

CAISSE COMMUNITY CENTRE

Caisse Connections

NEWSLETTER

September 2025



Happy
Grandparents
Day
September 7, 2025



CAISSE
COMMUNITY
CENTRE

www.caissecc.com

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No job is big or small; community service helps all.



2025 Caisse Community Centre Board of Directors & Staff

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nick.guffei@vickar.com

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cornelsenbrian@gmail.com

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richmarchetti@me.com

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allysondemski@gmail.com

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Trinda Kostal, La Salle Curling Club Director
kostalbt@mymts.net

Reporting to the Board:

Dee Romijn, Facility Manager
dromijn@caissecc.com



Caisse Community Centre Co-op Membership Number

Please consider using the Caisse Community Centre's Co-op Membership Number **2213** for some of your petroleum purchases. The Caisse Community Centre's share will be applied to fundraising dollars towards the facility.

Thank you for your support!



Caisse Connection Newsletter Deadlines

Deadline to submit an article or business advertisement in upcoming Caisse Connection Newsletter issues are:

**October 2025 Newsletter issue Deadline -
September 10th, 2025**

**November 2025 Newsletter issue Deadline -
October 10th, 2025**

Contact:

Barbara Agland-O'Connor
Caisse Community Centre Website Director
barbaraaoainlasalle@hotmail.com

To receive the monthly digital Caisse Connection Newsletter and upcoming event/programming information, please register at: www.caissecc.com - [e-news registration](#)

For information on newsletter business advertising, please visit:
www.caissecc.com - about us tab - [caisse connection newsletter](#)

Caisse Connection
NEWSLETTER

Grandparents Day — Sunday, September 7th, 2025

This year Grandparents Day falls on Sunday, September 7th, 2025. Like Mother's Day and Father's Day we also have a whole day dedicated to our grandparents. Grandparents and children have a special connection that is proven to both make grandparents live longer, and also make children more emotionally resilient. Grandparents Day is an opportunity to treasure that connection and spend some quality family time together.

HOW TO CELEBRATE GRANDPARENTS DAY

Spend Time with your Grandparents

Sometimes we forget just how important and special our grandparents are. They have a lot more free time on their hands than we do and we know that even a short visit would make them happy.

Have a Family Dinner

Family time is hard to come by nowadays but organizing a family dinner with your grandparents and your parents and siblings is a great way to spend time together. Plus we get to have some good old fashioned home cooking!

Enjoy A Hobby Together

Your grandma might like to paint or your grandpa might love to do puzzles on Sundays. A bit of company would brighten their day and you'll probably have more fun than you thought you would.

3 FACTS YOU DIDN'T KNOW ABOUT GRANDPARENTS DAY

It Has Its Own Song

The official song for Grandparents Day is:
"A Song for Grandma and Grandpa" by Johnny Prill



It Has Its Own Flower

The official flower is the "forget-me-not" flower.

It's Not Actually a Public Holiday

Even though it was signed in as a national holiday in 1978 it is celebrated more as an observance than a public holiday.

WHY WE LOVE GRANDPARENTS DAY

They Love Us and We Love Them

Our Grandparents love us. They can be stubborn and opinionated but in the end they always want what's best for us.

They Have More Wisdom Than We Think

Our grandparents have seen all kinds of things and lived a lot, through all that living it's not surprising that they learned a thing or two. They have so much to pass down and we should take some time to listen.

Grandparents are a delightful blend of laughter, caring, wonderful deeds, stories and love.



Happy Grandparents Day!



La Salle Fall Festival September 13–14, 2025 (at the Caisse Community Centre)

*List of Events / Activities
Provided on Pages 6 & 7*

All Access Weekend Admission:

\$5/person for both days (children aged 3 and under free)

~ Admission included for all Registered Baseball Players ~

For updated information follow us on Social Media:

www.Facebook.com/lasallefallfestival



- ◆ **Farmer's Market**
- ◆ **Live Music**
- ◆ **Beer Gardens**
- ◆ **Baseball Tournament**
- ◆ **Children's Events**
- ◆ **Food Trucks**
- ◆ **Family Fun Events**

Sponsorship and Volunteer Opportunities

Please contact lasallefallfestival@gmail.com for more information about being a sponsor or volunteering at this year's festival. There are so many great opportunities to assist before, during and after the festival.

Join Us!!



**CAISSE
COMMUNITY
CENTRE**

www.caissecc.com/events



La Salle Fall Festival September 13 & 14, 2025 (at the Caisse Community Centre)



All Access Weekend Admission:
\$5/person for both days (children aged 3 and under free)
~ Admission included for all Registered Baseball Players ~

La Salle Fall Festival Events / Activities:

(subject to change without notice)

September 13, 2025

- ◆ Baseball Tournament — All Day
- ◆ Food Trucks — All Day
- ◆ Vendor / Farmer's Market — 10am - 6pm
- ◆ Beer Gardens and Live Entertainment — noon - 11pm
- ◆ Local Musicians throughout the day
- ◆ Special Musical Guests: The Coveralls — 7pm - 11pm
- ◆ Fireworks — Dusk

September 14, 2025 - *Family Day!*

- ◆ Touch-A-Truck
- ◆ Vendor / Farmer's Market — 10am - 4pm
- ◆ Food Trucks — 10am - 5pm
- ◆ Bouncers — 10am - 5pm
- ◆ Petting Zoo — 10am - 5pm
- ◆ Games — 10am - 5pm
- ◆ Face Painting — 10am - 5pm



*Join us for
a fun-packed festival
full of activities
for the whole family!*



CAISSE
COMMUNITY
CENTRE

www.caissecc.com/events

For updated information follow us on Social Media:

[www.Facebook.com/lasallefallfestival](https://www.facebook.com/lasallefallfestival)



HAVE A FABULOUS FALL!

LIVE MUSIC



BEER GARDENS OPEN AT NOON
SATURDAY, SEPTEMBER 13, 2025
(at the Caisse Community Centre)
GREAT DRINK PRICES ALL DAY LONG!
\$5/PERSON ALL WEEKEND ADMISSION
(Admission included for all Registered Baseball Players)

Great bands all day including local talent!

Noon - 1:00pm: La Salle-Amanders

1:30pm - 3:00pm : PR240

3:30pm - 4:30pm : Scott Richards

5:00pm - 6:30pm : Thunder & Rust

7:00 pm - 11:00pm: The Coveralls

(Fireworks at Dusk)



www.caissecc.com/events



**CAISSE
COMMUNITY
CENTRE**



*Vendor/
Farmer's
Market*

September 13 & 14, 2025

from 10 am to 6 pm on Sept 13

from 10am to 4pm on Sept 14

(at the Caisse Community Centre)

Calling All Vendors!

~ Produce or Merchandise ~

The La Salle Fall Festival is expanding the Vendor/Farmer's Market this year (from one day to two days) with preference given to local vendors of La Salle and the RM of Macdonald.

Create your own 10x10 space or rent an 8 foot table.

Please send a message or email to lasallefallfestival@gmail.com for more information and/or to register!

For updated information follow us on Social Media:

www.Facebook.com/lasallefallfestival



*Don't Delay!
Reserve Your
Table Today!*



**CAISSE
COMMUNITY
CENTRE**

www.caissecc.com/events



Admission
\$330
/team

Sponsored by
 **RIVER CITY FORD**
DRIVING CHANGE

LA SALLE COMMUNITY SLO-PITCH TOURNAMENT SEPTEMBER 13, 2025

Co-ed 6/4, adults only format
3 umpired game guarantee with 5 innings per game
Beer gardens throughout the day & live band in the evening
Sign-up: First come, first serve - 16 teams maximum
Preference will be given to RM of Macdonald residents



Caisse Community Centre
80 MB-247, La Salle, MB



To register your team, contact:
Rick Maloney 204-794-6563
Kyle Hayes 204-998-2226

Cash Prizes for Finalists

Championship Trophy w/Engraving

Beer Gardens & Late Night Live Music

Proceeds in Support of Future Caisse Community Centre Events

www.caissecc.com

A promotional poster for a poker night event. The background is black with a collage of poker-related images: a roulette wheel on the left, a red and white checkered tablecloth, and several red and white chips. The text is primarily in red and white. At the top right is a QR code. The main title 'LASALLE POKER NIGHT' is in large, bold, red letters with a white outline. Below it, the date and time 'September 20 @ 3PM' are also in red with a white outline. The venue 'CAISSE COMMUNITY CENTRE LASALLE MANITOBA' is written in red with a white outline. A red banner with white text says '\$200 Entry 150K Starting Stack'. To the left, over a white card showing the Ace of Clubs, is the contact information 'Contact Nick @ 204-291-4700 to register'. Below this is the 'Northern Stars POKER' logo, which includes a red maple leaf. At the bottom, '75% PAYOUT' is written in large, bold, red letters. On the right side, event details are listed in white text: '1 x \$200 (150K) Rebuy if Felted or use as addon at break 2', '20 Min Levels', 'Royal Flush', and 'Late Reg until Level 11'. At the bottom right is the Caisse Community Centre logo and the phone number 'LGCA 6908-TH-43849'.

La Salle **Fall Supper** 2025

Tickets sold at the door only.

No advance tickets or reservations. (come and go)

Take-Out orders available. (pre-order instructions provided at www.caissecc.com)

BUSLOADS & GROUPS OVER 25 MUST BE PRE-ARRANGED AT donnabell@taketwoinc.com

Sunday, September 28th, 2025

from 3:00 pm to 7:00 pm

at the Caisse Community Centre

\$20/person

\$15/person (ages 6 to 11)

FREE (ages 5 & under)

Information and full details provided at:

www.caissecc.com - events tab



**CAISSE
COMMUNITY
CENTRE**

Proudly organized with net proceeds going to: St. Hyacinthe Catholic Parish,
Caisse Community Centre and La Salle Community Fellowship

Always looking for and accepting volunteers to help with this wonderful
community event. If interested, please reach out to the community groups
listed above or contact: donnabell@taketwoinc.com



La Salle Council #7793

La Salle Knights of Columbus



La Salle School Parent Advisory Council

CASH BINGO

7:00 pm – 10:00 pm

(Doors open at 6:15 pm)

Tuesday, September 9th, 2025

at the Caisse Community Centre

~ LARGE VARIETY OF GAMES WILL BE PLAYED ~

Paper cards will be used.

Dabbers will be available.

Canteen will be open.

Contacts: Jim jim47lane@gmail.com | Georges gjcormier@gmail.com

Bingo LGCA # 281-BI-46689 Raffle LGCA # 681-RF-46690



Domain Women's Institute (WI)

The Women's Institute (WI) is a local, provincial, national and international group of women that promote the well-being of Women, Families and Communities.

The Women's Institute (WI) began in England in 1887. The first Manitoba charter was granted to Morris in 1910 with the motto "For Home and Country".

The Domain WI was formed in 1947. Presently there are 16 members and there's always room for more!

Our Goal

"To empower women to make a difference".

Our Vision

"Strengthen women, families and communities".

Our Mission

"Is an organization that focuses on personal development, the family, agriculture, rural development and community action – locally and globally".

Our meetings take place during the months of September to June. We have guest speakers, go on tours, and much more.

The next meeting will take place Wednesday, September 10th, 2025 at 10:30 am.

Followed by Guest Speaker, Marni Cormier, who is a Regional Palliative Care Nurse. Marni's talk is titled "Hoping for the Best but Planning for the Worst".

If you would like to join us or would like more information on the Domain Women's Institute (WI), please contact:

Carol Pasieczka at 204-736-2681



La Salle Girl Guides

The 1st La Salle Guiding Unit meet during the months of September to April each year.

The 1st La Salle Guiding Unit 2025/26 Year Registration will be held:

**Tuesday, September 16th, 2025
from 6:00 pm to 7:30 pm
at the La Salle School
(located at 43 Rue Beaudry in La Salle)**

~ Leaders Required for all Age Levels ~

For information, please contact:

Jen at 204-275-7724

Registration is also available online.

Please visit: www.girlguides.ca/web/mb/

Questions?

204-775-3003 | info@girlguides.ca



Caisse Community Centre Event Sub-committees

There are plenty of event sub-committees to be involved in at the Caisse Community Centre. For further information, please contact Nick Guffei, Caisse Community Centre President:
nick.guffei@vickar.com



Loewen Homestead Fresh Organic Vegetable Market



LOCAL FRESH ORGANIC VEGETABLES FOR SALE

Caisse Community Centre Parking Lot
Thursdays from 4:00 pm to 6:00 pm
from July 31st until October 9th

LOOK FOR THE RED AND YELLOW GRAIN ELEVATOR!

~ Vegetables Grown Sustainably ~
~ Respect the Soil using
Organic and Regenerative Practices ~
(no chemical sprays or fertilizers)



www.loewenhomestead.ca

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visit us online at www.lussiersales.com



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SEPTEMBER 20 - OCTOBER 12, 2025

4 BRYCE BOULEVARD, OAK BLUFF, MB



FALL PARADE OF HOMES HOURS

MON TO THUR 5pm - 8pm SAT & SUN 1pm - 5pm

FRI BY APPOINTMENT ONLY BY CALLING:

SEAN KIRADY OF REMAX AT 204-997-1065

Contact us:

Jeff Baertsoen | jeff@paradigmcustomhomes.ca

Gerry Martel | gerry@paradigmcustomhomes.ca

1 - 42 Rue Principale, La Salle, MB R0G 0A2

Phone: 204.736.4686

Website: www.paradigmcustomhomes.ca



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CAISSE COMMUNITY CENTRE FITNESS CLASSES

Fall 2025 Session

Sept 8th 2025 — Dec 18th 2025 (15 week session)

Instructor *Dee Romijn*

Mondays — 7pm to 8pm

Tuesdays / Thursdays — 6am to 7am



***If you join for 2 Fitness Classes/Week you're eligible for a 50% discount on a 4 Month FITNESS CENTRE Membership. Please contact Dee Romijn for details at:
204-736-2679 | 204-801-7629 (cell) | dromijn@caisseecc.com***

Description:

Workouts will consist of a warm-up and cool-down (stretch) with HIIT interval style training which includes a combination of resistance / cardio exercises for a whole body workout. There are a variety of levels offered each class from beginner to advanced to allow you to be in control of your workout.

Bonus:

To allow for more flexibility and busy schedules, classes can be interchanged between sessions.

Pricing (includes GST):

30 Classes \$252.00 (2/times per week)

15 Classes \$157.50 (1/time per week)

It's never too late to register for classes as fees will be pro-rated.



**For more information and/or to register:
email Dee Romijn at dromijn@caisseecc.com or visit www.caisseecc.com - programs tab**



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www.homesteadco-op.crs



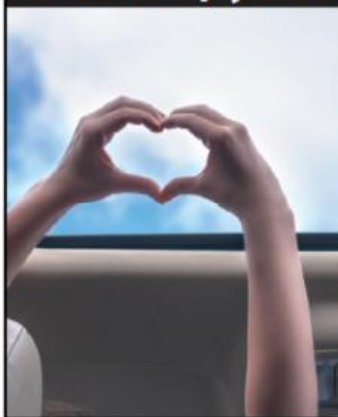
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- **Paintless dent removal** for fast, cost-effective repairs to your car.

Eastside Collision
Eastside Heavy Truck Collision
Eastside Moray Collision & Glass
www.TheEastsideGroup.ca
www.EastsideMorayCollision.ca

Eastside Collision	874 Marion Street	204.237.7111
Eastside Heavy Truck	2535 Inkster Blvd.	204.633.8223
Eastside Moray Collision & Glass	700 B Moray Street	204.885.2080



*If you join for 2 Centre Fitness Classes/Week you're eligible for a 50% discount on a 4 Month **FITNESS CENTRE** Membership. Please contact Dee Romijn for details at: 204-801-7629 (cell) | dromijn@caissecc.com*

CAISSE COMMUNITY CENTRE **FITNESS CENTRE**

Come and take a look at what the Fitness Centre at the Caisse Community Centre has to offer.

(conveniently located at the corner of PR 247E & HWY 330 in La Salle MB)

Information / Fee Schedule:
www.caissecc.com
- **fitness centre tab**

STAY FIT JOIN TODAY

Questions:
204-801-7629 (cell)
dromijn@caissecc.com



**CAISSE
COMMUNITY
CENTRE**

2025 FALL SESSION Registration Now Open

➔ **ATHLETIC Program**
10 sessions - SATURDAYS
beginning SEPT 13th 2025

Baby Ballers

(10 months - 2.5 years)
from 9:15 am to 10:00 am

Little Ballers

(2.5 years - 3.5 years)
from 10:15 am to 11:00 am

Mini Ballers

(3.5 years - 5 years)
from 11:15 am to noon

Big Ballers

(5 years - 8 years)
from 12:15 pm to 1:00 pm

➔ **LEAGUE Program**
10 sessions - TUESDAYS
beginning SEPT 16th 2025

4 years - 5 years
from 6:00 pm to 7:00 pm

6 years - 8 years
from 7:00 pm to 8:00 pm



at the Caisse
Community Centre



For information, pricing and/or to register, please visit:
www.littleballersbasketball.com

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204-801-7346

pppstyling@gmail.com

@pppstyling

Oak Bluff, MB

Macdonald-Headingley Recreation District (MHRD)

Fall 2025 Program & Community Resource Guide



Macdonald-Headingley
RECREATION DISTRICT

**Fall 2025
Program & Community Resource
Guide is ONLINE and OPEN
for registrations.**

**For a complete list of programming
available and/or to register, please
visit our website at: www.mhrd.ca**

**For more information:
Call 204-885-2444
Email info@mhrd.ca**

**WELCOME BACK TO.....
SCHOOL**

September 2025

La Salle



Head Leader:

Michelle D'Souza 204-792-7107

LaSalle4H@gmail.com | www.4h.mb.ca

Macdonald Septic Service

from June 1st to October 31st

**Now Booking for
Septic Tank
Cleaning**



Call 204-797-6484 to book your appointment.

Please note: Dates, times and fees provided in this publication are tentative and subject to change. For confirmed information and/or to register, please visit: www.mhrd.ca

Chair Yoga

Caisse Community Centre | 12 Mon, Sept 15 - Dec 8 (no class Oct 13) | 10:00 am - 11:00 am | \$96.00
Deadline to Register: September 8
Instructor: Vivian Babij

Chair Yoga is a great fit for anyone looking to improve flexibility, balance, and posture without the need to get up or down from the floor. This class focuses on mindful breathing, gentle stretching, and balance exercises while using the chair for support. It is ideal for those with mobility or balance challenges but still want to enjoy the benefits of yoga in a comfortable, accessible way. Join us for a relaxing, low-impact workout that strengthens both body and mind in a welcoming, supportive environment!

Functional Fitness

Caisse Community Centre | 11 Tuesdays & 13 Thursdays
Sept 16 - Dec 18 | 9:00 am - 10:00 am (no class Sept 30 & Nov 11)
\$264.00 Tues & Thurs | \$121.00 11 Tuesdays (1 class/week) | \$143.00 13 Thursdays (2 class/week)
Deadline to Register: September 9
Instructor: Dee Romijn

Boost your strength, balance, and flexibility in our Functional Fitness classes! Through exercises similar to everyday movements you will improve muscle tone, joint mobility, and heart health. With adjustable intensity levels, these sessions are perfect for all fitness levels. Join us and make daily tasks easier!

La Salle Walking Club

Caisse Community Centre Outdoors | 13 Wednesdays, Sept 17 - Dec 10 | 9:00 am - 10:00 am | Free
Instructor: Vivian Babij

Join our Outdoor Community Walking Club for fresh air, friendly faces, and feel-good movement! We meet Wednesday mornings for group walks that welcome all ages and fitness levels — no pressure, just good company and a chance to enjoy the outdoors together.

Urban Poles will be available for use if anyone would like to try them.

La Salle Stay & Play (infant - 5 years)

Caisse Community Centre Outdoors | 10 Wednesdays, Sept 24 - Nov 26 | 9:00 am - 11:00 am | Free
Instructor: Mia Yarema

Do you have a child aged infant-5 with plenty of energy? Stay & Play is the perfect spot! With a variety of toys and games, your little ones can explore and enjoy ample room to run, jump, and play. This is a wonderful opportunity for skill development as well as the chance for parents and caregivers to connect and share experiences. Bring your little ones to Stay & Play for a fun and enriching experience!



Please note: Dates, times and fees provided in this publication are tentative and subject to change. For confirmed information and/or to register, please visit: www.mhrd.ca

Beginner Line Dancing

Caisse Community Centre | 10 Mondays, Sept 22 - Dec 1 | 7:30 pm - 8:30 pm | \$65.00

(no class Oct 13)

Deadline to Register: September 15

Instructor: Judy Arnason

Get ready to move and have fun with this easy-to-follow beginner line dance class! Perfect for all ages and no partner required! There will be easy choreography with lots of repetition of steps done to a variety of music. Whether you're new to dancing or just want a low-pressure way to get active, this class will get your feet moving and put a smile on your face. No experience needed — just bring your enthusiasm!

Slowed Flow Vinyasa

Caisse Community Centre | 10 Mondays, Sept 15 - Dec 1 | 6:30 pm - 7:30 pm | \$120.00

(no class Oct 13 & Oct 20)

Deadline to Register: September 8

Instructor: Courtney Stelmack

Move mindfully through a blend of standing and floor poses in this slower-paced Vinyasa class. You'll build strength, flexibility, and balance with a steady, intentional flow that's both accessible and engaging. Expect a moderate challenge with plenty of options and modifications to meet you where you are. Whether you're new to yoga or looking to deepen your practice there is space for all experience levels.

Puzzle Mania (ages 16+)

Caisse Community Centre | Friday, October 17 | 6:30 pm - 9:30 pm | \$40.00

Deadline to Register: October 10

Instructor: Piper MacKenzie

500-Piece Showdown! Do you have what it takes to piece it all together?

Join us for Puzzle Mania, the ultimate test of focus, speed, and teamwork! In this high-energy puzzle competition, teams will race against other fellow teams to complete a 500-piece jigsaw puzzle. Whether you're a casual hobbyist or a puzzle pro, this event is for anyone who loves a good challenge.



Out'n About
TRAVEL INC.

WWW.OUTNABOUTTRAVEL.COM

UNIT

6

204.985.9200

600 Clifton Street Winnipeg, MB

EVERYONE WELCOME



Avonlea United Church

Domain, MB
(10 kilometers south of La Salle)

*Faithfully Serving the Communities of
DOMAIN and LA SALLE*

From September 2025 to January 2026:

Regular Worship Service time is 9:30 am
with the exception of the second Sunday of every
month at 11:00 am.

September 7: Service 9:30 am
September 14: Service 11:00 am
September 21: Service 9:30 am
September 28: Service 9:30 am

October 5: Service 9:30 am
October 12: Service 11:00 am
Thanksgiving / Communion
October 19: Service 9:30 am
October 26: Service 9:30 am

*"The heavens tell of the glory of God.
The skies display his marvellous
craftsmanship." Psalm 19:1*

Contacts:

Reverend James DeBeer 204-461-4665
Janice Harrison 204-736-2613
Jane Manness 204-736-4072

www.meridian-pastoral-charge.ca

Member of the Meridian Interchurch Council



Domain
Cooperative Oil
Company Limited

COLIN THOMSON
General Manager

P.O. Box 56
Domain, Manitoba
R0G 0M0

Business (204) 736-4321
Fax. (204) 736-2377
Email domaincoop@live.ca

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Auto**

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West Perimeter Auto's Staff has the knowledge and experience to help our customers from sales to service. Our Sales Team is ready to show you our large selection of pre-owned vehicles. Our Service Team can help you with any repair, maintenance or collision repairs your vehicle needs.

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Winnipeg MB R3K 0X7
Phone: 204-837-8372



Trevor Neudorf

Call:
204-781-1798
Email:

trevor@westperimeter.com

DOMAIN COMMUNITY HALL

Domain, Manitoba

Friendly Country Hospitality

For hall bookings:

domaincommunityhall@gmail.com



- built in 2001
- professionally decorated
- capacity 250
- stage, lighting, sound system



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www.krestcarpentry.com



CAISSE
COMMUNITY
CENTRE

PR 247 & Hwy 330
La Salle MB R0G 0A1

For rental information
or to arrange a tour,
please contact:

Dee Romijn
Facility Manager

Office: 204-736-2679
Cell: 204-801-7629
dromijn@caissecc.com
www.caissecc.com

La Salle Community Fellowship

We are a group of people who are learning to love like Jesus by studying the bible, worshipping God together and caring for each other and our community.

We welcome you to join us!

We meet Sundays at 10:30 am.

Check out our website for other weekly programs.

PR 247 E, La Salle
(located between
the Caisse Community Centre
& Kingswood Golf & Country Club)

w: www.lscf.ca
e: info@lscf.ca
p: 204.736.3200



Headingley Library



HeadingleyLibrary

49 Alboro Street
Headingley MB R4J 1A3

Membership Includes:

- Print/Electronic Books & Magazines
 - DVD Movies
 - Monthly Book Club
 - Children's Programming
- and more!**

For further information:

phone 204-888-5410

email hml@headingleylibrary.ca

or visit www.headingleylibrary.ca

Library Membership Assistance

Providing assistance to individuals and families, who reside in the RM of Macdonald, to purchase memberships to libraries up to \$50/family.

To qualify, proof of membership must be submitted to the RM of Macdonald Municipal Office by December 31st of each year for refund of the current year's fees.

For additional information, please contact the Municipal office at:

204-736-2255 or info@rmofmacdonald.com



St. Hyacinthe Catholic Parish

27 Beaudry Street
La Salle MB R0G 0A1
Phone: 204-736-2847
Email: st.hyacinthelasalle@gmail.com
Website: www.sthyacinthelasalle.ca
Pastor: Father Gabriel Levesque

Please join us for **Sunday Mass** every Saturday afternoon at 4:00 pm or Sunday morning at 11:00 am. Visit our parish website for the latest news and resources.



Sunday Masses

Everyone Welcome!

Saturday, 4:00 pm

Sunday, 11:00 am

Weekday Masses

Wednesday, 9:00 am

Thursday, 7:00 pm

Adoration of the Blessed Sacrament

First Thursday of the month, following mass

Catechism Program:

Register now for the 2025-2026 Sunday classes! Please contact Patricia Rousseau 204-510-6160 or sthyacinthecatechism@gmail.com for info and registration. Parent Meeting & Welcome on **Sunday, September 14, 2025!**

Welcome back students, teachers and staff to a new school year!



Upcoming Events

- Sept 9 – La Salle Knights of Columbus & La Salle School Parent Advisory Council Cash Bingo
Caisse Community Centre
- Sept 14 – Start of Catechism Classes
St. Hyacinthe Catholic Parish
- Sept 28 – La Salle Fall Supper
Caisse Community Centre
- Oct 5 – Welcome Back BBQ after Sunday Mass
St. Hyacinthe Catholic Parish

“Religious experience is an essential dimension of the human person. Without it, it is difficult, if not impossible, to bring about the purification of the heart necessary for building peaceful relationships.”

– Pope Leo XIV



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We're **ALL** in this together!

For information: www.kidsportcanada.ca



CAISSE COMMUNITY CENTRE

located at the corner of PR 247E & HWY 330 in La Salle MB

BEFORE & AFTER SCHOOL PROGRAM IN-SERVICE DAY CAMP PROGRAM

Before & After School Program (ages 5 to 12)

- runs from 7am to start of school and end of school until 6pm
- \$19.00 per day/per child (2 spots)
- \$9.50 per day/per child (1 spot)

In-Service Day Camp Program (ages 5 to 12)

- runs from 7am to 6pm
- \$35.00 per day/per child

Pre-registration required (online).

Lunch and/or snacks must be brought from home (nut-free).

Information and/or to register:

www.caissecc.com
- programs tab

Questions:
beforeandafter@caissecc.com



**CAISSE
COMMUNITY
CENTRE**



LET'S CURL

**JOIN US THIS SEASON
2025-2026**

MEN'S LEAGUE JUNIOR LEAGUE
WOMEN'S LEAGUE LEARN TO CURL
FRIDAY NIGHT FUN LEAGUE BONSPIELS AND MORE

For more information, please visit:

www.lasallecurlingclub.ca





LA SALLE ARENA

With the addition of this much needed amenity, we will ensure that La Salle will remain a desirable place to raise our families. Now and for decades to come!
But we need your HELP!

We are asking for your support to make the La Salle Arena the very best it can be!
Please consider supporting this project with a donation that will recognize your family or business! Your support will truly make a difference!

The Caisse Community Centre wishes to recognize the valuable contributions / sponsorships and support of the community and its businesses / individuals by displaying their names on a donor wall which will be displayed in the La Salle Arena. Categories will be used for distinguishing various contribution levels. (categories shown on page 27)

Remaining Items Available for Sponsorship

<u>Item</u>	<u>Amount</u>	<u>Quantity</u>
Individual Seats	\$500	400 (lifetime)
Wall Boards (4 x 8)	\$5,000	10 (name/logo - 5-years)
Rink Boards (2.5 x 10)	\$5,000	26 (name/logo - 5-years)

Sponsorship and/or Pledges to the La Salle Arena Capital / Fundraising Campaign may be made by E-Transfer to:
brightfuture@caissecc.com

For Fundraising Information, please contact: Nick Guffei at brightfuture@caissecc.com

Questions, please contact: arena@caissecc.com

*La Salle Arena
Enhancing our Neighbourhood
"Together"*



www.caissecc.com/lasallearena

LA SALLE ARENA PROJECT FUNDRAISING GOAL: \$1,500,000



(as of
August 15, 2025)

*Thank You to our
Generous Sponsors!*

Category Level	Sponsor
Named Sponsor	Tank Traders (Marcel Vouriot)
Platinum	Allscape (Cassidy Frey)
Platinum	Northway Pharmacy / ReadyMeds (Darren Murphy)
Gold	Michael & Debra McMullen
Gold	Homestead Co-op (Shannon Vaughan)
Gold	La Salle Insurance (Adam Murphy)
Gold	Lussier Sales (Marc Lussier)
Silver	Cargill (Jeff Vassart)
Silver	Ray Cormier Family
Silver	Domain Do-op (Colin Thomson)
Silver	Eastside Collision (Chad Brick)
Silver	La Salle Accounting Services (Kelly Dalke)
Bronze	Brian & Marla Cornelsen
Bronze	Curtis Carpets
Bronze	Enns Bros (Leigh Manikle)
Bronze	Krest Carpentry (Hank Fast)
Bronze	Pristine Roofing & Siding (Ash Boyd)
Bronze	Kent Smith
Builders	Ian & Barb Craven (in memory of Dustin Craven)
Builders	Darren Murphy
Builders	Shelly Resler
Sustainers	Joe & Shannon Dunbar
Sustainers	Andrew & Laurie Dyck
Sustainers	Mallory Roovers
Benefactors	Allison Arnott (in memory of Lyle Arnott)
Benefactors	Darrell Broughton (in memory of Shane Schofield)
Benefactors	Trevor & Kaitlyn Dunphy
Benefactors	Cameron & Ashley Gagnon
Benefactors	The Logan Family

Sponsorship Category Levels

Named Sponsor	Platinum	Gold	Silver	Bronze	Builders	Sustainers
\$500,000+	\$100,000+	\$50,000 - \$99,999	\$10,000 - \$49,999	\$5,000 - \$9,999	\$1,500 - \$4,999	\$1,000 - \$1,499

For Fundraising Information please contact:
Nick Guffei brightfuture@caissecc.com

For Project Information, please visit our website:
www.caissecc.com/lasallearena
OR scan the QR code



Packing a Balanced School Lunch

credit to: Southern Health-Santé Sud



Packing a Balanced School Lunch

Packing a balanced school lunch everyday can be easy when you follow these **5 steps!**

1. Keep it simple and ensure the meal incorporates fruits and vegetables, whole grain products and protein. Water to drink is always a great choice too!
2. Plan and prep beforehand. It can be helpful to have a rough schedule of what you plan to pack for the week. This can make grocery shopping, food prep and packing so much easier.
3. Pack the night before. Trying to pack lunches during the chaos of mornings can lead to unbalanced meals. Skip the stress and do most of the work when you have time in the evening.
4. Get the kids involved. Although it's the caregiver's job to provide the food, kids can help by washing fruits and veggies, getting out supplies or filling water bottles.
5. Make it safe! Remember to keep hot foods hot and cold foods cold. Use a good quality thermos or ice packs to ensure food stays fresh and free of bacteria. Don't forget to regularly clean lunch kits and wash water bottles too!

The Untouched Lunch....

Are you frustrated when your child's lunch comes home mostly untouched? There could be a variety of reasons why they didn't eat; however it's important to remember - it's the child's job to decide how much and whether to eat, not yours. It can be useful, however, to get feedback from the child and discuss if there is anything you can do to help them eat more at lunch. Perhaps pre-opening packages or sending less food if their appetite is typically low at noon.

It's also helpful to get kids involved in packing their own lunches early on. They may be more inclined to eat a lunch they had a hand in preparing themselves.



www.southernhealth.ca

Recipe

credit to: Southern Health-Santé Sud

Healthy Nut-Free Granola Bars

(easy no-bake recipe)

Ingredients

- 1 cup packed medjool dates, pitted
- ¼ cup of honey
- 1 ¼ cups of rolled oats
- ½ cup of dried cranberries
- ½ cup of pumpkin seeds
- ¼ cup of unsweetened shredded coconut



Preparation Time: 10 Minutes | Yields: 10

Instructions

Step 1

Line an 8x8-inch baking pan with parchment paper, leaving some overhang on the sides for easy removal.

Step 2

Process dates and honey in a food processor until they form a paste.

Step 3

Combine the oats, cranberries, pumpkin seeds and coconut.

Step 4

Add the date mixture to the oat mixture and mix using your hands until both mixtures are well combined, transfer the combined mixture to the prepared pan and firmly press into an even layer.

Step 5

Put the pan into the freezer for about 20 minutes until it is firm, remove the pan from the freezer and lift the granola mixture out of the pan using the overhang on the sides and cut the mixture into bars. Store in the fridge for up to two (2) weeks.

Recipe Source: www.everydayeasyeats.com

In this recipe, kids can help by:

- measuring out ingredients
- pressing buttons on food processor
- mixing oat/date mixture together
- pressing mixture firmly into pan



www.southernhealth.ca

Connections Café

(A Meal Program for Older Adults living in the RM of Macdonald administered by Macdonald Services to Seniors)



- \$10/person

MONDAYS: Brunkild or La Salle
(Brunkild Hall | Caisse Community Centre)

WEDNESDAYS: Starbuck
(Starbuck Hall)

THURSDAYS: Sanford
(Sanford Legion)

Please call Leanne Wilson, Resource Coordinator at 204-736-2255 to reserve your lunch 2 days prior to each meal. We will try to accommodate special dietary requests.

SEPTEMBER 2025 ~ Menu Subject to Change Without Notice ~						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 No Meal	2	3 Starbuck Pickeral	4 Sanford Roast Chicken	5	6
7 Happy Grandparents Day!	8 La Salle Soup & Sandwiches	9	10 Starbuck Liver'n Onions	11 Sanford Perogies & Farmer's Sausage	12	13
14	15 Brunkild Surprise Meal	16	17 Starbuck Salmon	18 Sanford Pickeral	19	20
21	22 La Salle Meat Loaf	23	24 Starbuck Beef Stew	25 Sanford Soup & Sandwiches	26	27
28	29 La Salle Chicken	30	Lunch & Learn Presentation Frauds & Scams from 12:30 pm to 1:30 pm on the following dates: Sept 11 (Sanford) Sept 17 (Starbuck) Sept 22 (La Salle)			



Wildlife Haven Rehabilitation Centre

1028 Arnould Road,
Île des Chênes MB R0A 0T0

General Inquiries

204-878-3740
info@wildlifehaven.ca

Wildlife Haven Rehabilitation Centre rehabilitates injured, sick and orphaned wildlife in Manitoba.
Rescue. Rehabilitate. Release. For information, please visit: www.wildlifehaven.ca

Quilting Club Knitters Welcome Sanford Legion

**Join us the first Sunday
of each month!
9:00 am - 4:00 pm**



Bring your own project to work on.
It doesn't have to be quilting, it
could be knitting or card making as
well. Any type of crafters welcome!
You can bring your sewing
machines or do hand work.



Bring your own lunch.
Bring \$2 for coffee or tea.
Drop-In: \$10/person

For more information and to confirm
your attendance, please call Marlene at:
204-479-1833

Pickleball at the Caisse Community Centre

Pickleball

**Caisse Community Centre
Sept 9th 2025 - Dec 18th 2025
Tuesdays and Thursdays
from 1:00 pm to 3:00 pm
Drop-In \$5.00/person
or Monthly \$30.00/person**

**Facilitator:
Bernice Valcourt 204-479-0514**

Pickleball (beginners)

**Caisse Community Centre
Sept 8th 2025 - Dec 17th 2025
Mondays and Wednesdays
from 11:00 am to 1:00 pm
Drop-In \$5.00/person
or Monthly \$30.00/person**

**Facilitators:
Michele Boux
jimibx@mymts.net | 204-226-4810
Suzanne & Claude Lavallee
cslava81@gmail.com**

**Please bring
clean indoor
shoes.**



**CAISSE
COMMUNITY
CENTRE**

Prairie Palette Art Group

**6:30 pm - 9:00 pm
J. A. Cuddy School in Sanford**

Every second and fourth Tuesday of
each month. Enjoy casual painting
sessions, instructions and
demonstrations from professional
artists and volunteer group members.

**\$25.00 membership fee
(join anytime)**

**Contact Kathryn Bartmanovich at:
204-781-9808**





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