

West Hants Regional Municipality Active Living Strategy 2024-2028



West Hants
something inspiring awaits

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West Hants Regional Municipality (WHRM) has been a member of the *Municipal Physical Activity Leadership* (MPAL) program since 2013. The *Active Living Strategy* (ALS) is a staple of the MPAL program and ensures that the municipal departments, that are responsible for recreation and physical activity within each municipality, are engaging with their community members and using the engagement materials to create goals and objectives to be completed during the time period that the ALS is in place. The Municipality and the Nova Scotia Department of Community, Culture & Heritage - Community Sport & Recreation are partners within the MPAL program. The following document is an update of West Hants Regional Municipality's ALS, and the third installment within the program; the first was released in 2013 followed by an update in 2018.

West Hants continues to prioritize the growth of physical activity options within our community and will continue to make proactive steps within an ever-changing landscape. The well-being of the members of our community drives planning and decision making for our Community Development department every single day, as demonstrated by our goals within this strategy.

When reviewing the comments collected during community engagement, the following common goals were reflected:

- To take an EDIA approach to our Community Development practices and procedures
- To increase activity in priority age groups to assist individuals in being active for life
- To improve levels of active living through increased use of our recreation facilities, parks and open spaces
- To build capacity within our community through partnerships and active living advocates

Community Development Department's Vision Statement for Active Living:

West Hants Regional Municipality is committed to improving accessibility, inclusion, equity, and diversity within their programming and facilities. West Hants believes in a community that has active living opportunities for all and individuals can continue to be active across the entire life span.

Commitment to this vision was demonstrated in 2023 when **Council voted to subsize structured dry-land recreation programs for West Hants residents by 75%**. This decision allowed the Community Development Department to reduce registration fees to 25% of the total cost of those programs. In suit, **the Inspire Fund was created to continue to aid those individuals with financial barriers to participation. Council committed \$20,000 to this fund which allows community members, who struggle with registration fees, to access recreation opportunities in West Hants.** The popularity of this low-barrier program continues to grow.

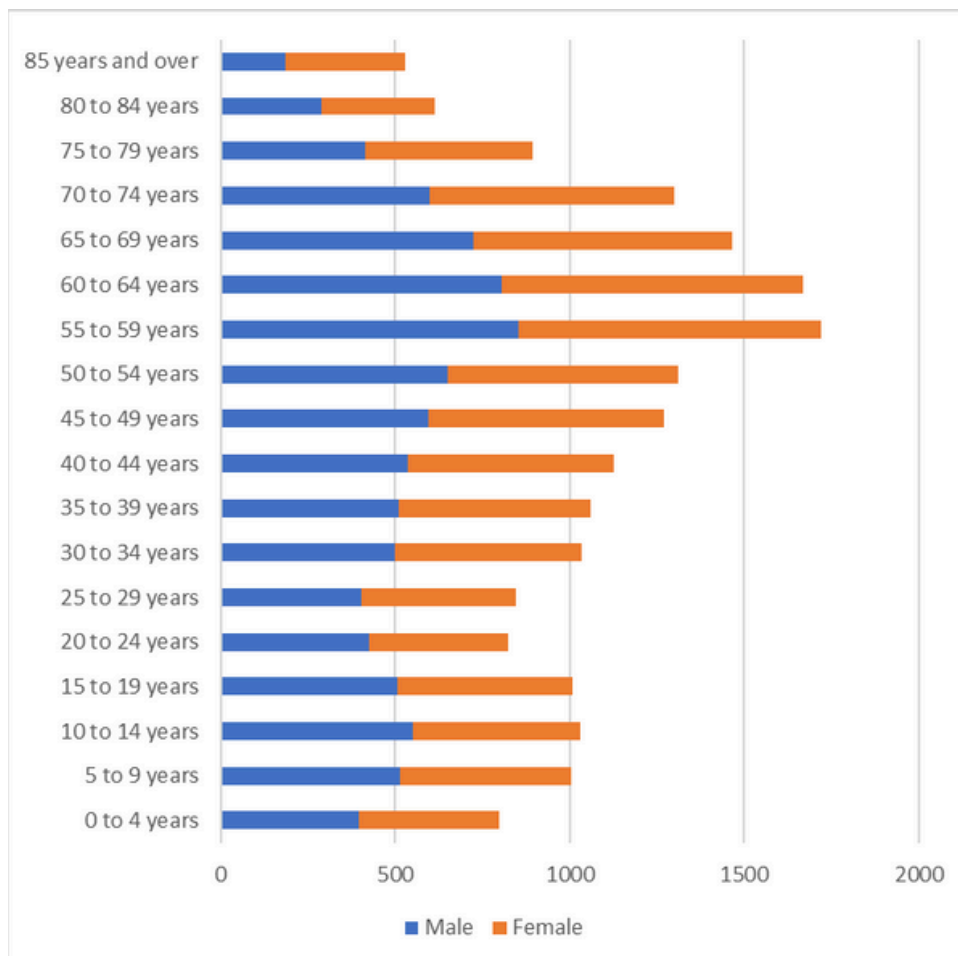
Community Profile

Demographics

There was a monumental change within our municipality in recent years. The Municipality of the District of West Hants consolidated with the Town of Windsor on April 1, 2020, becoming the Region of Windsor and West Hants. On, October 6th, 2020, the region was officially renamed as West Hants Regional Municipality (WHRM).

According to the 2021 Canadian Census, the newly formed WHRM rose by 2.6% to 19,509 residents since the last census in 2016. That is a rise of over 4000 residents from the previous Active Living Strategy in 2018 as the previous strategy was relevant to the 15,368 residents of the formerly known Municipality of the District of West Hants.

West Hants continues to report low residents numbers within the age 20-29 bracket. Low numbers within the young adult age range with a peak in the aging population range further cements the need for accessible infrastructure and supports to aid our entire community in reaching their active living goals.



The Municipality is projecting further and faster growth in development in our community over the next 5-8 year period. Of the developments currently approved by council, the expectation would be that approximately 5,700 new residents join the WHRM community.

Community Profile

Physical Assets: Recreation Sites, Parks and Open Spaces

West Hants Regional Municipality is a centrally located, thriving, and growing collection of communities. With a travel time of only 35 minutes to the Provincial capital of Halifax, Stanfield Airport, and the centre of the Annapolis Valley, it is an ideal location to live, work, and grow.

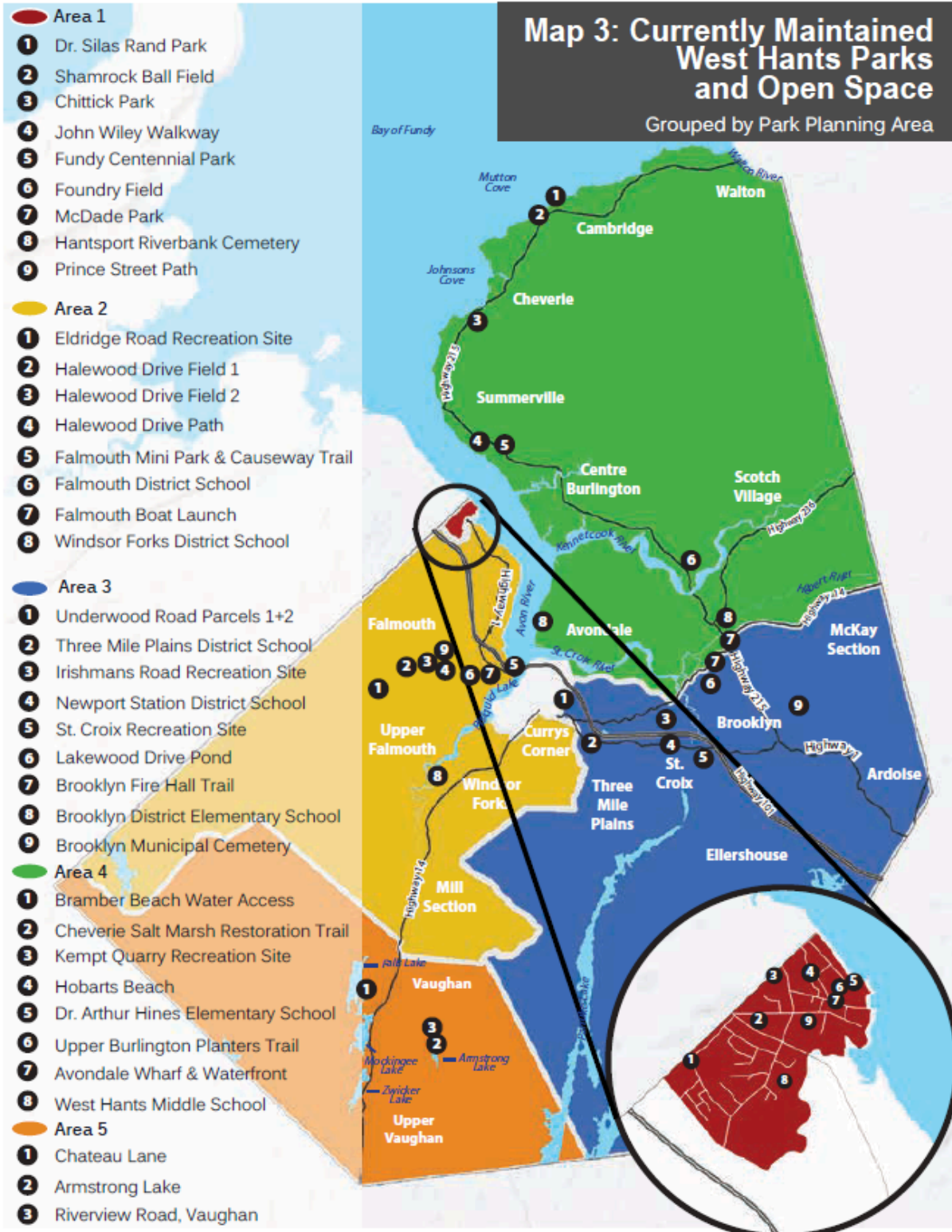
Its population of 19,000 residents, residing on 1,253.11 square kilometers is dispersed around the former Towns of Windsor and Hantsport, and the former Municipality of the District of West Hants. This includes growth centres and rural expanses resulting in a population density of 15.18 persons per square kilometer. Growth centres are served by municipal water and/or sewer.

There are two Provincial Parks (Smileys and Falls Lake), two Park Reserves (Cheverie Salt Marsh and St. Croix), wilderness areas, 12% protected lands (as identified by Environment NS,) and Crown land within the region. The Municipality currently owns and/or manages over 73 parcels of parks and open space land, totaling over 492.5 acres.

1. Ardoise Park
2. Armstrong Lake Park
3. Brooklyn Fire Hall Trail
4. Burgess Crescent Park & Playground
5. Cheverie Salt Marsh Restoration Trail
6. Chittick Park
7. Dill Park
8. Dr. Silas Rand Park
9. Eldridge Road Recreation Site
10. Elmcroft Park
11. Falmouth Boat Launch
12. Falmouth Mini Park & Causeway Trail
13. Fundy Centennial Park
14. Hants Aquatic Centre
15. Hobarts Beach
16. Irishmans Road Recreation Site
17. John Wiley Walkway
18. Kempt Quarry Recreation Site
19. Mantua to Stanley Rail Trail
20. Maplewood Cemetery
21. McDade Park
22. Meadow Pond
23. Newport Landing Waterfront Park
24. Pioneer Drive (Falls Lake) Park
25. R.A Jodrey Memorial Field
26. Riverbank Cemetery
27. Riverview Trail
28. Shamrock Ball Field
29. Star Brides Park
30. St. Croix Recreation Site
31. Tregothic Trail
32. Upper Burlington Planters Trail
33. Victoria Park
34. West Hants Sports Complex
35. Windsor Community Centre
36. Windsor Waterfront Skatepark
37. Windsor Waterside Park

Community profile

Map of Parks and Open Spaces



Update Coming in 2025

Physical Activity Community Survey

The **Physical Activity Community Survey** is an adult specific study conducted by Nova Insights Inc. The survey conducted 200 telephone interviews with residents 18+ living within West Hants Regional Municipality. The individuals were contacted through random digit dialing from December 4, 2021 - January 25, 2022.

When given the option to choose their top three activities individuals would like to do more, West Hants residents selected walking as their top choice 20% of the time and as a top three option at 31%. This was further exemplified as sidewalks or side of the road was the third most popular space to be active - behind only at home (indoors) and at home (outdoors) - and improved sidewalks were listed as the second most likely infrastructure project to increase physical activity among residents. Walking continues to be the most accessible, and sought after, activity in the West Hants Regional Municipality.

Key Factors:

Factors influencing engagement in physical activity can vary across age groups and gender. It is important that opportunities, scheduling, and communications be designed with these differences in mind.

Top Activities on Wish List

Walking: Top of the wish list (by far) for future activity.
Swimming: A distant second activity of interest.
Skating and bicycling: A third choice tie for more activity, leading a close third tier.

Most Common Challenges

Infrastructure: Condition and maintenance of bicycle lanes and roadsides for walking
Security barriers: Safety in riding a bicycle in the community
Social: Having someone to be active with

Physical Activity Opportunities

Coordination Someone from the rec office to help connect citizens with each other
Non-competitive (recreational) activities (especially among females)
Social Spaces to meet others, tools to help connect with others, and groups to be active with

AT Motivators

Nearly two-in-five walk at least weekly. Very few bicycle weekly. Well over half would like to **walk more often**, affected by trails, sidewalks, and road conditions.
 About two-in-five would like to **bicycle more often** with better road conditions, off-road, connected paths, and maps.

West Hants Active Living Survey

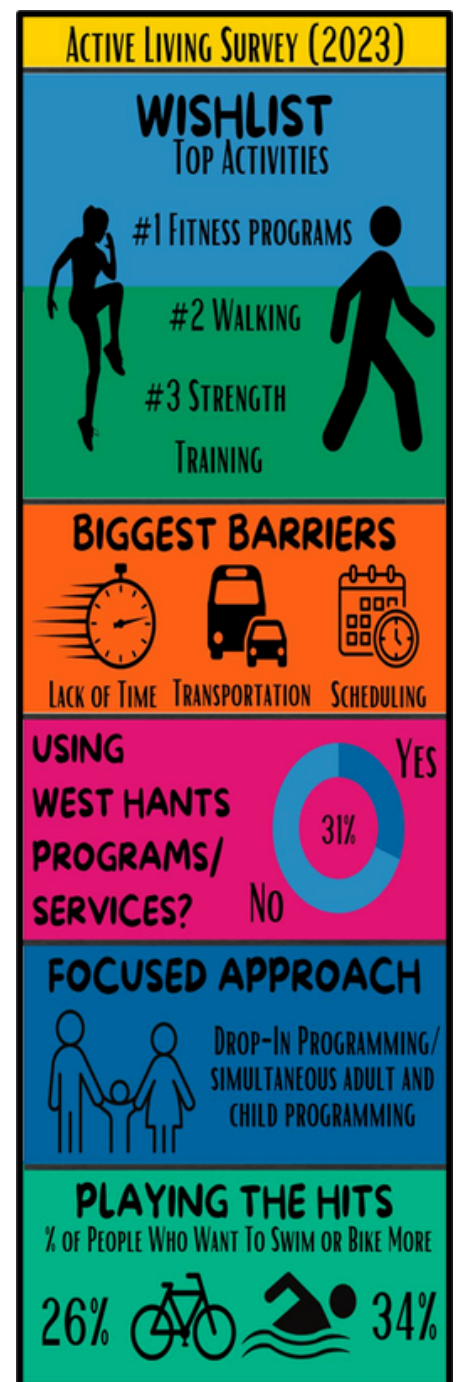
Feedback is the primary driver within our Community Development Department Active Living Strategy process. The insights and comments will fully impact the action items set out to be completed through 2024-2028.

283 written surveys were conducted from July 1st, 2023 to December 31st, 2023. Surveys were collected at ten in-person community social events, via an online option promoted through our social channels, and through community partner engagement sessions.

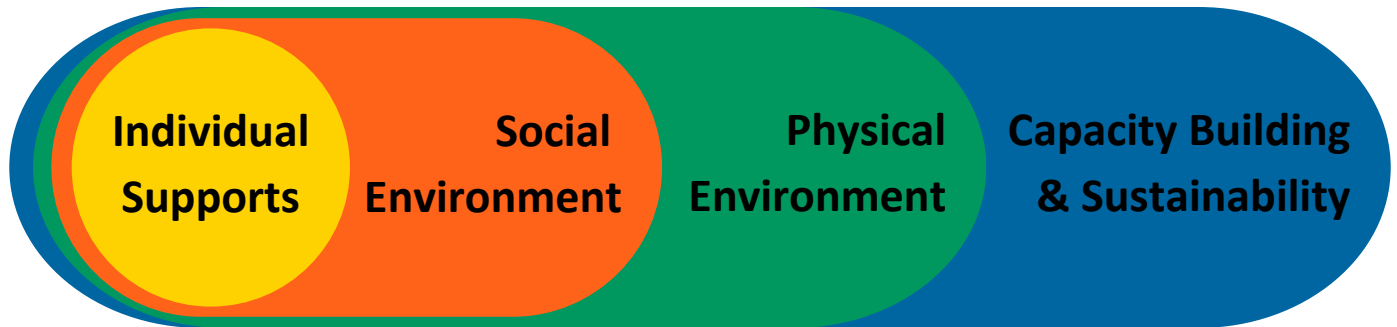
The surveys created a wide range of insights from varied perspectives. Collection was open to all age groups, with the lowest response rate being from the 18–24 year old category (7% of respondents) to the highest percentage of respondents being those who were 40-59 (36% of respondents).

Key findings and conclusions were as follows:

1. 70% of West Hants residents reported that they are active within a range of three to seven days per week.
2. Only 31% of respondents reported that they are currently participating in West Hants Community Development programming. Comments within the survey reflected those barriers such as a lack of time, lack of transportation options, and scheduling/timing of programs are detrimental to their ability to freely participate.
3. Walking continues to be the most accessible activity for most residents as 240 respondents reported that they walk as a form of physical activity. Physically active household tasks and swimming were #2 and #3 respectively.
4. West Hants residents had a much more varied outlook on activities they would like to do more often (see Appendix B). The most requested activities were fitness programs (103 responses), walking (97), strength training (96), and swimming (92).
5. Based on the results of the survey, our programming goal is to take a Community Development approach to recreation programs, and therefore we work with citizens, neighbors, and community partners, to create on-ramp opportunities.



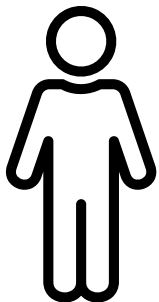
The Socio Ecological Model



The Socio-Ecological Model is a framework that depicts how individuals and their environment are constantly intertwined, implying that the individual influences their environment as much as the environment influences the individual.

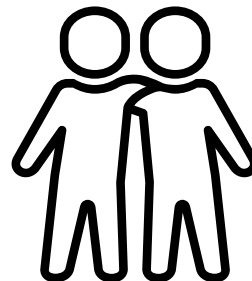
The Strategy's goals & objectives are divided into these four categories, which will organize the planned action items that will look to support the citizens of West Hants in every aspect of their active living environments.

Supports for Individuals



Supports for each persons individuality as it relates to their age, race, gender, knowledge, skill, belief, attitude, and/or motivation

Social Environment



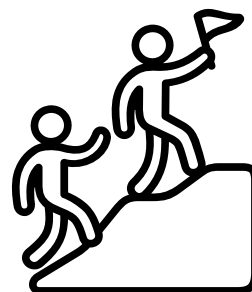
The interrelated community culture and fostered relationships within the community (i.e. school, work, etc.)

Physical Environment



Improving accessibility and inclusion within our communities natural or built environments

Capacity Building & Sustainability



Ensuring there are resources to support capacity building through policy, regulations, and leadership development

Supports for Individuals

Objective 1.1	To reduce barriers within our current programming model	Timeline
Action(s)	Maintain and increase the opportunities for unstructured play through free facility access opportunities	Annually
	Increase percentage of users accessing the Inspire Fund through greater awareness campaigns	Ongoing
	Utilize community partnerships to increase accessible program options within the municipality	2025
	Reduce registration-based programming and add drop-in style events	2025
	Adopt a community active living navigation service model	2025
	Coordinate a community development approach to recreation <ul style="list-style-type: none"> ◦ Ongoing community recreation mapping with partners ◦ Develop a central location for recreation organizations to advertise/communicate to residents 	2025
	Seek funding opportunities to reduce costs of the user and/or partners	Annually
	Seek partnership opportunities to find transportation options to highly sought after community events and services	2026
	Increase daily communications and awareness of free active living opportunities through REC text, social promotions, and/or similar services	2025

Supports for Individuals

CONTINUED

Objective 1.2	To increase usage of our equipment loan program with priority focus within the marginalized communities	Timeline
Action(s)	Support Make Your Move At Work by launching a staff e-bike loan program	2025
	Maintain and increase current inventory of equipment	Annually
	Offer non-centralized try-it events in rural communities to help increase physical activity opportunities	Seasonally
	Analyze program, with a goal of breaking down current barriers, with community partners to advise	Bi-Annually
Objective 1.3	To increase awareness of our existing recreation facilities, parks, open spaces, and community services	Bi-Annually
Action(s)	<p>Develop a central promotion device for all physical activity organizations to advertise/communicate to residents</p> <ul style="list-style-type: none"> ◦ Use Community Calendar for advertising WHRM offerings ◦ Implementation of a Community Guide that promotes programs and services for simple movement <ul style="list-style-type: none"> ▪ Encourage Community Partners to use this calendar and the guide to advertise all of their offerings 	2025-27
	Improve accessibility and useability of the municipal website	Ongoing
	Increase number of recreation facilities, parks and open spaces included in postcard promotion/tourism project	Ongoing
	Develop hiking initiatives and an 'Intro to Parks/spaces' programming model	Ongoing

Social Environment

10

Objective 2.1	To increase participation rates across underserved age groups	Timeline
Action(s)	Increase and maintain slate of family-oriented events	Ongoing
	Utilize a multi-generational lens within our programming and event planning	Ongoing
	Engage underserved age groups to incorporate elements that would attract them to community events and programs.	Seasonally
Objective 2.2	To promote physical activity through low-impact movements	
Action(s)	Promote and support our two local walking groups with promotion targeted at expanding to rural areas	Ongoing
	Increase the number of group hike options	Ongoing
	Foster community groups who create an inclusive way to walk, bike, wheel, etc together.	2025
	Host Find-a-Friend events, focused on shared active interest: walking, biking, trail hiking, etc	2026
Objective 2.3	To prioritize opportunities in aquatics	
Action(s)	Promote the Inspire Fund for access to aquatic programming	Ongoing
	Develop more aquatic opportunities/programming at Kings Edgehill School for the community	2025-26

Physical Environment

Objective 3.1:	To meet or exceed accessibility standards for the built environment by 2030	Timeline
Action(s)	Conduct accessibility audits for municipally-operated recreation facilities	2023-25
	Address outdated infrastructure	Ongoing
Objective 3.2	To utilize the <i>Community Beautification Plan</i> to improve recreation facilities, parks, and open spaces	
Action(s)	Restoration of Elmcroft Park and surrounding area	2027
	Create a sense of belonging within outdated recreation facilities using the Accessibility and Anti-Racism & Hate Plans as a guide	2025-28
Objective 3.3	To improve upon the connectivity of active transportation opportunities	
Action(s)	Restoration of the Mantua to Stanley Rail Trail	2023-26
	Connect the local Blue Route through a Cycle Hub Project in Windsor	2023-25
Objective 3.4	Allocating funds to ensure that our trails and open spaces receive regular maintenance	
Action(s)	Tregothic Trail Maintenance: Resurfacing and widening of trail & addressing accessible slope over railbed)	2025
	Irishmans Road Recreation Site: Root capping and drainage for a number of trails, volunteer clean-up	2025
	Kempt Quarry: Regular maintenance to keep trail in good condition (brush clearing, etc.)	Ongoing
	Eldridge Road Rec Site: Site maintenance, whipping, trimming trees, etc.	Ongoing
	Cheverie Salt Marsh Trail: Site maintenance, whipping, trimming trees, etc.	Ongoing

Capacity Building and Sustainability

Objective 4.1	To offer further training and development to front-line staff	Timeline
Action(s)	Accessibility, inclusion, and diversity training to be made available during the onboarding process	2025
	Increase the number of youth volunteers	Ongoing
Objective 4.2	To implement plans and policies for consistent development	
Action(s)	Update Active Transportation Plan/Trail Project Strategy Mapping	2025
	Sidewalk Needs Assessment for defined growth centres	2025
	Update Accessibility Plan and creation of Anti-Racism & Hate Plan	2025
	Update Parks & Open Spaces Plan	2026
	Community Infrastructure Accessibility Audit	2027
Objective 4.3	Foster partnerships with community organizations	
Action(s)	Dedicate staff time and energy on the promotion of our community partners to increase opportunities for physical activity	Ongoing
	Commitment to collaboration through committees and working groups within West Hants	Ongoing
Objective 4.4	Growing the Municipality's portfolio of recreation opportunities	
Action	Pursuing opportunities to grow capacity through future projects related to recreation facilities, parks, and open spaces	Ongoing

Appendix A

Active Living Survey

1. Age Category

- Under 18
- 18-24
- 25-39
- 40-59
- 60+

2. Gender Identity

- Male
- Female
- Other (specification is optional)

3. How often do you participate in physical activity? (Can be light, moderate or vigorous)

- 0 Days a Week
- 1-2 Days a Week
- 3-4 Days a Week
- 5-7 Days a Week

4. How do you choose to be active? Check off all that apply.

- Walking
- Running/Jogging
- Biking
- Swimming
- Organized/Competitive Sport
- Recreational Sport/Programs
- Physically Active Household Tasks
- Fitness Programs (Yoga classes, spin classes, Fit for Life, etc.)
- Strength/Weight Training
- Ice Skating
- Canoeing/Kayaking/Stand-up Paddleboarding
- Other (please specify)

5. What form of physical activity do you wish to participate in more often?

- Walking
- Running/Jogging
- Biking
- Swimming
- Organized/Competitive Sports
- Recreational Sport/Programs
- Physically Active Household Tasks
- Fitness Programs
- Weight/Strength Training
- Ice Skating
- Canoeing/Kayaking/Stand-Up Paddleboarding
- Other (please specify)

6. What barriers do you face that prevent participation in physical activity?

- Lack of time
- No one to be active with
- Health Issues
- Programs or classes not offered at times that work or me
- Accessibility/Infrastructure
- Program or Activity isn't offered locally
- Childcare/Not enough family friendly programming
- Financial Barriers
- I don't enjoy being active
- Other (please specify)

7. Do you currently participate in any West Hants Regional Municipality programs?

- Yes
- No

8. If not, why?

- Program times don't fit my schedule
- I was not aware of these programs
- Cost
- Accessibility
- These programs do not interest me.
- No one to go with
- Other (specify)

9. What programming would you like to see offered?

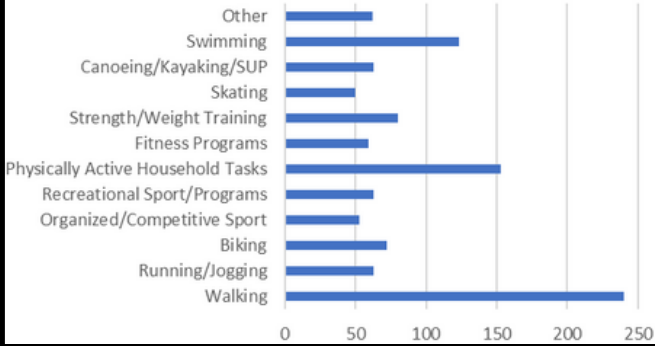
- Sport Programs
- Drop In/Pop Up Play Programs
- Youth Programming
- Adult Programming
- Other (please specify)

10. This comment section is an opportunity for you to express what you would like to see in the community to help increase physical activity, or an opportunity to elaborate more on any of your previous answers. Thank you for taking the time to complete this survey!

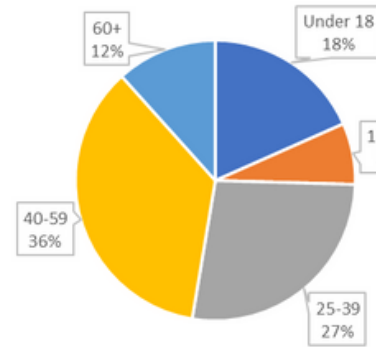
Appendix B

Active Living Survey Results

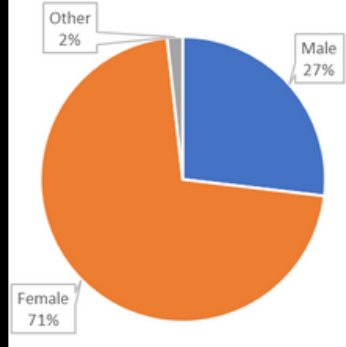
Activity of Choice



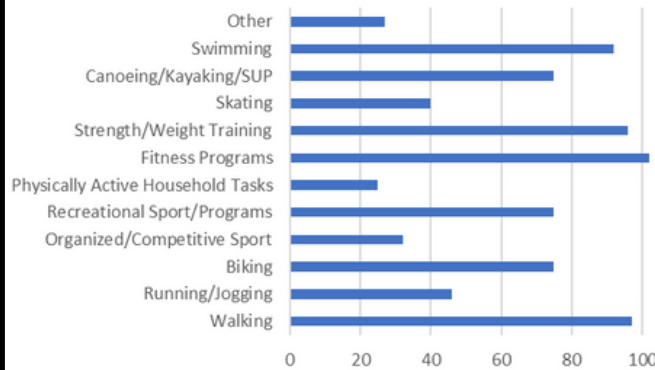
Age Category



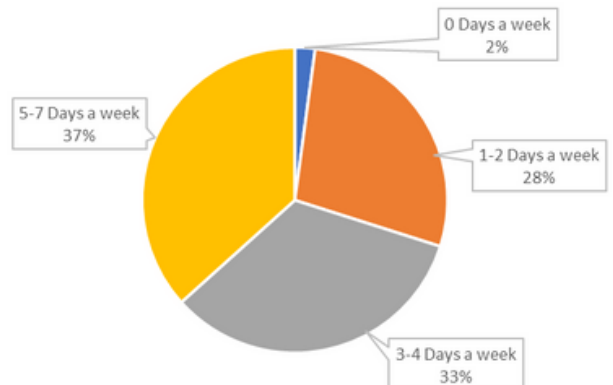
Gender Identity



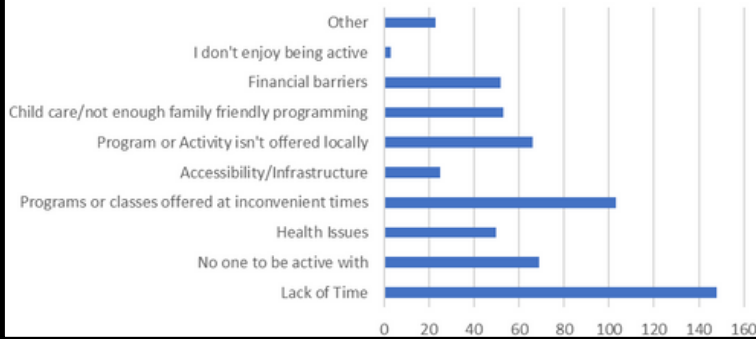
Activity You Would Like To Do More Often



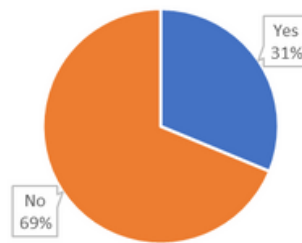
Physical Activity Frequency



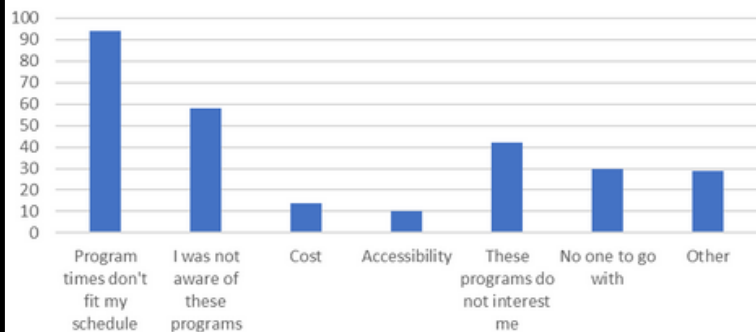
Barriers To Participation



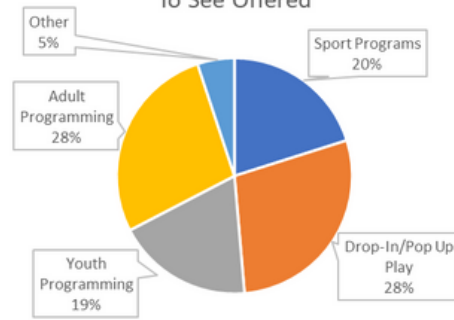
Participation Rate in West Hants Recreation Programs



Why Do You Not Participate in West Hants Programs



What Type of Programming Would You Like To See Offered



Appendix C

Definitions

Active Living: To foster, healthy living through recreation and physical activity.

Active Transportation: Active transportation (AT) is a broad term that refers to all forms of human powered or non-motorized transportation. It typically refers to walking and cycling, but also rollerblading, skateboarding, wheelchair use, etc. There are also many seasonal activities such as canoeing, kayaking and cross-country skiing that can be defined as active transportation. Active transportation is commonly broken down into two different categories: Utilitarian active transportation includes active destination oriented trips (e.g.: commuting to work or school) and active workplace travel (e.g.: delivering materials or attending meetings). Recreational active transportation includes leisure, recreational pursuits, and fitness (e.g.: dog walking, hiking, paddling, etc.) and often takes place in off-road locations. In some cases, both utilitarian and recreational active transportation can occur at the same time.

Community Beautification Plan: The Community Beautification Plan seeks to achieve a cohesive vision for the communities that make up West Hants and align and reinforce the West Hants Regional Municipality brand throughout the region.

Equity, Diversity, Inclusion, and Access (EDIA): Fairness for all individuals, to increase inclusion and access to recreation for diverse populations that face constraints to participation.

Municipal/Mi'kmaq Physical Activity Leader (MPAL): MPALs are responsible for leading municipal efforts to develop municipal physical activity plans and create active communities.”

Physical Activity: Any bodily movement that requires the usage of energy.

Recreation: The experience that results from freely chosen participation in physical, social, intellectual, creative, and spiritual pursuits that enhance individual and community wellbeing.

Supportive Environments: To ensure the provision of supportive physical and social environments that encourage participation in recreation build strong, caring communities.

Appendix D

Provincial Supports

Let's Get Moving Nova Scotia

Let's Get Moving Nova Scotia is simply a plan to encourage Nova Scotians to move more throughout their day. The plan outlines five goals that will be evident throughout our municipal goals and objectives.

1. Redefine movement
2. Reach Nova Scotians where we learn, work, and access healthcare
3. Advance quality community leadership
4. Enhance opportunities and address inclusion
5. Measure progress

Physical Activity Framework Nova Scotia

Similar in measure to the Let's Get Moving Plan, the Physical Activity Framework NS, designated from the Department of Education, is designed to incorporate more movement for our youth during the school day.

1. Increased opportunities for energetic movement for all students
2. Increased opportunities for structured and unstructured movement for all students
3. Reduced extended periods of sedentary behaviour for all students
4. Increased opportunities for all students to be outdoors during instructional time

Shared Strategy for Recreation in NS

The Shared Strategy for Recreation in NS is a set of goals that help guide future active living opportunities across the province. Formulated by a shared desire between Nova Scotia's Communities, Culture, Tourism and Heritage Department, Recreation Nova Scotia and the provinces municipal recreation departments, to advance recreation practices across the province.

1. Active Living
2. Inclusion and Access
3. Connecting People with Nature
4. Supportive Environments
5. Recreation Capacity



WHRM School Bike Loan Program (2023)

Appendix E

Community Sport Organizations, Clubs & Businesses

Avon Pony Club

- avonponyclub@gmail.com

Avon River Pickleball Club

- nicolp90@gmail.com

Avon River Rollers

- avonriverrollers@gmail.com

Avon Sport and Social Community

- avonsportsocial@gmail.com

Crown Athletics

- www.crownathleticsns.ca
- crownathleticsns@gmail.com

Empire Athletics | Integrity Cheer Empire

- www.empireathletics.ca
- taylor@integritycheerempire.com

Glooscap Heritage Archery Association

- goickle58@gmail.com

Hants Shore Karate

- hantsshorekarate@gmail.com

Hantsport Tennis Club

- www.hantsporttennisclub.ca
- 902-385-3359

KES Highlander Swim Team

- phadley@kes.ns.ca

Martock Ski Race Club

- www.msrc.ca
- admin@msrc.ca

Pisiquid Canoe Club

- www.pisiquid.com
- fastkayak@gmail.com

Riverview Figure Skating

- www.skateriverview.uplifterinc.com
- skateriverview@gmail.com

West Hants Broomball Association

- www.novascotiabroomball.ca
- westhantsbroomball@gmail.com

West Hants Minor Baseball Association - Coyotes

- whmb.coyotes@gmail.com

West Hants Minor Basketball Association - Shooting Stars

- www.shootingstafsbasketball.ca
- registrarSSBA@gmail.com

West Hants Minor Hockey Association - Warriors

- www.westhantswarriors.com
- registrar@westhantswarriors.com

West Hants Minor Soccer Association

- whusa@hotmail.com

West Hants Minor Softball Association - Thunder

- westhantsthunderball@gmail.com

Windsor Bluefins

- www.windsorbluefins.ca
- windsorbluefins@gmail.com

Windsor Curling Club

- www.windsorcurlingclub.ca
- 902-798-4662

Windsor Karate Club

- www.windsorkarateclub.ca
- contact@windsorkarateclub.ca

Windsor Tennis Club

- www.clubspark.ca/WindsorTennisClub
- tennisclubwindsor@gmail.com

Wizards Volleyball

- On Facebook: *Wizards Volleyball*

*This is an example of the community sport organizations, clubs, and business types as of November 2024. If you would like to any added to the list, please contact the West Hants Community Development Department.

Appendix F

Community Hall Associations

Ardoise Community Recreation Centre

3 Ardoise School Rd, Ardoise
Susan: 902-757-2900

Avondale Community Club (Avondale Hall)

50 Avondale Cross Rd, Newport
Kyle: 902-306-0101

Belmont Community Hall

1090 Belmont Rd, Newport
Barry: 902-790-6387

Burlington and District Activity Club

3554 Highway 215, Newport
Lori: 902-757-2121

Bramber New Horizons Hall

6943 Highway 215, Bramber
Shirley: 902-633-2694

Brooklyn Civic Centre

995 Highway 215, Newport
Gaye: 902-757-3777

Centre Burlington Community Hall

3554 Highway 215, Centre Burlington
Lori: 902-757-2121

Ellershouse Community Hall

429 Ellershouse Rd, Ellershouse
Barb: 902-757-2485

Falmouth Community Hall

147 Falmouth Back Rd, Falmouth
Pat: 902-798-0396

Hantsport Memorial Community Centre (HMCC)

6 Main St, Hantsport
HMCC: 902-790-7599

Mount Denson Community Hall

532 Highway 1, Mount Denson
Darlene: 902-798-8969

Newport Station Community Hall

2040 Wentworth Rd, Newport Station
newportstationcommunityhall@hotmail.com

Poplar Grove Community Hall

1161 Avondale Rd, Avondale
Kathy: 902-757-2656

St. Croix Community Club

18 Cemetery Rd, St. Croix
Joyce: 902-792-4341 (only after 6pm)

Sweets Corner Community Hall

6936 Highway 14, Sweets Corner
Doug: 902-798-4576

Three Mile Plains Community Hall

4474 Evangeline Trail, Windsor
Sharon: 902-306-8525

Upper Burlington Community Hall

69 Old Walton Road, Newport
Sharon: 902-757-2297

Upper Vaughan Community Hall

1015 Highway 14, Upper Vaughan
Email only: uvcha23@gmail.com

*This is a current list of the community hall associations as of November 2024. If you would like to any added to the list, please contact the West Hants Community Development Department.