

Recreation & Wellness



Municipality of
Emerson-Franklin

WINTER 2026



LEISURE GUIDE

WELCOME TO RECREATION & WELLNESS

To promote health, recreation and wellness opportunities for the residents of the Municipality of Emerson-Franklin. As a department we will endeavor to deliver diverse and equitable programs and services to people of all ages and abilities

Senior Services Resource Coordinator 204-542-0689 src@emersonfranklin.com	Donna Samborski Tenant Resource Coordinator - Healthy Living Center Monday, Tuesday, Friday 204-542-0689 trc@emersonfranklin.com	Kath Baczynsky Recreation & Wellness Facilitator Monday-Thursday 204-427-2557 kath@emersonfranklin.com
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Where to find us:

Municipal Website: www.emersonfranklin.com

Municipal Offices: Dominion City - 115 Waddell Ave 204-427-2557
Emerson - 104 Church St. 204-373-2002

Online Registration: app.univerusrec.com/emersonfranklinpub/account/index.asp

Social Media:  [recreation.and.wellness](https://www.instagram.com/recreation.and.wellness)  [Municipality of Emerson-Franklin Recreation and Wellness](https://www.facebook.com/MunicipalityofEmerson-FranklinRecreationandWellness)

How to register online:

1. Visit app.univerusrec.com/emersonfranklinpub/account/index.asp
2. Click on the **Course** tab
3. Browse online course options on the left side of the page
4. Click on a category to see the options offered
5. Choose **Register Now** to register or **View Details** for course information

If you need help with funding for kid's programs please see below:



KidSportMB@sportmanitoba.ca



jumpstart.canadiantire.ca



www.roceastman.ca

WINTER DATES

JANUARY

- January 1 - Roseau River Outdoor Rink open for skating
- January 5 - March 31 - Snowshoe Borrowing Program
- January 6 - February 24 - Emerson Chair Yoga
- January 6 - February 24 - Emerson Stability Ball
- January 5, 12, 19, 26 - Coffee Connection, Healthy Living Center
- January 8, 22 - Healthy Living Center Bingo
- January 8 - Bus Trip to Steinbach for Grand Slam Curling Event
- January 12 - Alzheimer Society Support Group for Caregivers, Dominion City
- January 13 - Bus Trip to Steinbach Aquatic Center for swimming
- January 15 - Movie Night at the Healthy Living Center
- January 20 - Bus Tour to “Fleurs de Villes” at the Leaf
- January 24 - Snowshoes & Stars at the Kyle Memorial Golf Course
- January 27 - Cancer Support Squad
- January 27 - Online Training for Municipal Website
- January 28-March 4 - Kids Curling, Dominion City Curling Club

FEBRUARY

- February 2, 9, 23 - Coffee Connection, Healthy Living Center
- February 4, 11, 18, 25 - Sharp Minds Social Club
- February 9 - Alzheimer Society Support Group, Emerson
- February 10 - Bus Trip to Steinbach Aquatic Center for swimming
- February 12, 26 - Healthy Living Center Bingo
- February 13 - Community Valentine’s Dinner at the Healthy Living Center
- February 19 - Movie Night at the Healthy Living Center
- February 20 & 21 - Emerson Winter Carnival
- February 24 - Cancer Support Squad
- February 24 - Grant Writing Seminar
- February 28 - Snowgolf, KMGC

MARCH

- March 2, 9, 16, 23, 30 - Coffee Connection, Healthy Living Center
 - March 11 - Elder Abuse Information Sessions
 - March 9 - Alzheimer Society Support Group, Dominion City
 - March 10 - Bus Trip to Steinbach Aquatic Center for swimming
 - March 12, 26 - Healthy Living Center Bingo
 - March 17 - MCC Bus Shopping Trip
 - March 19 - Movie Night at the Healthy Living Center
 - March 27 - Community Easter Dinner
 - March 31 - Cancer Support Squad
 - March 30 - April 2 - Spring Break Activities
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SPORTS

Emerson Chair Yoga

When: January 6 - February 24, Tuesdays

Time: 3:30-4:30pm

Cost: \$120

Where: Emerson New Horizons

Drop-In available \$20/session

Limited spots - Register online

app.univerusrec.com/emersonfranklinpub/index.asp

Snowshoe Borrowing Program

When: January 5 - March 31

Where:

Dominion City Municipal Office: January 5-
February 20

Emerson Town Hall: February 20-March 31

Cost: FREE!

Available from:

Thurs 12:00pm - Mon 12:00pm or

Mon 12:00pm - Thurs 12:00pm

email kath@emersonfranklin to book



Snowshoes & Stars

January 24, 2026
Cost: \$5
Time: 5:00-9:00pm

Join us at the
Kyle Memorial Golf Course in Dominion City
for snowshoeing under the stars!
The clubhouse will be open to warm up with
drinks and snacks!

Register online at
app.univerusrec.com/emersonfranklinpub/index.asp
email [kath@emersonfranklin.com](mailto:kath@emersonfranklin)



Snowgolf at the KMGC

When: February 28

Time: 1:00pm

Cost: \$15

Where: Kyle Memorial Golf Course,
Dominion City

Come out for an afternoon of Snowgolf!

Fee includes golf and soup or chili!

Register online

app.univerusrec.com/emersonfranklinpub/index.asp

Email [kath@emersonfranklin.com](mailto:kath@emersonfranklin)

Kids Curling

When: January 28 - March 4

Time: 5:15-6:00pm

Cost: \$30

Ages: 8-14

Where: Dominion City Curling Club

Limited spots - Register online

app.univerusrec.com/emersonfranklinpub/index.asp



STABILITY BALL CLASS

JANUARY 5 - FEBRUARY 23, 2026



MONDAYS
5:30-6:30PM
NEW HORIZONS, EMERSON
\$110
LIMITED SPOTS

Participants will need to bring a
55cm-65cm exercise ball and
yoga mat

REGISTER ONLINE
app.univerusrec.com/emersonfranklinpub/account/index.asp
EMAIL: [KATH@EMERSONFRANKLIN.COM](mailto:kath@emersonfranklin.com)



COURSES

grant writing

Come out and learn how to:

- ✓ find grants
- ✓ grant writing basics
- ✓ submission tips

February 24th
Dominion City Curling Club
7:00pm
Free!

Register with Kath @
kath@emersonfranklin.com



Municipal Website Training

When: January 27

Time: 10:00-11:00am

Cost: FREE!!

Where: Council Chambers, Municipal Office, Dominion City

Learn how to:

- Set up your online account
- Register for a program
- See available programs
- Learn how to find our program info

Limited spots - Register online

app.univerusrec.com/emersonfranklinpub/index.asp
email kath@emersonfranklin.com

ACTIVITIES

Sharp Minds Social Club

When: Wednesdays in February

Where: Healthy Living Center, Dominion City

Time: 10:00-11:00am

Cost: Free!

A fun way to keep your brain active and sharp and enjoy some snacks and visiting!

Register with Kath at 204-542-0689 or src@emersonfranklin.com

Emerson Winter Carnival

When: February 20 & 21

Where: Emerson

Watch for the Emerson Winter Carnival posters on social media for all the details!

adult SWIMMING

MONTHLY BUS TRIP TO
STEINBACH FOR PUBLIC
SWIMMING

\$20

*INCLUDES BUS
FARE AND
SWIMMING ENTRY

JANUARY 13
FEBRUARY 10
MARCH 10

POOL TIME
11:30-1:00PM

BUS PICKUPS:
EMERSON - 9:45AM
DOMINION CITY - 10:15AM

REGISTER WITH KATH AT
204-542-0689
KATH@EMERSONFRANKLIN.COM



ACTIVITIES

Elder Abuse Information Session

When: March 11

Where: 11:00am Tolstoi

2:00pm Emerson

Join us for an informational session on elder abuse and learn about the different types of elder abuse, how you can protect yourself, how to recognize the warning signs and who can help.

Put on by PEAM (Prevention of Elder Abuse Manitoba)

Email src@emersonfranklin.com or call 204-542-0689 to register

Support Group for Caregivers, Alzheimer Society

Dominion City

When: January 12 & March 9

Where: Healthy Living Center

Time: 10:00am

Emerson

When: February 9

Where: New Horizons, Emerson

Time: 10:00am

For more information email src@emersonfranklin.com or call Kath at 204-542-0689



Bus Trip to the Leaf for "Fleur de Villes"

January 20, 2026
\$30/person
includes bus fare & entry ticket

Bus leaves Emerson 8:30,
Dominion City 9:00
Register with Kath at 204-542-0689 or
kath@emersonfranklin.com

Recreation & Wellness
Municipality of Emerson-Franklin

Bus Trip to watch the Grand Slam of Curling "Players' Championship" in Steinbach

When: Thursday, January 8

Time: 12:00pm Draw

Pickups:

Emerson - 9:30am

Dominion City - 10:00am

Join us for a draw at the Curling Players Championship in Steinbach!

Cost: \$42.50/person

Price includes bus fare and entry ticket

For more details call Kath at 204-542-0689 or email src@emersonfranklin.com

CAMPS

Spring Break Activities

When: March 30 - April 2

Glow Curling, Movie in Emerson Town Hall, Snowshoeing and more!!

Stay tuned for details!

ACTIVITIES

Bus Trip to MCC in Altona

When: March 17

Pickup Times:

Emerson 8:30

Dominion City 9:00

Cost: \$10

Register with Kath at 204-542-0689 or
email src@emersonfranklin.com

Cancer Support Squad

When: January 27, February 24,
March 31

Where: Healthy Living Center,
Dominion City

Time: 10:00am

HEALTHY LIVING CENTER

Coffee Connection

When: Mondays

Where: Healthy Living Center,
Dominion City

Time: 1:30pm

Cost: Free!

Join us for free coffee & dainties!
Everyone welcome!

Bingo

When: every 2nd & 4th Thursday of the
month

Where: Healthy Living Center, Dominion
City

Time: 2:00pm

Cost: .25\$/card

Everyone welcome!

Community Dinners

When: February 13 & March 27

Time: doors open 11:30, lunch at 12:00pm

Cost: \$9

Entertainment:

February - Brent Chubaty & Mike
Naherniak

March - The Songbirds

Call 204-542-0689 to register



MOVIE
Nights

Free movie screenings at the
Healthy Living Center,
Dominion City

6:30pm
snacks & drinks included!

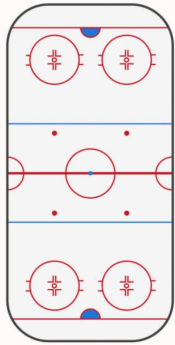
January 15
February 19
March 19

Recreation & Wellness
Municipality of
Emerson-Franklin

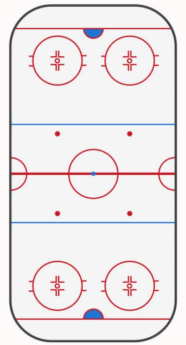
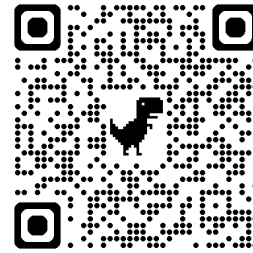
The poster features a dark blue background with a starry pattern. The text is white and pink. The logo for Recreation & Wellness, Municipality of Emerson-Franklin, is in the bottom right corner.

EMERSON-FRANKLIN CONGREAGATE MEAL PROGRAM

Open weekdays (excluding holidays) at the Healthy Living Center, Dominion City
\$9.00 dine in, \$10 take-out
Contact 204-542-0689 to book your meal - 2 days notice is appreciated
Scan this QR code for the menu!



FOR ARENA SCHEDULES,
PLEASE SCAN THE QR CODE FOR THE
“COMMUNITY PROGRAMS & EVENTS”
TAB OF THE MUNICIPAL WEBSITE OR
VISIT THE WEBSITE BELOW



www.emersonfranklin.com/p/community-programs-events

COMING IN SPRING!

- Online Registration Training & Early Bird Swimming Lesson Registration Night, April 8
- Swimming Lesson Registration Opens, April 20
- Kids Golf League
- T-Ball & Baseball
- Frank’s Summer Adventure



HAIRDRESSER

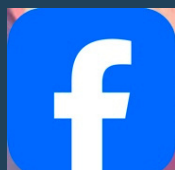
AT THE
HEALTHY LIVING CENTER
DOMINION CITY

January 21 & 22
February 25 & 26
April 1 & 2

Call Kayla to make an appointment:
204-380-2178 (cel)
204-427-2813 (home)



LIKE & FOLLOW US ON
SOCIAL MEDIA FROM
JAN 1-31, 2026
TO BE ENTERED TO
WIN A
\$50 CREDIT
TOWARDS
PROGRAMMING!



SEND US
YOUR EVENTS!!

THE MUNICIPAL WEBSITE AND OUR
SOCIAL MEDIA ARE GREAT PLACES
FOR COMMUNITY GROUPS TO
ANNOUNCE THEIR EVENTS OR WHEN
PLANNING UPCOMING ACTIVITIES!

EMAIL
[KATH@EMERSONFRANKLIN.COM](mailto:kath@emersonfranklin.com)
WITH YOUR DATES