Grand Falls-Windsor Minor Baseball provides instruction in baseball skills to male and female players aged 6-18.

The program operates yearly mid-June to mid-August and is based at the Goodyear Avenue Softball Fields. Skills and instruction of the game are taught by certified Level I and Level II coaches.

The association promotes the Honda Hit, Run and Throw Contest and provides access to the use of a batting cage.

### Co-Ed Senior Softball

Softball has developed into a popular summer sport in the central region. Any person looking to participate has several opportunities as the league plays four nights a week, Monday to Thursday, all summer long, and competes in regional and provincial tournaments. Co-ed senior softball is held at the Goodyear Avenue softball fields and is open to people over the age of 16.



### Minor Soccer

The Grand Falls-Windsor Minor Soccer Association provides a soccer program for participants to have fun, learn skills, and compete in the active sport of soccer.

The program is held at the Centennial Field Soccer Field and runs on a daily basis Monday to Friday, from June to August. Each day children participate in short drills and small-sided games. Leagues are formed for the purpose of small-sided games but they focus on fun more than competition. Other events include the Sunlight Skills Competition, McDonalds



### Slo-Pitch Softball

The Slo-Pitch Softball season opens in early spring and runs till late fall. To complement league play, tournaments are held each season.

Map

Map



The Town of Grand Falls-Windsor is a softball hot spot and has hosted slo-pitch national tournaments in 1995, 1997, and 2000.

### Senior Men's Ball Hockey

The Grand Falls-Windsor Senior Men's Ball Hockey League celebrated its 25th year of operation in year 2000. The league is the oldest ball hockey league in operation in Newfoundland. The league has participated in the Provincial Men's 'A', 'B', and 'C' tournaments and has competed at the national level. The league is a proud sponsor of minor ball hockey for boys from ages 12 to 18. In the past, teams representing the area have been successful in capturing several provincial titles and advancing to national competition. In 1981, the league won the Provincial Men's "A" Ball Hockey Championship and in 2001 won the National Juvenile Champion-

ship. Over the past several years the league has boasted four to five teams on average with great sponsorship. The league plays at the Windsor Stadium three nights a week, from May to August.

### Line Dancing

The "Honky Tonk" Line Dancers have been dancing at the Elks Club Monday and Wednesday evenings for approximately nine years. An afternoon class for members of the 50+ Club is also available. Line dancing is a great form of exercise which helps improve balance, posture, and coordination and can be enjoyed by all ages. Remembering the step sequences for the many different dances is also terrific exercise for the mind. The most important thing about line dancing is to remember to "enjoy yourself."

### CSA Taekwondo

CSA Taekwondo is a Korean martial art emphasizing training of the mind, body and spirit. The literal translation of Taekwondo is "the way of the hands and feet." Taekwondo has developed into a modern martial art, characterized by its powerful high speed movements and dynamic kicking techniques and has recently been added as an official sport at the Olympic Games.



Students range in ages from 4 to 60+ and benefit by improved self-confidence and physical fitness. Instructors are WTF (World Taekwondo Federation) certified Black Belts and are committed to training students in a safe and supportive environment. CSA Taekwondo in Grand Falls-Windsor has four divisions: Tigers (ages 4-7), Dragons (ages 8-11), Adult Competitive and an Adult Recreational Division for those who just want to have fun and improve their physical fitness. Each group meets twice weekly at the training facility on 5 Bayley Street. For more information, please contact the office at (709) 489-5910 or visit our website: [www.csataekwondo.com](http://www.csataekwondo.com)



### Shotokan Karate

Central Karate endeavours to teach the skills of self-defence through the rigours of consistent training. Such goals are achieved only through self-motivation and continued practice, as it takes, on average, five years to attain the level of black belt. Regular seminars and competitions throughout the year provide one with the opportunity to enhance learned skills.

Adult classes are every Monday and Thursday (6:30 - 8:00 p.m.

and 7:30 - 9:00 p.m. respectively) at Millcrest Academy and the junior session is every Thursday from 5:30 to 7:00 p.m.



### Golf Club

Bounded by the famous Exploits River to the south and Rushy Brook to the East, the Grand Falls-Windsor Golf Club is a links-style course perfect for golfers of all ages and abilities. Open fairways and small greens make accuracy on approach shots an important factor on each hole.

The layout of the course is flat and open with small undulating greens, making the walk through the fairways an easy task. Golfers are presented with two par 5's, four par 3's, and three par 4's.

The course is located directly off the Trans-Canada Highway, 2 km. west of town. For more information call the pro shop at (709) 489-9068.

### Tennis Club

The Grand Falls-Windsor Tennis Club offers a six-court tennis complex and is open from mid-May to October. The minor tennis program operates from June to August offering instructions, games, and provincial tournament competition. The courts are always in great shape, fees are well structured, and coaches are ready to help. Tennis is a great way to have



a healthy lifestyle, exercise, aerobics, competition, and a cardiovascular workout. It is also a perfect way to get involved in the community.

For more information call the tennis club at (709) 489-1198.

### **Cross-Country Skiing**

Cross-Country Skiing is a great way to stay fit and enjoy the winter months. Our scenic ski trails located on the riverside of Scott Avenue, has loops of 1.5 km, 2.5 km, 5 km, and 7.5 km. Snow accumulations in the area allow up to four months of good skiing conditions.

The Parks and Recreation Department and the Exploits Cross-Country Ski Club work together to maintain and groom these trails on a regular basis. The ski hut at the entrance to the trail is suitable for gatherings of 30-40 persons. The facility is also used for waxing clinics, ski swaps, socializing, or just getting “warmed up”.

Skiing will give you and your family an opportunity to meet people of all ages and fitness levels, and enjoy the benefits of a low-cost, environmentally friendly sport.

### **Curling Club**

The Grand Falls-Windsor Curling Club is open from mid-October to April each year. The season is one full of exciting league and 'spiel play. Afternoon and evening curling welcomes both novice and experienced curlers and all are invited to join us for a curling year full of fun and fellowship. For more information call the curling club at (709) 489-2234.

### **Bowling**

League Bowling at Memory Lanes, begins each year in September.

Adult League Schedule

Monday Night -Men's League

Tuesday Night -Mixed League

Wednesday afternoon -Ladies League

Thursday Night -Jackpot Bowl

Sunday Night -Mixed League

Sunday afternoon is reserved for Youth Bowling League

Friday and Saturday is open bowling.

For more information call the bowling alley at (709) 489-2717.

### **Skateboard Park**

Operated by the Exploits Valley Skateboard Association, the park offers a location for persons of all ages to show off their skateboarding abilities. The park consists of various ramps and grinds from a fun box to a giant pyramid and smaller ramps for the younger kids. The Park is situated behind the Curling Club on Lincoln Road in a fully certified enclosed campground with a 200' X 300' asphalt surface . The only stipulation is that all participants must wear protective headgear.

# Frances M. Nichols Community Centre/Exploits Valley YMCA

13 Price's Avenue, Grand Falls-Windsor  
Phone (709) 489-9622

Hours: Monday to Friday 7am to 10 pm  
Saturday 9 am to 9 pm; Sunday 1 pm to 9 pm

## YMCA

*We build strong kids,  
Strong families, strong communities*

## Frances M. Nichols Community Centre/Exploits Valley YMCA

Founded in 1978, the mission of the Exploits Valley YMCA is to encourage people of all ages, race, creed and economic state to join together. Growing since its beginnings, the centre was

renamed in May 2000 to the Frances M. Nichols Community Centre in honour of Mrs. Nichols, who was one of the founding members of the YMCA and a long-time volunteer. The YMCA offers a wide variety of programs and activities for all ages.

Our up to date facilities include Squash Courts, Cross Training Centre and Swimming Pool offering classes in a wide range of fitness activities from swimming and Aqua fit to Walk fit, aerobics and line dancing. The YMCA also offers gymnastics and summer day camp. A shining example of partnership in



action, the building is owned by the Town of Grand Falls-Windsor and operated by the Exploits Valley YMCA.

New in 2001 is the YMCA Children's Learning Centre located behind the main building, offering full and half-day programs. Staff are fully trained in their field and can help you grow in Spirit, Mind and Body. At the YMCA- join in the action... it's exhilarating!



# Community Groups

## Boy Scouts of Canada

Scouts Canada offers programs for youth at all age levels. These include:

- Beavers – boys and girls ages 5-7
- Cubs – ages 8-10
- Scouts – ages 11-14
- Venturers – ages 14-17
- Rovers – men and women ages 17-23

The Scouting movement helps develop individuals through a variety of activities. Scouting also offers training to adults who accept a leadership position such as specialized training and group/section committee training.

## Girl Guides of Canada

Guiding is one of the largest women's organizations in the world. Grand Falls-Windsor has a very active guiding movement, divided into two districts, with meetings being held at various locations throughout the town.

Sparks is open to ages 5-6, Brownies 7-9, Guides 9-12 and Pathfinders 12-15. Senior Branches: Rangers, Junior Leaders and Cadets 15-18 years. Adults are always welcome!

## Bel Canto Singers

The Bel Canto Singers choir was formed in 1985 and is now made up of sixty-four girls ranging in ages from eleven to eighteen. This choir has participated in numerous events such as the Salmon Festival, local annual summer celebrations and performs regularly in charity events and for commercial conventions, meetings, and celebrations. The choir's popularity and talented presentations have earned it a reputation as ambassador for the Town of Grand Falls-Windsor and surrounding area. For more information, please contact Maxine Stanley, (709) 489-5347.





### **Northcliffe Drama Club**

Northcliffe Drama Club is a local community theatre group that boasts over a half century as an established organization.

Northcliffe strongly encourages new membership and promotes the participation of youth and young adults, especially in its fall productions. Each year the group sponsors an award at the Kiwanis Music Festival and has established two scholarships for post-secondary Theatre Study.

Other activities include the annual Haunted House in partnership with Rogers Cable and a Fall Craft Fair at the Arts & Culture Centre.

### **Canadian Parents for French**

“CPF is a national network of volunteers who value French as an integral part of Canada and is dedicated to the promotion and creation of French Second Language Opportunities for Young Canadians.” The Exploits Valley Chapter supports French immersion and core programs. Activities throughout the year include: information sessions for new students; movie nights; French entertainers; Public Speaking Contests; Writing Contests; Parents’ Basic French

course; Story and Craft hour; Mentor Program; and Summer Fun Camps. The Chapter partners with CPF NF & LAB and CPF National.

### **Allied Youth**

Allied Youth is an organization designed to teach young people leadership skills and provide them with education about issues facing youth today. Meetings focus on fun, friendship, cooperation, and are held every Monday night during the school year, from 7:00 to 8:30 p.m. at Exploits Valley High, Maple Division. Any young person from grade seven to twelve may join.

### **Town Band**

The Grand Falls-Windsor Concert Band performs numerous town functions, such as the local Kiwanis Music Festival, Christmas and spring concerts. There are a wide range of musical backgrounds within the band’s membership which helps make it so unique. However, their love for all forms of music and to perform is what brings them together, providing a little something for all age groups. All new members are welcome. Band rehearsals are held Tuesday evenings at the Royal Canadian Legion, Queen Street. For more information, please call Michael Race at (709) 489-5370.

### **Exploits Valley 50+ Club**

The Exploits Valley 50+ Club, formerly known as The Exploits



Valley Citizens Club, was founded in 1971 and is a thriving organization. Activities begin in September and end in June. The regular program includes: regular meetings every alternate Friday, a card party for members and their friends every other Friday, aerobics twice a week, carpet bowling and darts once a week, square dancing or line dancing once a week.

Entertainment plays an important role in the life of the Club and seasonal parties are held on Valentine's Day, St. Patrick's Day, Christmas Day, and our closing party in June. If you are 50 years of age or older, you are eligible for membership. Come and join us!

### **Friendly 50+ Club**

The Friendly 50+ Club meets once a month. Activities include darts, bingo, public card games and much more. The club is open to anyone wishing to join. So come out and have fun.

### **Lifelong Learners'**

The Lifelong Learners' Association of Grand Falls-Windsor is a voluntary group of individuals interested in providing opportunities for those who are 50+ to improve their quality of life. Meeting and working with different groups and individuals will make life more meaningful.

To meet these objectives we offer various courses with qualified instructors such as creative writing, furniture refinishing, dancing, painting, art, bridge, and dream catcher crafts.

Organized lecture series and information fairs are held throughout the year.

### **Heritage Society**

The Grand Falls-Windsor Heritage Society Inc. is a non-profit organization operated by

volunteers from the community. Its purpose is to collect and preserve the rich and dynamic history of the Town of Grand Falls-Windsor. Other goals include increasing the visibility of the Heritage Society within the community, generating interest and enthusiasm in the society's projects and to find and develop a permanent home for the Heritage Society. The Heritage Society collects information in the form of photographs, memorabilia and oral history recorded through interviews with our senior residents. The society welcomes your input and interest. They welcome you to



*Memorial Day 1921, High Street*



*Main Street, circa 1950's*

visit their website  
[www.grandfallswindsor.com/heritage](http://www.grandfallswindsor.com/heritage)  
E mail:  
[gfwheritagesociety@newfoundland.com](mailto:gfwheritagesociety@newfoundland.com)



### **Family Tree Group**

The Family Tree Division of the Grand Falls-Windsor Heritage Society was established in May 1998. This group is managed by local volunteers and purports an overall objective of assisting the general public in the research and compilation of personal genealogy. Considering genealogy is an up and coming national interest and hobby, this organization is an extremely valuable service for the Central Newfoundland region, as well as for tourists and other visitors who boast Newfoundland and Labrador roots. The Family Tree division features a drop in centre where various genealogical materials are available. The group is a means to point researchers in the right direction in terms of using proper research and methodology. Your family tree is the most interesting and reliable source of information about yourself. Through it you can learn not only where you came from, but WHO you came from. Tracing your lineage allows you to discover common traits between your ancestors and yourself. A Chinese Proverb says: 'To forget one's ancestors is to be a brook without a source, a tree

without a root."

### **Beta Sigma Phi**

Beta Sigma Phi is a ladies organization whose motto is "Life, Learning and Friendship." It originated in the United States in the 1930's and has now grown all over the world. Beta first started in Grand Falls-Windsor in the 1960's and now have three chapters. Meetings are held twice a month, normally at the homes of members, but twice a "Beta" year we get together for joint dinner meetings and a joint Christmas Dinner and Dance. Although we are not a service organization, our chapters donate to the Music Festival and the Community Food Bank.

### **Exploits Road Runners**

The Exploits Road Runners is an informal running group consisting of local runners with no set goals in mind. Runners simply offer camaraderie to fellow runners, offering advice on everything from politics to related and non-related running issues.

The Runners club has adopted the name of Exploits Rock Pounders and invite runners of all ability levels to participate in the group. The mainstay of the group for the past nineteen years has been an informal get together held at each members house once a week. Runners show up for a 5-10 km run at varying ability levels, followed by food, refreshments and chatter. New runners joining the group do not have to worry about hosting the group initially as a rotational schedule is put in place at least eight weeks in advance.

Runners of all abilities, are invited. This is a non competitive running group, even though members regularly participate in runs, races and events such as the Tely 10 and marathons.

# Attractions

## Sanger Memorial Park

In 1998 the Sanger Memorial Park full-service trailer and RV Park opened and has enjoyed tremendous success. The park is located on the banks of the Exploits River and features 40 fully serviced sites to accommodate the largest RVs and motor coaches. Sanger Park includes a variety of water activities and is located close to the Salmonid Interpretation Centre, the Goodyear Avenue Softball Fields, and is only minutes from downtown. For more information call (709) 489-7350.

## Salmonid Interpretation Center

The Salmonid Interpretation Center, located on the Exploits River, is one of the largest Atlantic Salmon Enhancement projects in North America. Exhibits on the main floor highlight the development, history, biology, ecology, and habitat of the Atlantic Salmon. Visit the observation level and view the “king fish” as it migrates upstream to its spawning habitat. Other species include brook trout, sticklebacks, and live eels. View the “Grand Falls”, the seagulls nesting, or just simply enjoy the rugged beauty of



the surroundings.

Enjoy a meal from our restaurant or shop for that unique souvenir in our well-stocked gift shop. Hours of operation are from 8:00 a.m. to dusk daily (from mid-June to mid-September), with interpretive guides available to assist you in your visit. The center is 100 per cent accessible to the physically disabled. For more information please call the Salmonid Interpretation Center at (709) 489-7350.

## Arts & Culture Centre

The Grand Falls-Windsor Arts & Culture Centre is one of six cultural centres run by the Provincial Government of Newfoundland and Labrador. Located on Cromer Avenue, the centre contains a three hundred and eighty-five seat theatre, public library, and art gallery. The theatre plays host to a wide variety of touring and local shows throughout the season.

Information about our shows is located on our web site [www.artsandculturecentre.com](http://www.artsandculturecentre.com). The box office is open from noon to 4 p.m. Monday to Saturday or can be reached by calling (709) 292-4518.



## Central Newfoundland Visual Arts Society

The society serves to promote and enrich the visual arts in and around the Central Newfoundland area and since it's beginning in 1977, has grown in membership and mandate.

Activities include gallery exhibits, auctions, visiting artist workshops, the annual youth art competition, sponsorship of two post secondary scholarships towards a B.F.A. and the maintenance and growth of two public art collections ("Project 2000" ...a collection of works by artists born in Newfoundland and Labrador, and "The CNVAS COLLECTION" ...a collection of works by artists who live/have lived or worked in the province).

Visit us online at:  
[www.cnvas.com](http://www.cnvas.com)

## Harmsworth Public Library

Harmsworth Public Library is the community information resource center in Grand Falls-Windsor. The professional staff provides up-to-date information through a variety of products and services. Services available are story time during the fall and winter, summer reading programs, tours, orientations, and much more.

For more information call (709) 489-2303 or visit the web site at <http://home.thezone.net~/library>

## Mary March Regional Museum

A visit to the Mary March Regional Museum on St. Catherine's Street is a must while in Central Newfoundland. The museum represents the human and natural history of the area. Friendly interpreters will guide you through the original artifacts that are displayed in our permanent exhibits and will answer any ques-



tions. The Glenn Stroud Gallery hosts temporary and travelling exhibits that visitors find interesting. The museum is open May-October 9 a.m.-5 p.m., seven days a week, and closed on statutory holidays.

For further information call (709) 292-4522.

## Beothuk Village

Experience another culture as you walk through the trails of this replica Beothuk Indian Village located behind the Mary March Regional Museum. Discover the lifestyle of a unique race that once roamed the lands and forests of the Exploits Valley. The village

includes a reconstruction of mameeteeks, smokehouse, storage pit, burial site, and more. The Beothuk Village is open from June to September.

For more Information call (709) 489-3559 during in season or (709) 489-9629 during off season.





### **The Logging Exhibit**

Sign on in the forepeak and enjoy a yarn from the bunkhouse while visiting this 1920's replica logging camp. Clothing and tools used by the loggers is displayed throughout the Filing Shack, Main Camp, Barn, and Forge.

Appreciate the flora and fauna that surrounds the exhibit while walking on the nature trail.

Located adjacent to Beothuk Park, the exhibit is open daily 9:30 a.m. to 4:30 p.m. from late May to September and closed on statutory holidays.

For further information call (709) 292-4522.

### **Corduroy Brook Nature Trail**

"Come enjoy the Corduroy Brook Nature Trail," which offers a serene and attractive setting suitable for all ages and abilities. This popular

attraction in Grand Falls-Windsor takes participants on a scenic journey along the Corduroy Brook. You will stroll through the heart of Grand Falls-Windsor's deciduous and evergreen forests, along a wetland conservation area, out into the country, and around Corduroy Pond. A great way to relax while in the Exploits Valley. Happy trails to you!

For more information contact Corduroy Brook Enhancement Association at (709) 489-3900.



# Grand Falls-Windsor Facilities & Organizations



<b>Name</b>	<b>Contact #</b>
Army Cadets	(709) 292-5234
Arts & Culture Centre	(709) 292-4518
Bel Canto Singers	(709) 489-5347
Beothuk Village	(709) 489-3559/9629
Corduroy Brook Nature Trail	(709) 489-3900
CSA Taekwondo	(709) 489-5910
Curling Club	(709) 489-2234
Exploits Disability Association	(709) 489-3900
Exploits Valley SPCA	(709) 489-3604
Frances M. Nichols Community Centre	(709) 489-9622
Golf Club	(709) 489-7595
Harmsworth Public Library	(709) 489-2303
Heritage Society	(709) 489-6903
Logging Exhibit	(709) 292-4522
Mary March Regional Museum	(709) 292-4522
Memory Lanes Bowling	(709) 489-2717
Parks and Recreation Department	(709) 489-0450
Salmonid Interpretation Centre	(709) 489-7350

# Grand Falls-Windsor Parks & Recreation Department

## *Special Events & Tournaments*

<b>January</b>	Exploits Valley High Eagles Invitational 4A Hockey Tournament	<b>June</b>	Exploits Valley High School Graduation
<b>January</b>	Mt. Peyton Atom Tournament	<b>June</b>	Crohns/Colitis Walk-a-thon
<b>February</b>	Winterlude	<b>June</b>	Central Beaverree
<b>February</b>	Sparkling Blades Snowflake Skate	<b>July</b>	Canada Day Celebrations
<b>February</b>	Green Machine Oldtimers Tournament	<b>July</b>	Exploits Valley Salmon Festival
<b>February</b>	Fred Grimes Memorial Bantam Tournament	<b>August</b>	Beautiful Garden Program
<b>March</b>	Pee Wee Hibernia Cup	<b>August</b>	Camp Meetings
<b>March-April</b>	Bren Fitzgerald Memorial Pee Wee Tournament	<b>August</b>	Central NF Summer Games
<b>March-April</b>	Sparkling Blades Ice Show	<b>August</b>	Pet Show
<b>March-April</b>	Provincial Minor Hockey Tournaments	<b>August</b>	Summer Program Minor Sports Banquet
<b>May</b>	Exploits Chamber of Commerce Trade Show	<b>August</b>	Provincial Slo-pitch Tournament
<b>May</b>	Thruway Boat Show	<b>September</b>	Labour Day Activities
<b>June</b>	Kids of Steel Triathlon	<b>September</b>	Men's and Mixed Softball Playoffs
<b>June-Aug.</b>	Summer Sports, Playground and Special Events Program	<b>October</b>	Red Maple Festival
		<b>November</b>	Giant Bonfire and Fireworks
		<b>November</b>	Old Pros Hockey Tournament
		<b>December</b>	Santa Claus Parade
		<b>December</b>	Christmas Tree Lighting
		<b>December</b>	Community Christmas Skate

Grand Falls-Windsor has also played host to many other Provincial, National and International events held throughout the community. Some of these events have included:

Salvation Army Congress 1991	AHL Hockey St. John's Maple Leafs vs. Fredericton Canadiens
Irving NHL Oldtimers Allstar Game 1992	AHL Hockey St. John's Maple Leafs vs. Quebec Citadelles
Much Music Video Dance Party 1992	Ray Boltz Concert
Atlantic Irving Bantam Cup Challenge 1994	Barenaked Ladies Concert
Air Canada Atlantic Midget Cup 1996	Dan Seals Concert
Super Circus	Church Camp Meetings
George Carden Circus	Labatt's Lite Relay
Atlantic Junior Baseball Championships	Newfoundland Dog Trek
Atlantic Midget Baseball Championships	Airstream Caravan Tours
SPN National Men's C & Ladies D Championships 1995,1997 & 2000	Jones Shield Hockey Series (65 years)
Soiree '99 Celebrations	Key to the City Ceremony
R.C.M.P Musical Ride	Moscow Circus
Military Gun Race	Ladies Olympic Hockey Team Canada vs. Team Russia
Canadian Men's Olympic Team vs. Czech Republic	

# Grand Falls-Windsor Parks & Recreation Department *Facilities and Open Spaces*

Joe Byrne Memorial Stadium  
Windsor Stadium  
Frances M. Nichols Community Centre  
Centennial Field Complex:  
Forestry Capital Pavilion (Stage)  
    Soccer Field & Clubhouse  
    Tennis Courts & Clubhouse  
    Baseball Field & Clubhouse  
    Track & Field area  
Main Street National Softball Fields (2)  
& Clubhouse  
Goodyear Ave. National Softball Fields (3)  
& Clubhouse  
Scott Avenue Ski Trails and Ski Hut  
Lincoln Road Skateboard/Rollerblade Park  
Main Street Club Playground & Clubhouse  
Lind Avenue Playground & Clubhouse  
Sheppard Street Playground  
Sutherland Drive Playground, Wading Pool,  
& Clubhouse  
Mulrooney Avenue Park & Playground  
Monchy Road Playlot  
Church Road Park  
Sanger Memorial R.V. Park & Walking Trails  
Memorial Grounds  
Newfoundland Overseas Forester's Park  
Workers Workplace Memorial  
Farmers Market  
Corduoy Brook Nature Trail  
Salmon Festival Campgrounds  
Parks & Recreation Depot Grounds  
Public Works & Fire Dept. Grounds  
Sutherland Drive Rest Area  
Bond Street Rest/Park Area  
Second Avenue Rest Area  
Patrick Street Rest Area  
High Street Rest Area  
Cater Place Rest Area  
Circular Road Rest Area  
Union Street Rest Area  
High Street Dummy  
Pedestrian Walking Trails



