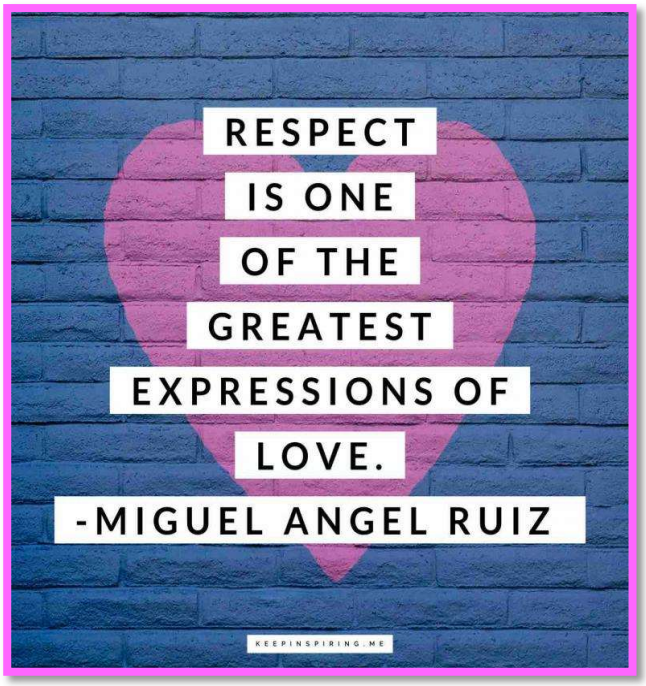
WEEKLY NEWSLETTER

"Honouring CREED and School"



SCHOOL CASH

Active Purchases:

School Fees
PAA Fees (Grade 8-12)
Volleyball Fees (Grade 7-12)
Busters Pizza Lunch Tuesday, October 6th
Arby's Lunch Thursday, October 8th
Cheeseburger Lunch Thursday, Oct 15th

EXTRA CURRICULAR ACTIVITIES



VOLLEYBALL

Jr. Girls: Practice Tuesday after school. Home game Thursday vs. Neilburg.
Jr. Boys: Practice Monday and Wednesday after school. Games Thursday in Lasburn. Home tournament Saturday.
Sr. Girls: Practice Monday and Thursday 5:00-7:00. Tournament Saturday in Chief Napew.
Sr. Boys: Practice Monday and Thursday 5:30-7:00. Home Game Tuesday vs. Kitscoty at 5:30.



Cross Country

Grade 3-9 Meet Monday at Queen Elizabeth School. Team Practice Tuesday after school and Tuesday at lunch.



Grade 4-6 Soccer

Practice Monday after school until 4:30.

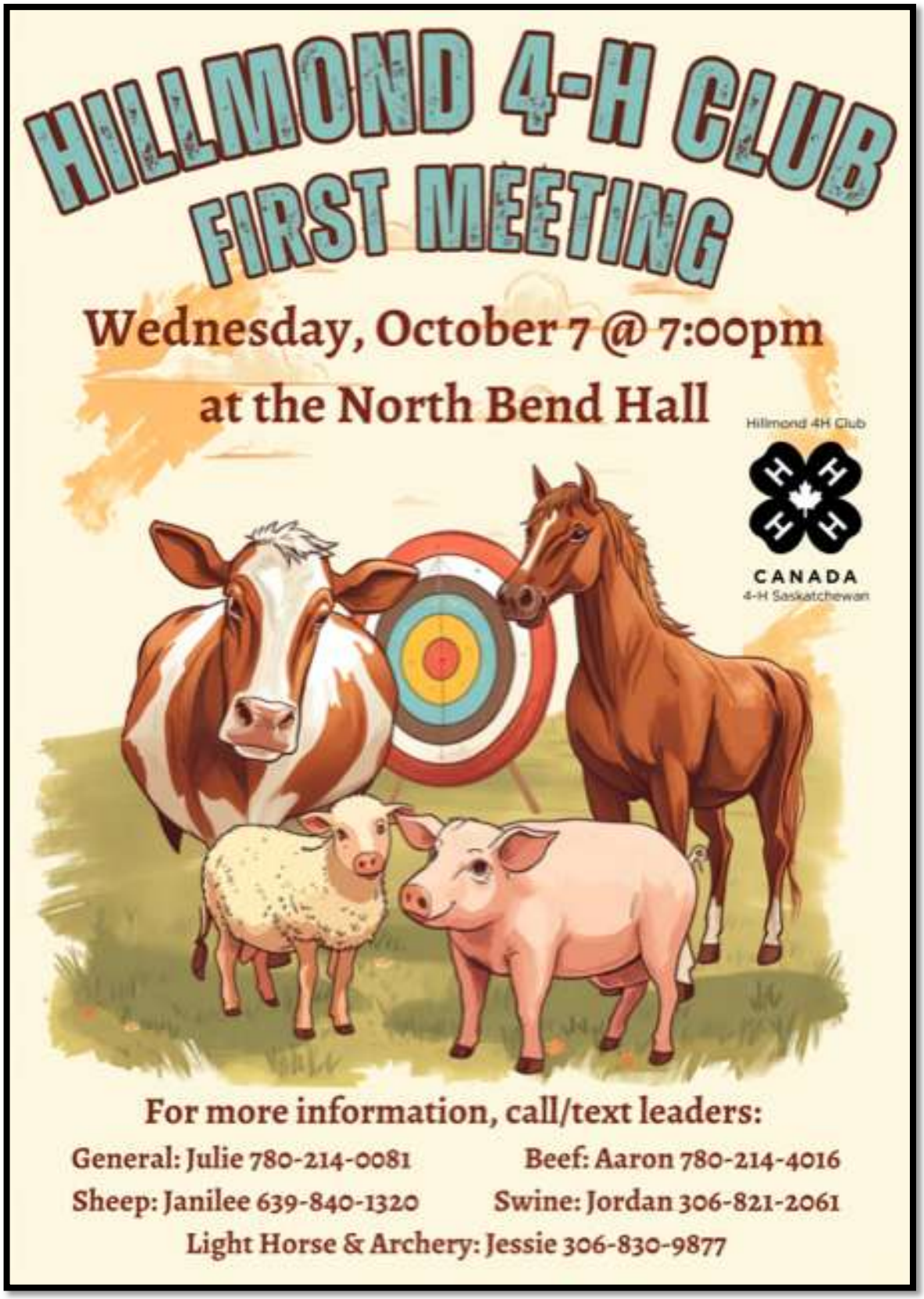
UPCOMING DATES & EVENTS




The Hillmond School
SCC
is hosting a
HALLOWEEN
FAMILY DANCE
FRIDAY, OCTOBER 30TH
in the School Gym
If you'd like to help contact
Tasha 306-830-1717
or any SCC board member

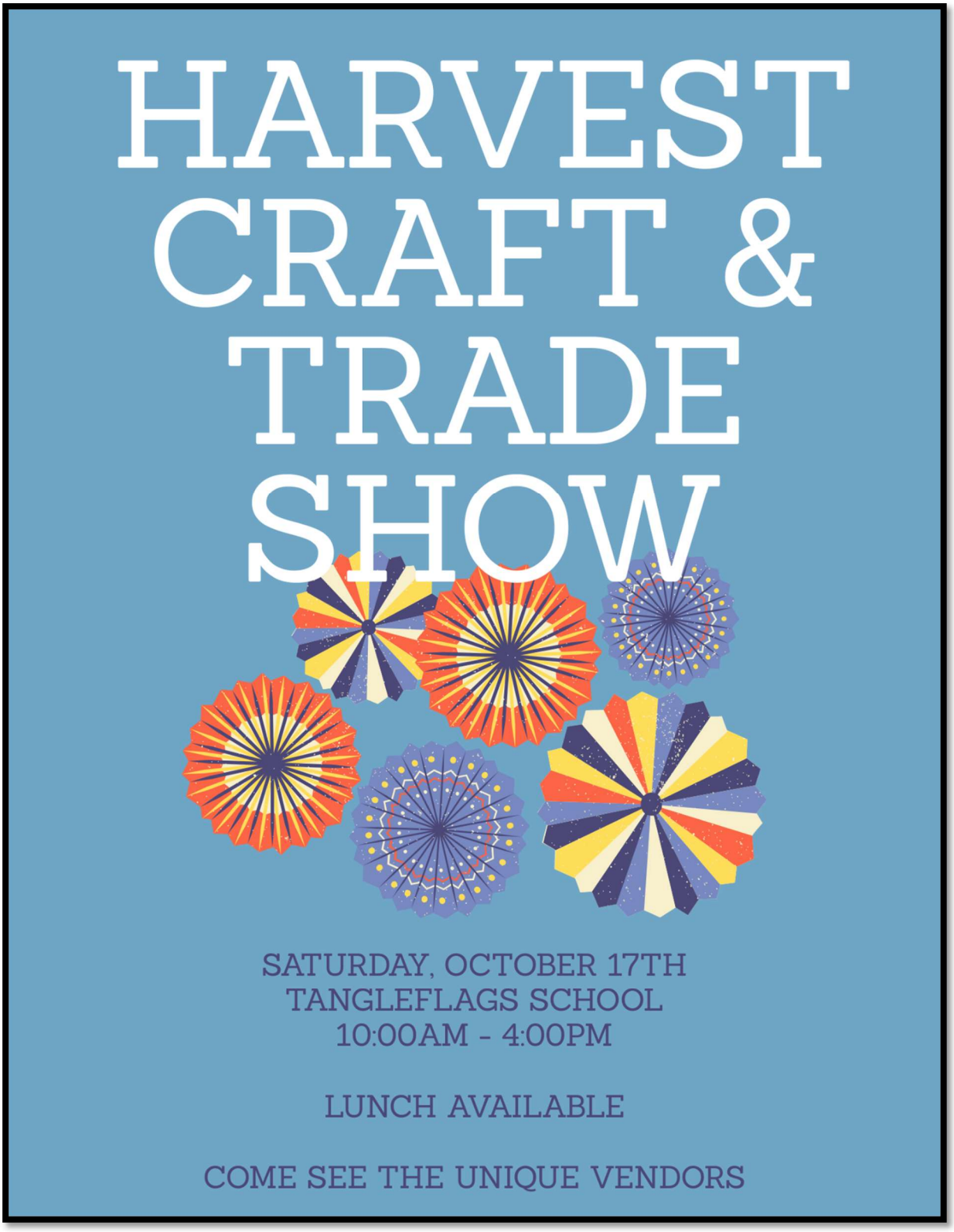
HAPPENINGS AROUND THE HAMLET




HILLMOND 4-H CLUB
FIRST MEETING
Wednesday, October 7 @ 7:00pm
at the North Bend Hall
Hillmond 4H Club
CANADA
4-H Saskatchewan
For more information, call/text leaders:
General: Julie 780-214-0081
Beef: Aaron 780-214-4016
Sheep: Janilee 639-840-1320
Swine: Jordan 306-821-2061
Light Horse & Archery: Jessie 306-830-9877


Alcurve Hall
Garage
SALE
SATURDAY
OCTOBER
3RD
8:30AM -
4:00PM
LUNCH AVAILABLE


GET READY FOR
CANSKATE
Register Today
Thursdays 3:45 - 4:30
starting October 22
BEGINNER SKATING TO FIGURE SKATING
$275 FOR THE SEASON
Check the hillmond skating club FB page or email
hillmondskating@gmail.com for more info


HARVEST
CRAFT &
TRADE
SHOW
SATURDAY, OCTOBER 17TH
TANGLEFLAGS SCHOOL
10:00AM - 4:00PM
LUNCH AVAILABLE
COME SEE THE UNIQUE VENDORS

YOGA

NEED TO MOVE YOUR BODY BUT DON'T WANT TO DRIVE ALL THE WAY INTO TOWN?



DATES: Mondays - Starting October 5
TIMES: CHAIR YOGA - 9:30-10:30 AM
THERAPUETIC YOGA - 6:30 - 7:30 PM
WHERE: My Home Studio (In the Hillmond area)
EXCHANGE: $10.00 per session
(punch passes available)

CONTACT: 780-205-9991 wjholman4@gmail.com

All Levels Welcome

YOGA FOR MOVEMENT
with Wendy Holman

SOUND BATH

OCTOBER 18 - 5:00-6:00 PM



What is a SOUND BATH?

It is a sound experience, where I will use Crystal and Tibetan Singing Bowls, Chimes, and Drums.

The frequency and vibration of the sound has a beautiful effect in the body. It can bring you into a meditation state, instill deep relaxation, and calm the nervous system.

You get to show up and just let the sound do the work.

Host - Wendy Holman
Location - My home studio (Hillmond Area)
Exchange - $25.00
Cash or e-Transfer - wjholman4@gmail.com - 780-205-9991
Bring - Yoga Mat, Pillow, Blanket, Water, Journal. If you want to sit I will find you a chair.

