

WHAT DOES LOCAL LOVE LOOK LIKE?

United Way Lunenburg County is a volunteer driven organization with two roles. One is to motivate donors and raise money to provide the financial resources needed to affect change in our community. The other is to seek out organizations and help create the dynamics and partnerships that will affect positive social change right here in Lunenburg County.

Here are some of the projects your generous donations have made possible:

FREE RECREATIONAL ACTIVITIES

Free Public Swimming
Free Aquatics

135 North Park St. Bridgewater. Visit www.unity.org or call 902-530-4100 to check for current times. Expires Aug 31/2018

FREE RECREATIONAL ACTIVITY

Free Access to the Walking Track

545 Glen Allen Drive, Bridgewater. Call 902-540-0484 or visit www.unity.org for the most current walking times. Expires Aug 31/2018

FREE RECREATIONAL ACTIVITIES

Free Day Pass to all YMCA activities
(includes gym, yoga and aquatics)

75 High Street, Bridgewater. Sign in to all day pass to offer. Call 902-543-9622 or visit www.yunlunenburg.org for more information. Expires Aug 31/2018

FREE RECREATIONAL ACTIVITY

Free Morning Skates Available for Individuals 55 years or older

Offered at four locations. Call 902-756-4272 for more info or visit www.unity.org. Expires Aug 31/2018

FREE RECREATIONAL ACTIVITIES

Free Skates to Borrow

Michelin Club, 221 Logue Road, Bridgewater. Expires March 2019

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FREE RECREATIONAL ACTIVITIES PASS

A JOINT PROJECT OF

Recreational Activities
Contact groups offering programs for any changes to programming.

LCCLC
Free public swimming, Free Aquatics, Free public skating, Free dance lessons, hb studios Sports Centre, Free walking track access

YMCA
Free day passes to all activities

Elderfit
Free morning space in classes, 55 years and older only

town of Bridgewater
Recreational activities offered, Free to updated info sheet

ENJOY A FREE SWIM ON US!

For public swim times please visit www.lcclc.ca or call 902-530-4100

ENJOY A FREE SKATE ON US!

For public skating times please visit www.lcclc.ca or call 902-530-4100

135 NORTH PARK STREET, BRIDGEWATER

Expires Aug 31/2018

A smartphone can help open a whole new world of for people living in or on the edge of poverty.

OWNING A SMART PHONE CAN HELP:

- Curb loneliness by providing a modern form of communication to connect with friends and family;
- Increase the ease of job searching and create employment opportunities;
- Decrease vulnerability in emergency situations.

United Way of Lunenburg County, together with their community partners, will distribute the refurbished smartphones to qualified, low income people in our region. Your phone could help save a life in so many ways.

Community Partners: Employment Solutions Society, Freeman House, Harbour House, Second Story Women's Centre, Schools Plus and United Way of Lunenburg County.

DROP OFF:
Collection box, Centre Court of Mall. Place your phone in the provided bags and drop box. Please ring the phone bell.

Plow it Forward this Winter
"Adopt" a senior neighbour and help with their snow removal.

Uncleared snowfall prevents seniors from getting groceries, mail, medications and daily care on which they depend. Seniors clearing their own snow puts them at serious risk of broken bones, heart attacks and stroke.

Does a senior or disabled neighbour's house remain unplowed after a storm?

A neighbour may need your help and your act of kindness could save a life. Volunteer to shovel as an individual, family, business or school. Knock on a neighbour's door, and spread care and compassion in your community.

PART OF THE NEIGHBOURS HELPING NEIGHBOURS INITIATIVE

Plow it Forward
NEIGHBOURS HELPING NEIGHBOURS

"Every kid deserves a bike to ride."
Support United Way of Lunenburg County Bikes for Kids.

United Way Lunenburg County

FREE USED HOCKEY EQUIPMENT EXCHANGE

PICK UP WHAT YOU NEED. DROP OFF WHAT YOU DON'T.

MON, AUG 21 4:00-9:00PM

@theLCCLC
(Lunenburg County Lifestyle Centre in conjunction with SKATE registration)

While you're there get a fresh start on your skates! Free skate sharpening and waxing service available for all skaters. Free skate sharpening and waxing service available for all skaters. Free skate sharpening and waxing service available for all skaters.

EARLY EQUIPMENT DROP OFF (UNTIL AUGUST 20) @ 2 LOCATIONS

Centre Court, Bridgewater Mall
Near to Sport Chek, "Open Skating Session" Drop off equipment and receive a skate sharpening and waxing service. Free skate sharpening and waxing service available for all skaters. Free skate sharpening and waxing service available for all skaters.

LCCLC
Drop off during registration. Look for the sign just inside. Drop off equipment and receive a skate sharpening and waxing service. Free skate sharpening and waxing service available for all skaters. Free skate sharpening and waxing service available for all skaters.

HELPING TO MAKE SPORTS MORE AFFORDABLE FOR FAMILIES

For more information please contact: office@lunenburgcounty.unity.org or by calling Michael Graves 902-531-4794 or Trishie Walker 902-531-2576.

Free Skates to Borrow
borrow skate clean return

Back in the Game

www.lunenburgcounty.unity.org

United Way Lunenburg County

SKATE SHARPENING

VELO BUILD IT!

GENTLY USED SOCCER EQUIPMENT EXCHANGE

PICK UP WHAT YOU NEED. DROP OFF WHAT YOU DON'T.

Now at the HB Studios Sports Centre!

Lunenburg County changes are helping more accessible for

Do you find it hard to pay for soccer registration and equipment?
United Way Lunenburg County is a major funder of PRO Kids. Contact them for financial assistance. Both our communities and children prosper when kids and youth are involved in sport, recreational and cultural activities.

United Way Lunenburg County

Join the United Way Lunenburg County. It helps make positive things happen in your life. Things like this gently used sport equipment exchange.

office@lunenburgcounty.unity.org or call 902-530-3072 (voice mail)