

HOLYROOD Harvest HOEDOWN

SATURDAY, OCTOBER 14
IBEW PARKING LOT - LIAM HICKEY DRIVE
12:00PM - 4:30PM

Admission: Non-Perishable Food Item

Featuring
JUSTIN FANCY
 and **FIFTH WHEEL**

KIDS ZONE · FARMERS MARKET
PETTING ZOO · HAY RIDES
PUMPKIN CARVING
LABATT BEER GARDEN & MORE!

Full details: www.holyrood.ca

The Holyrood Fire Department is now recruiting VOLUNTEER FIREFIGHTERS



- No experience necessary
- Uniform, equipment, and training provided at no cost to you
- Semi-annual stipend pay out
- Use of station gym
- Become a member of NL Association of Fire Services
- Opportunity to help and give back to your community



Requirements:

- 18 years of age or older
- Valid drivers licence
- Clean drivers abstract
- Obtain RCMP/RNC Certificate of Conduct
- Medical clearance from a physician
- Completion of physical assessment
- 24/7 access to a vehicle for emergency response
- Completion of in-house training pre-requisites
- Available to attend weekly training sessions on Thursdays from 7:00 to 9:30pm

A recruitment information session will be held at 7:30pm on Thursday, September 28 at the Holyrood Fire Department (5 Liam Hickey Drive). Pre-registration is required. For more information, to obtain an application, or to register for our information session, please contact Evan.Woodford@Holyrood.ca

BUDGET 2024 CONSULTATIONS

Submission Deadline:
 Friday, October 13, 2023
 4:00pm

The Town of Holyrood is extending an opportunity for residents and businesses to provide input on priorities for Budget 2024. Those interested are welcomed to present their suggestions and expectations using the following methods:

In-Person Presentation

In order to avail of a presentation time, please register by contacting the Town Office at 229-7252 ext. 201 or by emailing info@holyrood.ca. Deadline to register is Friday, October 13 at 4:00 pm.

E-mail or Drop-Off

If you would like to submit your suggestions and expectations without attending an in-person presentation, please email your submissions to info@holyrood.ca or visit the Hubert A. Keough Municipal Building located at 34 Salmonier Line no later than Friday, October 13 at 4:00pm



small **business** week

More details coming soon



Download the
 Town of Holyrood App

Now Available



Get INSTANT notifications on Boil Orders, Water Issues, Power Outages and more!

*Allow notifications to receive important messages straight to your phone - instantly



Fall Activity Guide 2023



Cooking safety starts with YOU.

Pay attention to fire prevention.™

October 8 - 14, 2023

fpw.org



FIRE PREVENTION WEEK™

©2023 National Fire Protection Association | Sparky® is a trademark of NFPA | BAN23



YOUTH PROGRAMS

Mini Movers

With instructor Emily Norman

Location: Holy Cross Elementary
Date: Every Sunday Starting October 1
Time: 10:00am - 12:00pm
Cost: Free
Ages: Birth - 5



Everyone's favourite play program is making a return. Mini Movers is designed to promote exploratory play educating children on gross motor movement and social skills.

R.C.S.C.C. 251 Southern Cross Sea Cadets

2023-2024 Cadet Year

Location: Roncalli Gymnasium
Date: Every Monday
Time: 6:15pm
Cost: No Registration Fees
Ages: 12 - 18

No Registration Fees Ages: 12 - 18 Join Cadets today and learn sailing, marksmanship, citizenship, attend free summer training and make new friends. If you're interested, please attend a meeting and bring your MCP card and Government issued ID.

Red Cross Stay Safe Course

Location: Star of the Sea
Date: Saturday, October 21
Time: 8:30am
Cost: \$55.00
Ages: Completed Grade 3
Registration: Please visit www.holyrood.ca/redcross for full details and to complete the registration form.

Red Cross Babysitting Course

Location: Star of the Sea
Date: Sunday, October 22
Time: 8:30am
Cost: \$50.00
Ages: Completed Grade 5
Registration: Please visit www.holyrood.ca/redcross for full details and to complete the registration form.

CBC United Fall Soccer Program

Through Holyrood Soccer Academy

We're excited to see continued interest in Soccer for the 2023 season. Holyrood Soccer Academy will be extending their program into the Fall with sessions on the pitch and indoors at Holy Cross Elementary. More details will follow soon. Please check for updates by visiting the CBC United Soccer Program Facebook Page or www.holyrood.ca/cbcunited

FREE Drop in Play-Group

By The Conception Bay Family Resource Centre

Location: Roncalli Central High School (Avondale)
Date: Every Wednesday
Time: 10:30am - 12:30pm
Ages: Birth - 5
Cost: Free



The CBFRC is offering a free play-group for families. Drop by Roncalli High School for this excellent play and socialization opportunity. Please call (709) 744-4621 for more information and to register for this program.

FOREVER YOUNG WELLNESS PROGRAMS

ACTIVE FOR LIFE

Location: Star of the Sea
Date: Every Tuesday & Thursday Starting September 26
Time: Class #1: 9:30am
Class #2: 10:45am
Cost: \$40.00
Registration: Registration opens Thursday, September 21 at 8:30am by visiting the Hubert A. Keough Municipal Building

Zumba Gold with Donna Nolan

Location: Star of the Sea
Date: Every Friday Starting September 29
Time: 10:00am
Cost: \$3.00 Drop-In Fee
Registration: No registration necessary

Seniors Fall Wreath Making Workshop

Lunch provided!

Location: Royal Canadian Legion
Date: Monday, October 16
Time: 11:00am
Cost: Free (Limited space available)
Registration: To register please contact (709) 229-7252 ext. 201. Limited space available.

WELLNESS PROGRAMS

Zumba with Donna Nolan

Location: Royal Canadian Legion
Date: Every Monday and Thursday
Time: 6:30pm
Cost: \$9.00 Drop-In Fee
\$6.00 New Member First Class
Registration: For full details please visit "Zumba with Donna" on Facebook or email donnanolan50@gmail.com.



Shaolin Kung Fu

Location: Star of the Sea
Date: Every Monday and Wednesday
Time: 6:15pm
Cost: 1 Class/Week: \$50.00 | 2 Classes/Week: \$85.00
Registration: email: cevans@tri-plan.com Phone (709) 725-1799

Join instructor Chris Evans, 3rd degree black belt with over 37 years of experience for Shaolin Kung Fu. The goals and learning objectives of this program are exercise (keep in shape with running, push-ups, sit-ups, etc.), confidence, discipline, teamwork, fun, self-defense, kicking & punching techniques and more. Family Rates Availabl.

Limitless Fitness *New Adult Fitness Program* with Instructor Jenny Temple

Location: Holy Cross Gymnasium
Date: Thursday Nights Starting September 28
Time: 7:00pm
Cost: One Time Drop-In: \$13 | 10 Class Pass: \$100
Registration: <https://www.dharmayogajen.com/>

Holyrood's new exercise program emphasizes the concept of smart workouts to optimize longevity. This program incorporates a variety of exercises for cardiovascular health, strength training, and flexibility. To achieve comprehensive health benefits, instructor Jenny Temple will use a diverse range of modalities such as HIIT, foundation training, strength training, yoga, obstacle training circuit, tabata etc. Everyone welcome to join.



3 on 3 Basketball Tournament

Divisions: Grades 7, 8, and 9 Male and Female

Location: Holyrood and Chaple's Cove Courts
Date: Saturday, September 30 and Sunday, October 1
Time: Schedule to be released after registration
Cost: Free
Registration: Register your team now by visiting www.holyrood.ca/fallfest

The Town's of Holyrood and Harbour Main Chaple's Cove Lakeview are teaming up for a fall 3 on 3 outdoor basketball tournament! Lots of prizes to be won. Medals will be presented to the winning teams!

Free Community Pancake Brunch

Location: Star of the Sea
Date: Sunday, October 1
Time: 10:00am-1:00pm
Cost: Free
Registration: Registration is required for this event. To register please call (709) 229-7252 ext. 201 or email info@holyrood.ca. Please include the number of people attending.

National Seniors Day

Featuring Hamilton Sound

Location: Royal Canadian Legion
Date: Wednesday, October 4
Time: 1:00pm - 4:00pm
Cost: Free
Registration: Tickets are required for entry. Seniors can book their tickets by visiting the Hubert A. Keough Municipal Building or by calling (709) 229-7252 ext. 201. Tickets must be presented at the door.

Sundown Songwriters

Featuring Justin Fancy, Andrew Rodgers, Karla Pilgrim and Jackie Sullivan

Location: Royal Canadian Legion
Date: Thursday, October 5
Time: 7:30pm
Cost: \$5- Tickets available by visiting www.holyrood.ca/fallfest

A blast from the past! Sundown Songwriters is making a return to Holyrood. 4 very talented singer songwriters taking the stage singing songs and telling the stories behind each song performed! Tickets are only \$5 and available now at www.holyrood.ca/fallfest. Bar service available.

Drive-In Movie Double Feature

Movie #1: Disney's Haunted Mansion
Movie #2: Announcement Coming Soon

Location: IBEW Parking Lot
Date: Saturday, October 7
Time: Movie #1: 7:00pm | Movie #2: 9:15pm
Cost: \$10/Car
Tickets: On sale now by visiting www.holyrood.ca/fallfest



Mini Movers with The Swinging Belles

Location: Holy Cross Elementary
Date: Sunday, October 15
Time: Mini Movers: 10:00am The Swinging Belles: 11:00am
Cost: Free
Registration: Please pre-register for this event by emailing info@holyrood.ca

The Tasty Trail

Chef Hike with Beverage Tasting Zones

Date: Sunday, October 15
Location: Holy Cross Park Loop Trail
Time: 12:30pm-3:30pm
Cost: \$30 (One Time Costing!)
Tickets: Available by visiting www.holyrood.ca/fallfest
Everyone's favourite trail is back! The Tasty Trail is ramping up to be the biggest yet with 5 chefs and 3 beverage sampling stations. Thanks to our 2023 sponsors this event is only \$30! More details and menu coming soon.

Holyrood SpookTRUNKular

All proceeds donated towards food security in our town

Location: IBEW Parking Lot (Located on Liam Hickey Drive)
Date: Thursday, October 26
Time: Show #1: 6:00pm
Show #2: 7:30pm
Tickets: \$3.00 each Public Sale will occur Wednesday, October 4, 8:00am at the Holyrood Orange Store

All children at Holy Cross Elementary and each Day Care will have the opportunity to purchase their ticket before the public sale. For those children who live in Holyrood but do not attend Holy Cross Elementary we ask you to contact (709) 229-7252 ext. 201 to purchase your ticket.

The Monster's Ball

Featuring Bic and the Ball Points

Location: The Royal Canadian Legion
Date: Saturday, October 28
Time: Doors Open 9:00pm
Tickets: \$5.00 Available now by visiting www.holyrood.ca/fallfest

Pumpkin Walk

Location: Holy Cross Park
Date: Wednesday, November 1
Time: 6:00pm-8:00pm
Cost: Free

We're showcasing all the amazing pumpkins from the community in one area after Halloween! Pumpkins can be dropped off between 8:00am-5:00pm on the day of the event. Free hot chocolate on site for a donation to the Make-a-Wish Foundation!

Bonfire Night

In Partnership with the Holyrood Fire Department

Location: Main Beach and Boardwalk
Date: Sunday, November 5
Time: 6:30pm

Join us for our Fall Fest Bonfire night! Hot chocolate and marshmallow roast on site. Please bring your own roasting sticks. Live music by Holyrood resident Chris Meyers.