



# PARLIAMENT CLUBHOUSE NEWSLETTER

January 2017 | vol. 02

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## Thank you!

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We are so amazed how you all have cared for **YOUR** space, every morning we complete an inspection and there is nothing more than some spot cleans needed.

If you haven't been able to use **YOUR** Clubhouse yet, now is a great time to see your Client Care team to complete your Orientation and receive your entry FOB

**Parliament Client Care Team**

T: 306-209-8002

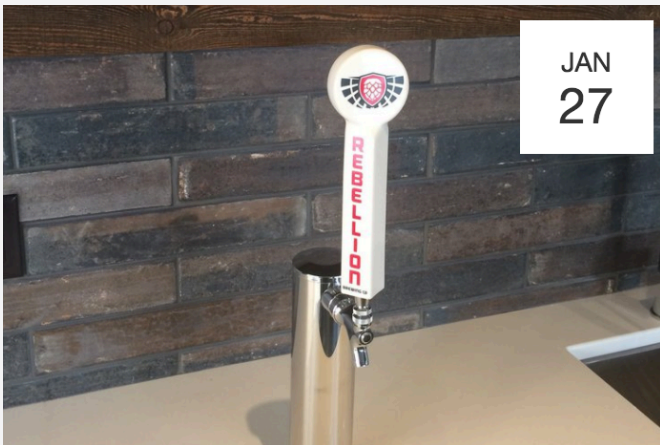
[clientcare@myporchlight.ca](mailto:clientcare@myporchlight.ca)

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## Upcoming Events

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TGIF



The keg will be tapped and we will have some tasty finger foods available.

You never know, maybe another spontaneous pool tournament will break out!

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## Yoga

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We are happy to announce that we are going to start offering an introductory self-paced yoga class designed for all ages.

This class will work on flexibility, balance and core strength with yoga postures as well as traditional stretches. Activities may be modified to meet any health challenges. Great for stress relief as well as improving overall fitness.

Yoga classes will begin on Monday January 23rd at 7pm, classes will run every Monday and Wednesday during the months of January, February and March.

There is no cost to attend, there is a limit of 10 per class, sign up is located in the Studio, remaining spots will be first come first serve.

We have a limited amount of yoga mats available, so if you have one please bring it. A Complete list of events is available **YOUR** Clubhouse website [Clubhouse Events](#)

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## In the Community

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Do you like Beer? How about Bacon? Better yet Beer & Bacon, while enjoying live music?

You better check out Beer Bacon Bands next weekend, check out the website below.  
[BeerBaconBands.ca](http://BeerBaconBands.ca)

Your Pats are still rolling, you can check out their website using this link.  
[ReginaPats.com](http://ReginaPats.com)



# PARLIAMENT CLUBHOUSE NEWSLETTER

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## Join us on Facebook!

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We are super excited that 29 of you have joined our facebook page, if you haven't already done so you can [Join Today!](#)

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## Private Events

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The Clubhouse will be closed during these upcoming private events. However the fitness area will remain open during these times.

**January 20, 21, and 22 evenings are booked this weekend.**

You can find the complete list of private events on our Clubhouse website at

[Clubhouse Events](#)

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## Snacks

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Don't want to run to the store?

We have some snacks you can purchase if you are in a crunch and need something to enjoy during your favorite show or the game.

Better yet, come enjoy that show in **YOUR** Clubhouse!

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## Pool Tournament

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We had a ton of fun at our first Pool Tournament!

If you weren't able to be there don't worry, we will host another.

Our friend and neighbor Ali took home the grand prize with a barn burner in the final.

Stop by the Billiard room to see the plaque we had made for these fun events.

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## Fresh Start Mondays

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Don't forget that we are now hosting Fresh Start Mondays every Monday morning beginning at 5am!

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## Community Tools

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Need help setting up some new furniture or hanging pictures, but don't have the proper tools?

Don't worry! We have you covered. We have now equipped **YOUR** Clubhouse up with some handy tools if you require in your suite.

Simply see your client Care team to sign out anything you need, if we don't have it, we can likely get it.

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