

FREE

PLEASE
TAKE ONE

Watrous Manitou



ACTIVITIES GUIDE 2025



Open
Daily
6:30 am



"Talk Birdie to Me"

Breakfast Lunch Supper
Banquets & Catering

306-946-4745
mulligans@sasktel.net
Manitou Beach Golf Course

Scan the QR Code
for Facebook page
& Menu



EGGS BENEDICT



SMOKED BRISKET SANDWICH



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Welcome to Watrous & Manitou Beach

Welcome to the Resort Village of Manitou Beach and the Town of Watrous! You're in for a full-on treat for a day, a week, a month ... a lifetime. Our two communities want your visit to be unique, memory-rich and the first of many. **"Stay, Play, Work, Live"** is what folks around here tell visitors.

Manitou Beach hugs the shores of Little Manitou Lake, a remarkable body of mineral water. In the surrounding hills rising to the south, you can explore our footprint on the prairie via a network of well-established walking trails and an off-leash dog park for your pet. There are beaches and hills where you can take in our extraordinary Living Sky dawns, sunsets, and a night sky full of constellations and Northern Lights. Wellington Park is home of one of many modern playgrounds for kids, serene green bushes, tall spruces, birds, picnic sites, even a reflective labyrinth, not to mention one of a dozen "poetry posts" scattered all over the village. Little bridges cross over the crisp spring fed stream which courses through.

Manitou Beach and Watrous have the gamut of accommodations to snuggle you in for your stay, from the elegant Manitou Mineral Springs Resort to tiers of B&Bs and vacation home rentals, three motels and the outstanding full-service Manitou Regional Park Campground. We've even got one of the last remaining Drive-in theatres in North America, no kidding. Don't forget, there's the famous Danceland too, the home of a rare, horsehair-sprung maple dance floor undulating to hundreds of dancing feet all year long.

While you're here, you will be pleasantly surprised and well served by the many businesses and services in **Watrous**. Bonus - along the new Main Street corridor with its gorgeous vintage light poles with festive, seasonal signs, you'll meet the friendliest people anywhere from among the 2,000 residents who call this place home.

In **Watrous** we have three major automobile dealerships, a top-notch RV centre, three implement dealerships, and many other businesses, ranging among excellent restaurants, cafes, bakery, and shops of all kinds, including one of the region's most robust thrift stores.

Manitou Beach and Watrous host event after event all season long. Come one, come all to our enthusiastic Canada Day celebrations, the Watrous Fun Run car show, Winterfest week, pancake breakfasts, sporting events, and even an annual Literary Festival. Community groups host the Manitou Beach Buskers Festival, the Salt Shaker Music Festival, the Watrous School of Dance Festival, an even a weekly, free open mic at Mercredi's stage. This year watch too for the biennial Manitou Chainsaw Carving Festival.

Every week there's something for everyone: a Saturday Artisan/Homegrown/Handmade Market, the Sunday Flea Market at the Drive-In and other weekly entertainment. Take in art exhibitions at the Gallery on 3rd and superb local history installations at the Watrous-Manitou Heritage Centre.

Don't be surprised by the friendly, genuine waves and pleasant good mornings you receive from passing strangers. They won't be strangers for long; new friends for you, neighbours to us, all ambassadors for our two partner communities on the Saskatchewan prairie. We are **Watrous-Manitou** and it won't take long for you to be too.

Cheryl Hanson, Mayor – Resort Village of Manitou Beach

John Gunderson, Mayor – Town of Watrous



Got... Legends

Long before European settlers immigrated to Canada and the western territories, this area was home to many First Nations peoples who lived and traveled throughout the region, utilizing the available resources, and respecting the land from which it all came.

The arrival of the European settlers impacted the people already here in a variety of ways. One of the most devastating effects was the exposure to foreign diseases such as smallpox. The Indigenous people who populated this area suffered devastating losses due to these new illnesses. Traditional medicines and remedies often proved ineffective against these new diseases.

According to legend, some young men fell ill during one of their moves. Fortunately, their camp was in the vicinity of what is now known as "Little Manitou Lake". The men were too weak to travel, so a shelter was built for them to rest before continuing their journey. It is said that the afflicted men were overcome with fever and thirst and crawled to the lakeshore where they slaked their thirst and immersed themselves in the cool water. Spent from their efforts, they remained on the beach overnight. By morning, the men had experienced some relief from their symptoms. They attributed the respite to the water and remained on site, consuming and immersing themselves in the liquid medicine.

Within days of their arrival at the lake, these young men regained their previous state of healthfulness and continued their band's journey. Upon reuniting with their community, other members were astounded by the men's seemingly miraculous return to health.

So was born and continues to this day, the legend of the "Healing Waters" of Little Manitou Lake. Medicine Men named the lake Manitou in reference to the Great Spirit, "Creator", which is the First Nations equivalent to the Judaic-Christian-Islamic God. As the legend of the lake with healing powers spread via word of mouth, First Nations were followed by the settlers and then visitors from all parts of the world, traveling to the Lake of the Healing Waters to experience relief from a number of maladies.

The "Healing Waters" of Little Manitou Lake are akin to the old water-cure traditions of Europe. An entire repertoire of healing and therapeutic products and health care providers sprang up from the lake's resources.

Hydrotherapists, balneotherapists, naturopathic doctors and medical herbalists attest to the healing power of the waters to this day. Come and experience the effects of these healing waters first-hand. Experience the Spirit of Manitou for yourself! Timeless, impactful, and right here.

Got... Spirit

"There's just something about this place!"

We hear that a lot. It's the Spirit of Manitou and it's the feeling you get while you're here. The amazing salt water of Little Manitou Lake is definitely the source of this magic. The lake is spring and ground water fed. Evaporation over centuries has created water that has an remarkably high mineral content. Float effortlessly – even suspended vertically – as you chat with your friends or read the paper!

The public beaches, multiple staircases accessing the lake, Wellington Park with its spring-fed creek, a shaded picnic area west of the tennis courts, Uhmman Centennial Park and our off-leash dog park east of the Community Hall and Event Plaza invite you to immerse yourself in this naturally wonderful area.

But there's even more for you to experience. The activities available in this joint community, of the Town of Watrous and the Resort Village of Manitou Beach are uplifting, rejuvenating, and restorative. Relax in heated mineral waters at the Manitou Springs Resort; restore balance with massage and esthetics; shop in several antique and art galleries. What's a vacation oasis without golf: Try our 9-hole Manitou Beach Golf Course; enjoy Mercer's Mini-Golf; get out to Murrays Disc Golf (S.E. of Manitou Beach on Hwy #365).

The variety of accommodations available in Watrous and Manitou Beach suits every traveler. From the popular Manitou Regional Campground, and several motels, to our award-winning Manitou Springs Resort - get comfortable, get spoiled while you explore the "Spirit of Manitou".

"Manitou" is derived from the Algonquian word *monetoo* for spirit. Perhaps this Spirit of Manitou is easiest explained as the gift you have to experience for yourself.

Discover amazing play ground installations that are sure to entertain young and old alike.



Got... Camping

Camp at one of Saskatchewan's most popular campgrounds:
Manitou & District Regional Park (see Pg 9 for site map).

Choose the perfect spot from over 230 sites. Each site includes a picnic table and pole barbecue and there are two camp kitchens each with a 50-person capacity available free to registered campers - ideal for hosting reunions or your next gathering. All washroom facilities have been recently updated. Firewood is available for purchase and family pets are welcome!

Watrous Trailer & RV Park also offers sites for groups or longer stays.
See ad below.



WATROUS TRAILER & RV PARK

306-946-7502 • 404 8th Ave E. Watrous

Daily, Weekly and Monthly Rates
Pull through sites • Utility hook-ups
Year-round availability



Minard's LEISURE WORLD
Where Adventures Begin!

Over 200 Travel Trailers & 5th Wheels!

Weyburn 306-842-3288 • minardsleisureworld.com • Watrous 306-946-2499

BOOK YOUR
CAMPSITE ONLINE!

MANITOU & DISTRICT REGIONAL PARK



Located at Manitou Beach 6km N of Watrous on
HWY 365, 125km SE of Saskatoon and 165 km NW of Regina

Weekday Golf and Camping Packages available

Please contact the campground
office for details




Campground Office 306-946-2588
Manitou Beach Golf Club 306-946-2861
Email: manitouregionalpark@sasktel.net

manitouregional.com
manitougolf.com

Manitou & District Regional Park

Contact Us

Phone: (306) 946-2588
manitouregionalpark@sasktel.net
www.manitouregional.com

 PULL THRU SITES PWS

 30 AMP/WATER/SEWER

 30 AMP/WATER/NO SEWER

 15 AMP ELECTRIC

 NON-ELECTRIC

Restroom



Camp Kitchen



Playground



Dump Station



*** REVISED 2023 ***

*Open May 1 to Thanksgiving day



Got... Paddles

Kayaks, canoes, small sailboats and paddleboards are popular on Little Manitou Lake. Exquisite sunsets, relatively calm lake waters, extraordinary sky above, birds, short distances, and the unique sloping geography accumulate into whole body experiences, from eyes taking in the beautiful vistas to arms and legs getting workouts, relaxed or rigorous – its your call.

Rentals are available from:

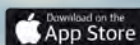
- Burger Buoy
- Manitou Mini-Mart
- Manitou Waters Naturopathic Clinic



Wellington Park Playground # _____

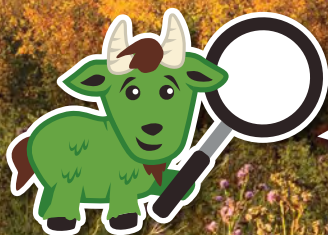
Got... Trails

Manitou Beach has established a superb trail system complemented by the Poetry Posts and Chainsaw Carvings. Not only will you find abundant prairie plants and wildlife, but The Manitou Poetry Trail has a dozen display posts with poems that are changed weekly all summer long. Watrous has a surfaced walking trail that forms two sides of a triangle beginning at 13th Ave E and 3rd St E and ending at 8th Ave W and Main St. Recently completed by local philanthropist Ron Ediger, the Heritage Memory Trail was opened to connect our two communities running safely adjacent to Hwy 365. Bring comfortable shoes and a cool bottle of water. See pull out maps for trail markings and Poetry Post and Chainsaw Carving icons.



TrailCollectiv is a Regina based company launched in 2022 that encourages users to discover amazing, kid friendly, trails recommended by parents and trail ambassadors from all over North America.

A 5-point rating system makes it easier to know which trail is toddler friendly, or your next family grind.



Look for me throughout the Guide and begin your self-guided adventure.

If you need help, head to Manitou Mini-Mart for a list of clues (and the answers) and hunt for a numeric code that you can record here in the Guide

Got... Nature

Restore your soul through a connection with nature at Manitou Beach. Enjoying the finer things is sometimes as simple as quality time with nature.



WELLINGTON PARK

Wellington Park is a place of peace and tranquility. A flowing stream is shaded by numerous trees and is the perfect place for a picnic. There are fire pits, a stone oven, picnic tables and a playground for the kids. A walking trail connects Wellington to the regional campground for those interested in a stroll. Saskatoon berries can also be found in abundance. You'll even find "The Labyrinth" in the depths of the park.

The Poetry Post Trail and Chainsaw Sculpture Trail are both self-guided routes that intertwine each other. See pull out map for Poetry Post and Chainsaw icons.

GREEN ACRES GREENHOUSE

704 - 4th Ave. East
Watrous, Sask.

Work: (306) 946-4191
greenacresgreenhouse.com

acresgreen@sasktel.net

Inspiring Ideas for Your Yard and Garden



PAPA T'S ICE CREAM

Over 25 Flavours

- Soft Ice Cream
- Milkbshakes
- Sundae's
- Hot & Iced Coffee



Located inside
Green Acres Greenhouse
704 4th Ave East

Got... No Leash

Manitou Beach off-leash dog park, fully fenced wildlands, located East of the Village Community Hall and Events Plaza.

Many thanks to all the volunteers and sponsors that made this wonderful, natural off-leash dog park a reality. The Resort Village will issue charitable donation receipts for on-going maintenance. Donations can be made at the Village Office. Inquire about joining our Parks Committee who oversees this village asset.



The combine from the Movie "Twister" # _____

Got... Festivals



Manitou Beach Off-Leash Dog Park # _____



The Salt Shaker Festival is coming July 11th - 13th, with live music at a variety of venues in the height of summer! Join us for a shake'n'bakin salty good time celebrating some of the best live music on the prairies.

Manitou Beach Busking Festival, June 27 - 29, features an amazing roster of Saskatchewan performers sharing their talents on street corners and front doors. As the weekend progresses, the schedule is displayed at Little Manitou Art Gallery. Includes People's Choice Awards ceremony.

Watrous 34th Annual Fun Run Car Show July 26. An amazing collection of automobile culture and entertainment for all, the Watrous Fun Run continues to attract hundreds of entries to this annual event, the last Saturday in July.



Chainsaw carving of a Crocodile #_____!

COME CHECK OUT WHAT THE BUZZ IS ALL ABOUT

Live Chainsaw Carving
Daily Quick Carves **Silent Auctions**
Food & Craft Vendors
Daily Raffles & Draws
Festival Apparel & Souvenirs
Beer Gardens

August 7 - August 10, 2025

**Weekend
and Day Passes
available at the Gate**

CHAINS
SAW
CARVING

Manitou Beach Chainsaw Carving Festival



<https://www.facebook.com/manitoubeachchainsaw>

Got... Time



Watrous Senior Centre

cards, snooker, crafts
exercise, coffee & fellowship,
drop in & scheduled activities

209 Main St

Subscribe to **WMMG's**
Watrous-Manitou weekly newsletter

WatrousManitou.com/calendar/

See Activity Guide
Centre Maps ★
for other
attractions

Got... Lots to do

2025 COMMUNITY EVENTS

March 29 Johner Brothers at Danceland

March 30 Ted Bowes Memorial Ice Bowl
Disc Golf Tournament

April 26 Kinsmen Bull-A-Rama

June 7 Community Garage Sale
Weekend – Sellers encouraged to have
sales this weekend

June 8 Watrous Minor Ball Day

June 15 Father's Day Pancake Breakfast
Fundraiser for Manitou Beach Recreation
Board – Village Hall

June 27-29 Manitou Busker Festival –
various locations – schedule available at
Little Manitou Art Gallery

July 1 Canada Day Celebrations Watrous
and Manitou Beach

July 11-13 Salt Shaker Music Festival –
Danceland, Mike's Beach Bar, Little
Manitou Art Gallery

July 12-13 Spirit of Manitou Studio Trail
weekend

July 18-20 Prairie Egg Gathering- Rally
for Fibreglass, Teardrop & Vintage
Campers – Regional Park Campground

July 26 Watrous Fun Run - 34th Annual
Car Show

Aug 3 Mike's Beach Bar Sunday in the
Sand

Aug 7-10 Manitou Chainsaw Carving
Festival

Aug 16 Wonder of Words – Little
Manitou Art Gallery

Aug 29-30 Musicfest – Little Manitou
Art Gallery

STAY.PLAY

PACKAGES



BOOK HERE

Choose your Accommodation or Event based
package.

Book tickets and reserve your spot-all in one
convenient, online location.

www.watrousmanitou.com/packages/

WEEKLY SUMMER ACTIVITIES

Offered weekly from May Long Weekend through Sept Long Weekend

Mondays:

Murray Disc Golf League Night 6:30pm Everyone Welcome

Tuesdays:

7pm Toonie Tuesdays family dance at Danceland (July and August)

Manitou Beach Golf Club - Mornings Ladies Golf, Evenings Men's Syndicate Golf

Watrous Area Drop in PickleBall - Watrous Arena - 105 3rd Ave W

Wednesdays:

Manitou Beach Golf Club – Evenings Ladies Golf

Mercredi's Stage Open Mic Night 7pm (June – Aug) Behind "Skye House" Manitou Waters 209 John St. Manitou Beach

Mike's Beach Bar – Wednesday Wings & Live Entertainment (July & Aug)

Thursdays:

Manitou Beach Golf Club – Mornings Seniors Golf

Manitou Beach Community Hall Bingo – Communities in Bloom volunteers

Alcoholics Anonymous 8pm – Anglican Church Hall 310 Main St., Watrous

Saturdays:

Homegrown & Handmade Artisan Market 10am – 3pm 105 Elizabeth Ave, Manitou Beach

Little Manitou Art Gallery (June – Aug)– Live Music and BBQ at Splash Café 8pm

Sundays:

Drive-in Flea Market 8am – 2pm

Poetry Post Trail Guided Tour – Meet at Manitou Waters 'Big Bear' 4pm

205 John St Manitou Beach

HEY!



Keep up to date – **SUBSCRIBE!!**
www.watrousmanitou.com/calendar/



SaskAbilities Camp Easter Seal



SCAN
ME!

Camp Easter Seal offers the best outdoor summer camp experience for children, youth and adults experiencing disability in Saskatchewan. As the only completely wheelchair-accessible camp facility in Saskatchewan, Camp Easter Seal is dedicated to providing a fun and barrier-free experience to all campers.

CAMP TOURS!

Available Tuesday - Thursday By Appointment Only
Call 306-664-7203 to book

donate.saskabilities.ca



Gotta Dance

**Toonie
Tuesdays!**

Summertime FAMILY FUN and dancing
at Danceland for only a toonie (\$2)
every Tuesday evening!

DANCELAND

Manitou Beach
Saskatchewan

Danceland is a historic dance hall renowned for its unique dance floor and rich cultural heritage. Constructed in 1928, it is famous for its horsehair dance floor. The floor is supported from below, built on cushioning coils of horsetail hair, and once filled with dancers, moves ever so gently to return the rhythm of the music. This provides a distinctive cushioned surface, adding to the venue's charm and allure. This innovative flooring, coupled with its elegant ballroom architecture, has made Danceland a beloved destination for dance enthusiasts and tourists alike.

Situated on the shore of Little Manitou Lake, Danceland has hosted countless events over the decades, from big band performances to contemporary concerts, maintaining its status as a vibrant hub of music and community life in this picturesque Canadian locale.



2025 Schedule
events & information:

danceland.ca

1-800-267-5037 or
(306) 946-2263

Got... Golf

The beautiful Manitou Beach Golf Club offers novice and seasoned golf enthusiasts a challenge. Bordered by mature trees, the nine-hole course is a beautiful walk of 3,048 yards, par 36. Dotted with bunkers and water hazards, golfers will find themselves booking subsequent tee-times. A full slate of tournaments hit the links starting in June. Their large tournament facility can accommodate 150 people and is equipped with barbecues, a kitchen and a bar. Mulligans Grill open 6:30 am daily.



Manitou Beach Golf Club
This nine hole grass green course features challenging and picturesque golfing nestled on the shores of Little Manitou Lake.



www.manitougolf.com 306-946-2861

The advertisement features a background image of two people on a golf course green. A red flag with the number 8 is visible in the upper left corner.



Murray Disc Golf

Disc Rental
\$10 Adult, \$5 Youth, \$4 12+under

Buy a Disc & Golf Free
Use Your Own Disc & Golf Free
Book your Staff & Birthday Parties (306)946-7788



The advertisement includes a background image of people playing disc golf in a wooded area. The Murray Disc Golf logo is a circular emblem with the text 'MURRAY DISC GOLF' and stars.



Mercer's Manitou Mini Golf

18 Hole Course
Overlooking Scenic Manitou Beach
1(306)250-4801

Come have fun and enjoy the unique replicas of historic buildings from Manitou Beach as you play through the course!

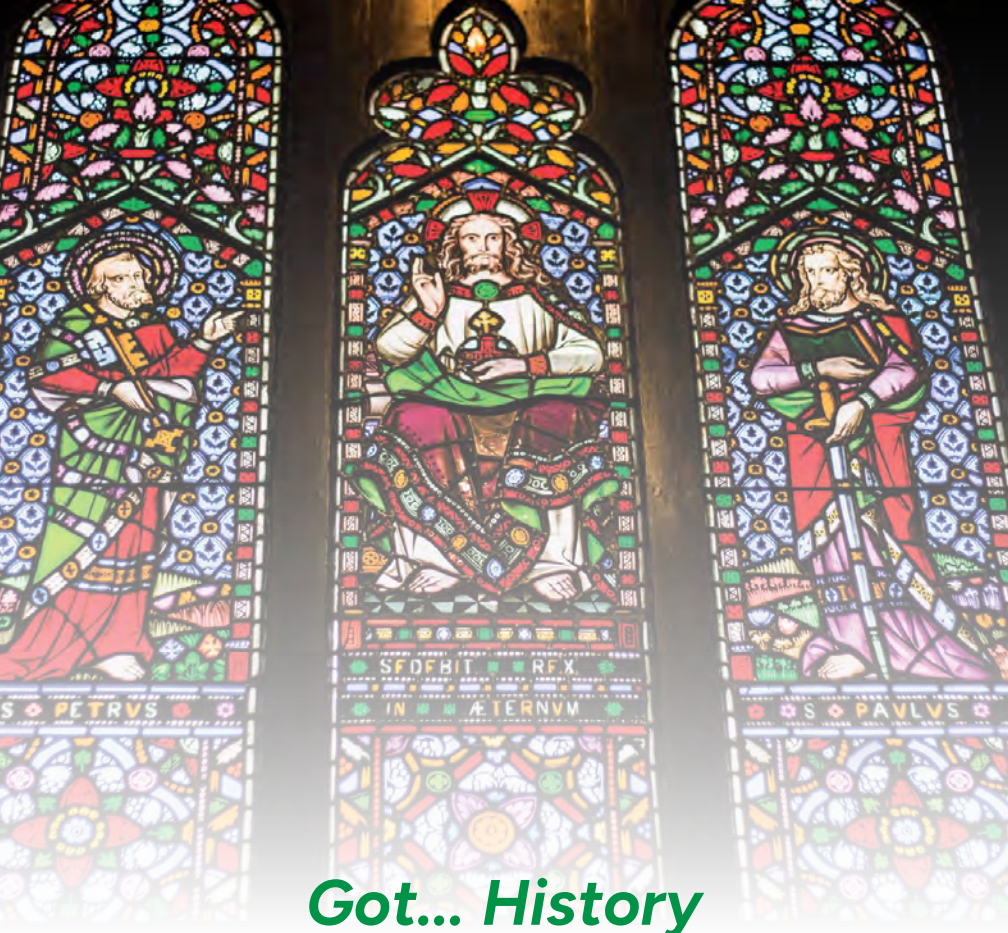


The advertisement has a green background. It features an illustration of a person in a yellow shirt and brown shorts playing mini golf on a green mat.

Got... Popcorn

- Watch indoors (24 seat theatre), outdoors or in your vehicle.
- One of the few Drive-In theatres left in Sask.
- Take a photo with the famous Combine from the 1996 Warner Brothers film "Twister"
- Concessions on-site
- Admission \$30 per car up to 6 people (7 people is \$60 - \$8.57 per person)
- Vehicles with 1-2 people will receive a popcorn and pop voucher during car check after the movie starts
- Find us on Facebook – Salty Cinema for movie schedule or visit watrousmanitou.com/calendar/
- Flea Market every Sunday in Summer 8 AM - 2 PM (See p.25)





Got... History

Manitou Beach offers several opportunities for those in search of antiques, original art, collectibles, and rare and unusual treasures.

In addition to antique shops, be sure to check out the Manitou Beach Flea Market. One of the longest-running flea markets in Saskatchewan, it is open every Sunday starting at 8:00 a.m., weather permitting, from the May long weekend to the Labour Day long weekend. Vendors sell a variety of items including antiques, collectibles, apparel, memorabilia as well as garage and estate sale items. New vendors welcome.

ALL SAINTS ANGLICAN CHURCH WINDOW

Visit the All Saints Anglican Church to view the historic stained glass window from the mid-16th century.

Address: corner of Main St & 4Th Ave. Watrous, SK.

Phone: 306-946-3369
(Town Office)

**Watrous Manitou Beach
Heritage Centre – see p.39**



Got... Treasure

Art, Antiques & Things Unique at Beautiful Manitou Beach
Open May-October and by appointment year round

RELIQS

Arnie Tiefenbach - 306-999-0429 Eric Upshall - 306-946-9922

Email: relicsmanitoubeach@gmail.com

96 MacLachlan Avenue, Manitou Beach, SK, CANADA S0K 4T1



What treasures will you find?

EVERY SUNDAY IN SUMMER
8 AM - 2 PM

CONCESSION IS OPEN

FOR TABLE INFORMATION

EMAIL: MANAGER@SALTYCINEMAMANITOU.COM

THRIFT ON MAIN

For the Love of Giving

Welcome to our community thrift shop. Treasures a wait as you explore this vintage building.
Expect the unexpected at Thrift on Main.



306-946-3001

thrift-on-main.webflow.io

221 Main Street, Watrous SK

Homegrown Handmade Market

FARMERS & ARTISANS

SATURDAY 10AM-3PM MAY LONG TO SEPT LONG

VENDORS WELCOME!

hghmmarket@gmail.com

FOLLOW US ON FACEBOOK

105 ELIZABETH AVE. MANITOU BEACH
ACROSS FROM THE LITTLE MANITOU ART GALLERY

Little Manitou Art Gallery



204 Elizabeth Avenue, Manitou Beach

www.LittleManitouArtGallery.com

Stay with us! airbnb.ca/h/PatronSuite



Jewelry, Crystals
Paintings, Pottery
Garden Sculpture

Popup Artisans
Holistic Healing Studio
Creative Activities

Cold Beer & Wine
Soup & Sandwich
Specialty Coffee

Summer Saturdays
Live Music 8PM
BBQ Supper



A 3 metre tall "Thunderbird"
feather



Spirit of Manitou Studio Trail

Come Join the Spirit!

Saturday July 12 - 25

10am - 7pm

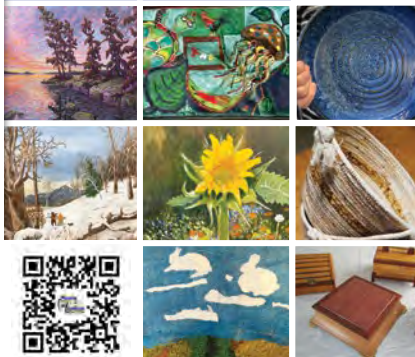
Sunday July 13 - 25

12pm - 6pm

As with all things Saskatchewan, the allure of exploring studios and show rooms, makes the distances fade away in expectation of the rural gems to be found in Manitou Beach, Watrous, Guernsey, Plunkett, Viscount and Meacham.

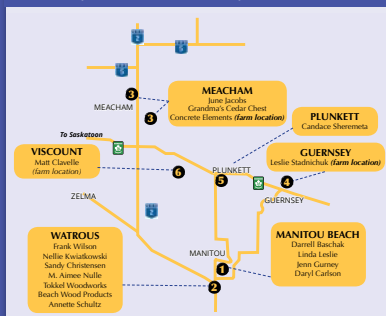
Come Join Spirit of Manitou Studio Trail. Your annual excursion to view, appreciate, and purchase local Saskatchewan-created art. Concrete, textiles, woodworks, paintings-oil, acrylic and water colour, quilting, digital art, sculptures, ceramics and pottery are showcased by our talented Trail participants.

Thank you to all of our supporters -past and future-you are what makes it all worthwhile.



www.spiritofmanitou.ca

[#spiritofmanitoustudiotrail](https://www.instagram.com/spiritofmanitoustudiotrail)



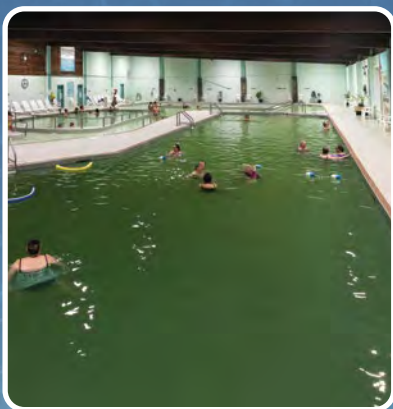
Learn more about the Artists at spiritofmanitou.ca

Manitou Springs

Resort & Mineral Spa

Why Stay Anywhere Else?

302 McLachlan Avenue, Manitou Beach



Unlimited swimming at indoor
mineral pool

Waters Edge Restaurant & Lounge
overlooking Manitou Lake

Pool Side Cafe for lighter meals,
ice cream & snacks

Serenity Massage & Esthetics

Expanded Gift Shop



Mineral Treatments

Massage

Aromatherapy

Herbal Hot Body Wrap

Nail Care

Facials

Gentlemen's Treatments

Book accommodations & view amenities online at
manitousprings.ca or call 306-946-2233



WATER'S EDGE RESTAURANT & LOUNGE

Open daily from 6:30am - 11:00pm

Specializing in AAA steaks, seafood, pasta, pizza & comfort food.

Outdoor Patio Open daily at 11:30 am (weather dependant). Enjoy the Special Patio menu, draft beer & frozen cocktails.

Hold your next meeting or banquet with us in one of our 3 meeting rooms or outdoor patio.



WATERCREST CAFE (POOLSIDE)

Enjoy a quick meal, beverage, or dessert at our lovely poolside Mineral Spa Café while you swim or overlook the pool area. Famous for our "home-style" cooking and baking (Cinnamon buns, pies, muffins). Hard Ice Cream is available all year.

The Dead Sea Of Canada **CLEAN, HEALING, MINERAL WATERS**

The warm, soothing waters have proven to significantly reduce arthritis pain in most cases

Breathe - Float - Rejuvenate



Quaint, Comfy & Unique

- 1,2 & 3 BEDROOM SUITES WITH FULL KITCHENS
- EXCELLENT FOR LARGE GROUPS
- PET FRIENDLY
- IN THE HEART OF MANITOU
- OPEN ALL FOUR SEASONS



cozycornersuites.ca

306-570-7554

Last Mountain Inn



- 18 Clean Modern Rooms
- Light Housekeeping Units
- Air Conditioning - Digital Cable TV
- Microwaves - Fridges - Barbeque
- In-Room Coffee
- 24hr Direct Dial Phones

Reservations Toll Free: 1 866 913 3383

Fax: 1 306 946 3061

www.lastmountaininn.com



Sisters Family Camp

♦ Cabin Rentals ♦

Vince: 306-419-9455
Dee: 306-419-9454

213 Watrous Street
Manitou Beach, SK

www.sistersfamilycamp.ca
sistersfamilycamp@gmail.com



Rings found from the burned
out remains of the Chalet Pool

Got... Comforts of Home

A variety of accommodations are available to you in Watrous and Manitou Beach. Welcoming you with friendly service, the comforts of home and more, book your place today and relax at the end of a busy day. Find the perfect spot *"down at the beach"* or *"in town"*...

DOWN AT THE BEACH (MANITOU BEACH)

COZY CORNER SUITES (4 Units) (pet friendly)
410 Elizabeth Ave., Manitou Beach, SK.
306.570.7554 • cozycornersuites.ca

HOMETEL MANITOU BEACH (2 Rooms)
309 Jean St., Manitou Beach, SK.
306.946.2315 • hometelmanitoubeach.com

SISTERS FAMILY CAMP
213 Watrous St., Manitou Beach, SK.
306.419.9455 Vince • 306.419.9454 Dee
sistersfamilycamp.ca

THE LAKE HOUSE AT MANITOU
812 Apukwa Ave., Manitou Beach, SK.
306.917.9111 • thelakehouseatmanitou.com

MANITOU SPRINGS RESORT & SPA
302 MacLachlan Avenue, Manitou Beach, SK.
306.946.2233 • 800.667.7672
manitousprings.ca

SALTWATER SNUGGLE LODGE
(pet friendly)
206 Winnipeg St, Manitou Beach, SK
306.260.0882
watrousmanitou.com/merchants/saltwater-snuggle-lodge

SUNSET CITY NORTH VACATIONS
(pet friendly) 202 & 204 Watrous St. Manitou Beach 306.945.7607 watrousmanitou.com/merchants/sunset-city-north

PATRON SUITE – LITTLE MANITOU ART GALLERY

204 Elizabeth Ave,
Manitou Beach, SK
306.400.2544 • littlemanitouartgallery.com

IN TOWN (WATROUS)

LAST MOUNTAIN INN (18 units)
Junction of hwy 2 & 365, Watrous SK
306.945.3833 • 866.913.3315
lastmountaininn.com

MANITOU HOTEL (12 rooms, 6 Suites)
102 Main St., Watrous, SK
306.946.3315
manitouhotel.ca

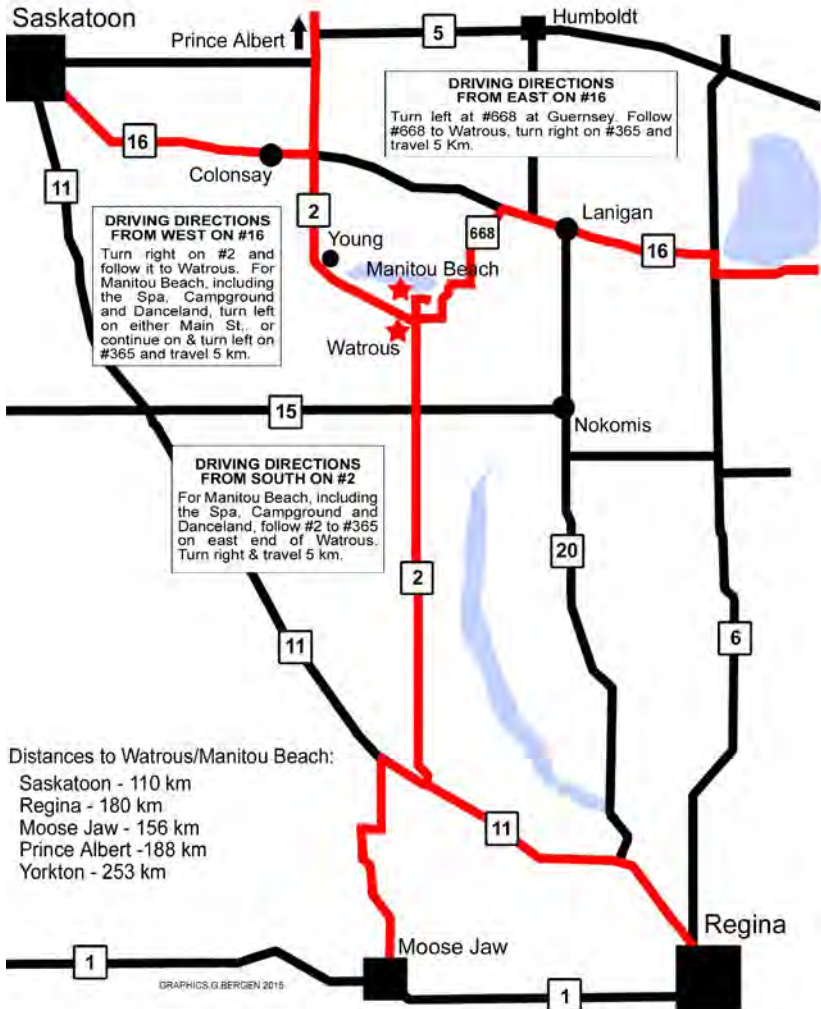
CAMPGROUNDS

MANITOU & DISTRICT REGIONAL PARK
(230+ Campsites)
Hwy #365, Manitou Beach, SK.
306.946.2588 • manitouregional.com

WATROUS TRAILER & RV PARK
404 8th Ave E, Watrous, SK
306.946.7502
watrousmanitou.com/merchants/watrous-trailer-rv-park



Watrous Manitou Beach



A 2 metre replica of Danceland

Got... Chrome

The 34th Annual Watrous Fun Run Show 'n' Shine car show is scheduled July 26th, 2025. Traditionally the largest car show in rural Saskatchewan, this is not only a showcase for car aficionados but also a full day of family-oriented events. Classic cars, trucks, motorcycles, hot rods and customs with specialty cars and antique tractors draw a huge crowd of visitors to town.

The Watrous Fun Run will take over Main Street Watrous. Late in the afternoon the vehicles parade through Manitou Beach.

Search Facebook for "Watrous Fun Run" and Follow our page for more information. Use the QR code to visit our website watrousfunrun.com.



NAPA

AUTO PARTS

Locally owned and operated, Watrous NAPA Auto Parts offers over 400,000 products, tools, and equipment

210 - 1st Ave West,
Watrous
(306) 946 - NAPA (6272)

An advertisement for NAPA Auto Parts. It features the NAPA logo on the left, which consists of a yellow hexagon with 'NAPA' in blue. To the right, the words 'AUTO PARTS' are written in bold blue letters on a yellow background. Below this, a blue box contains white text stating: 'Locally owned and operated, Watrous NAPA Auto Parts offers over 400,000 products, tools, and equipment'. At the bottom right, a yellow box contains black text with the address '210 - 1st Ave West, Watrous' and the phone number '(306) 946 - NAPA (6272)'. The background of the ad shows shelves stocked with various automotive products.





- ★ Attractions & Things to Do
- 🏠 Accommodations
- 🍽️ Food & Dining
- Businesses & Community Services
- 🎨 Art Gallery
- 🪚 Chainsaw Sculpture
- 🏊 Playground

TRAILHEAD

To Manitou Beach

Sports Grounds

- Ball Diamonds
- Playground
- Curling Rink
- Swimming Pool

Football & Track

TRAILHEAD

Hwy #668 Lanigan

365



Watrous Trailer & RV Park

Hospital
Medical Clinic

NEW RESIDENTIAL LOTS

Elementary School

High School
Carlton Trail College

Information Center
Town Office
Civic Centre

Jubilee Court

Anglican Church
Library
Art Gallery
Bargain Store

Fitness Centre
Affinity Credit Union
RBC Royal Bank

Golf Simulator
Manitou TB's Hotel
Liquor

Mainline Motors GM

Minard's RV
Car Wash

Green Acres Greenhouse
Papa T's Ice Cream

Watrous Animal Hospital

Melron Services
Watrous Home Building

NEW INDUSTRIAL LOTS

Manitou Mainline Chrysler

Last Mountain Inn

Hwy #2 Simpson

4th Street W

8th Ave W

7th Ave W

6th Ave W

5th Ave W

4th Ave W

3rd Ave W

2nd Ave W

1st Ave W

Main Street

1st Street E

2nd Street E

3rd Street E

4th Street E

8th Ave E

7th Ave E

6th Ave E

5th Ave E

4th Ave E

3rd Ave E

2nd Ave E

13th Ave E

12th Ave E

3rd Street E

Co-op Agro Service
Centennial Ford

Hwy #2 Young

Cenotaph Park
RCMP
Heritage Centre
Post Office

Coin Laundry
306 Day Spa

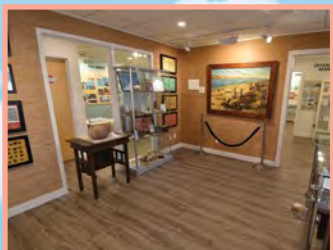
Pharmacy
Senior Centre
Barbershop
Linksters/MC
Pepper Tree

CO-OP Grocery
Little Olive Health Market
CO-OP Gas Bar
Pip's Subway

Watrous NAPA



Watrous • Manitou Beach HERITAGE CENTRE



Watrous and Manitou Beach are rich in history from the First Nations people who came centuries ago and gave birth to the legend of Manitou, to the settlers of a Pioneer Town along the Grand Trunk Railway. Our two communities started as unique destinations in Western Canada for our many spas and dancehalls, and later became home for communication for the CBC, and CBK Radio. Now a thriving community where agriculture, automotive, tourism and potash industries meet. This history of Watrous Manitou Beach is yours to discover.

Watrous Manitou Beach Heritage Centre is located at 403 Main Street, Watrous. The histories of Manitou Beach, the Town of Watrous, and CBK Radio are featured along with the scale models of Orin McIntosh and much more.

Please check the website watrousheritage.ca for open hours.



Horseshoe Pits # _____

Got... Culture

WATROUS AND AREA ARTS COUNCIL

Visual Arts



Since 1979 the **Watrous and Area Arts Council** (WAAC) has been promoting and co-ordinating the interests of the arts and culture in Watrous and surrounding area.

WAAC is dedicated to providing opportunities for **everyone to participate** in a variety of art experiences.



EXHIBITIONS

SCAN ME



waac@sasktel.net

www.osac.ca/WatrousandAreaArtsCouncil

Gallery on 3rd

102 3rd Ave E

WATROUS ARTS
& CULTURAL
CENTRE



WAAC artist exhibits, workshops and sale
of artists' works at the Gallery on 3rd.



[www.Facebook.com/
WatrousAreaArtsCouncil](https://www.facebook.com/WatrousAreaArtsCouncil)



WATROUS AND AREA ARTS COUNCIL

Performing Arts

The Wardens

Thurs. April 3rd, 2025

@ 7:30pm

Watrous Civic Centre

Night Out In Town

WAAC - \$25/ticket or pick up a series 5 pack

April
Kate
Ryan
2026

Feb 24
Prairie Debut
presents
Jaca
2026

Oct 30
Lee Siegal
2025

April
Tommy
Charles
2026

March
Rum
Ragged
2026



Got... Health and Wellness

People want to live, work and play where health is top of mind, where healthy physical, mental and spiritual practices, including "taking the water" are part of the community's culture. Healthy spaces, excellent nutrition resources, health education, healthy recreational activities and strong community support for healthy lifestyle practices are right here, in the Watrous-Manitou Beach "health hub".

"Stepping outside of the default zone of daily life, relaxing the senses and emotions, and experiencing balanced therapies are a way for us to slow down, purify and refresh ourselves."
Dr. S. Czeranko, ND, Manitou Beach



Dr. Sussanna Czeranko, ND

- *Naturopathic Medicine*
- *Health Education Centre*
- *Healing Retreats*
- *Art Studio & Classes*
- *Creative Writing Classes*

306-946-4266

205 John St. Manitou Beach

info@manitouwaters.com

www.manitouwaters.com

Supplements and Vitamins

Gluten-free foods

Organic foods

Essential Oils

Personal care items

Nuts and other treats

Diffusers and Salt Lamps

Crystals and Stones

Gift ideas



the little olive
HEALTH MARKET

103 Main St, Watrous

(306) 946 - 3003



MANITOU WATERS HEALING ARTS CENTRE AND NATUROPATHIC CLINIC

manitouwaters.com • Located at 205 – 209 John Street, Manitou Beach

Sundays: Poetry Post Trail Seasonal Guided Tour – Meet at Manitou Waters 'Big Bear' statue at 4pm.



Steeped & Brewed Writers' Group – Workshops, feedback, camaraderie. Beginner and active writers are always welcome. An SWG (Saskatchewan Writers' Guild) group.

1st Sunday of every month.

Meet at Manitou Waters - Skye House 209 John St. 1pm-4pm.

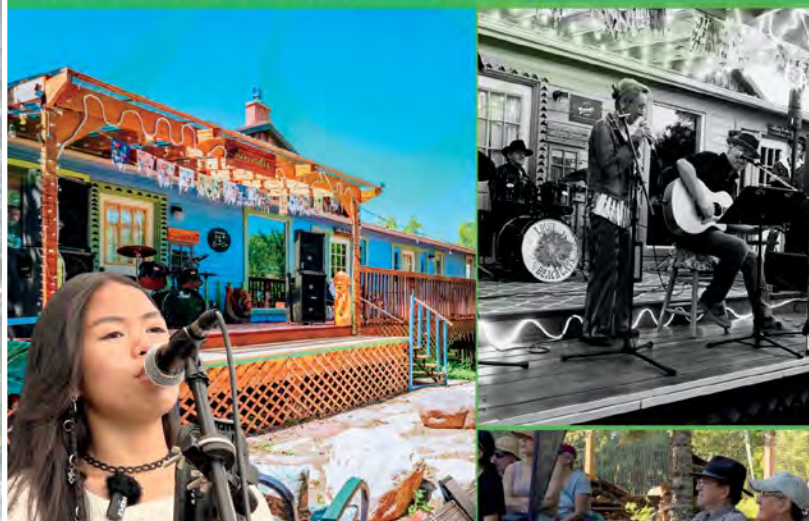
SPECIAL EVENT: July 12 - Harper-Collins award winning Author Jeanette Lynes. Book launch The Paper Birds. Manitou Waters - Skye House 209 John St.

**Wednesday Night
Open Mic Sessions
7PM
Seasonal
(June 19 - Sept 4)**



209 John Street, Manitou Beach, SK

***Mercredi's Stage is located behind Manitou Waters - Skye House**



Got... Sunsets

Enjoy the endless supply of sunsets we offer
(no extra charge)



THE LAKE HOUSE
REUNIONS RETREATS GROUPS
PANORAMIC LAKE VIEWS
FULL KITCHEN 6 BDRM 5 BATH
THELAKEHOUSEATMANITOU.COM
306 917 9111



@photosbycolten




- Professional recording
mixing & mastering
- Songwriting
- Production mentorship
opportunities


Skullcreekstudios@gmail.com or call Aspen Beveridge at 306 717-8609

Got... it all!

Whatever you're looking for – gifts, cars, RVs, artwork – there are lots of places to shop in Watrous and Manitou Beach.



**An Affinity for
Saskatchewan**



An Affinity for you

Visit us at 210 Main Street in Watrous!
affinitycu.ca | 1.866.863.6237

Main Street in Watrous features great locally owned stores such as Watrous Pharmacy, Little Olive Health Market, Thrift on Main, Inksters, Model Meats, and 306 Day Spa.

When you arrive in the community you are greeted by a multitude of cars, trucks, RVs and farm implements dubbed the "Multi-Million Dollar Mile". The mile operates in lower-cost rural Saskatchewan and is characterized by low margin/high volume trade which give it highly competitive pricing. With three major vehicle dealerships, an RV dealer, and three farm implement dealers, there is a lot to choose from in Watrous!



Watrous Fresh-water Swimming Pool # _____

Got... an Appetite

A variety of dining experiences await you in Watrous and Manitou Beach. You can dine with elegance in several establishments, relax at a few café locations, or grab a bite without missing a bit of fun! Find the perfect spot "down at the beach" or "in town"...

MANITOU BEACH

BURGER BUOY

315 MacLauchlan Ave,
Manitou Beach

MULLIGANS GRILL (LICENSED)

Manitou Golf Club
Highway #365, Manitou Beach, SK.
306-946-4745

SPLASH CAFE (LICENSED)

Little Manitou Art Gallery
204 Elizabeth Ave,
Manitou Beach, SK. 306-400-2544

MANITOU MINI MART

205 MacLachlan Ave,
Manitou Beach, SK. 306-946-4172

MIKE'S BEACH BAR (LICENSED)

303 MacLachlan Ave.,
Manitou Beach, SK. 306-946-2835

ODA (SEASONAL, LICENSED)

305 MacLachlan, Manitou Beach, SK.
306-290-6990

WATER'S EDGE RESTAURANT (LICENSED)

Manitou Springs Resort
302 MacLachlan Ave., Manitou
Beach, SK. 306-946-2489

WATER CREST CAFÉ

Manitou Springs Resort, Spa/Pool
Entrance, 302 MacLachlan Ave.,
Manitou Beach, SK. 306-946-2233

WATROUS

PEPPER TREE (LICENSED)

203 Main Street, Watrous, SK.
306-946-3344

SUBWAY

Pip's Esso, 101 Main Street,
Watrous, SK. 306-946-2680

TB'S BAR & GRILL (LICENSED)

102 Main St., Watrous, SK.
306-946-3315

PAPA T'S ICE CREAM

(at Green Acres Greenhouse)
704 4th Ave E., Watrous, SK.



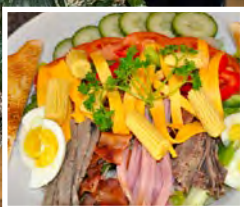


PEPPER TREE

FAMILY RESTAURANT & LOUNGE

We offer 140 seating for dining and 70 seats in our sports bar lounge and are open daily at 6am for breakfast, lunch, dinner and late night dining.

We deliver to Watrous and Manitou beach area and also have full scale gourmet catering for all events, big or small.



Where Friends Meet!

201 Main Street, Watrous, Saskatchewan

306-946-3344

peppertreewatrous.ca





**HOT FOOD,
COLD BEER**



GREAT TIMES!



Delicious Food Menu, Pool, Jukebox,
7 Big Screens TVs and VLTs!

Fully Stocked Beer, Wine and Spirits Store
On-Site With Delivery, Including Manitou!

102 Main Street Watrous SK • 306-946-BEER



ODA

Coffee, Wine & Dine
Manitou Beach
305 MacLachlan Ave



Got... Aurora

View the magnificent Aurora Borealis with its awe-inspiring colour and movement against darkened skies with minimized light pollution -thanks to Village of Manitou Official Community Plan.

CONCRETE
Elements

Viscount, Sask
306-944-4236
306-717-1720
concretelements.com



Ornaments by the Yard make Visions Concrete



Got... Spaces

Name	Size	Capacity	Seated	Details	Contact
Year-Round Facilities					
Danceland (Manitou Beach)	4800 sq ft flr 9140 sq ft tot	500	400	Buffets Available Weddings, Special Events	Danceland 800-267-5037
Civic Centre (Watrous)	60' x 80' 4800 sq ft	440	300	Stage, Round and Square Tables Available	Town of Watrous 306-946-3369
High School Gym (Watrous)	4300 sq ft flr 635s q ft stg	500	400	See School Use Policy	Winston High School 306-946-3309
Curling Rink Lounge (Watrous)	57' x 50' 2385 sq ft	140	125	Bar and Fridge	Town of Watrous 306-946-3369
Manitou Room (Manitou Springs Resort)	72' x 30' 2160sq ft	150	120	Food, Bar, Audiovisual	Manitou Springs Resort 800-667-7672
Community Hall (Manitou Beach)	42' x 23' 966 sq ft	190	80	Full kitchen 21' x 15'	Resort Village of Manitou Beach 306-946-2831
Heritage Room (Watrous)	45' x 20' 900 sq ft	80	40	Whiteboard, Audiovisual	Town of Watrous 306-946-3369
Kinsmen Club Room (Watrous)	40' x 29' 1160s q ft	80		Bar and Fridge	Town of Watrous 306-946-3369
Renown Room (Manitou Springs Resort)	40' x 16' 640 sq ft	50	25-30	Food, Bar, Audiovisual	Manitou Springs Resort 800-667-7672
Venn Room (Manitou Springs Resort)		12		Food, Bar, Audiovisual	Manitou Springs Resort 800-667-7672
Anglican Church Hall	760 sq ft plus full kitchen	60	60	Audiovisual available	Connie Woiden 306.946.8288
Lounge (Little Manitou Art Gallery)	30' x 20'	20	15	Food, Bar, Audiovisual, Entertainment	Little Manitou Art Gallery 306-400-2544
Seasonal Facilities (Summer Months)					
Curling Rink (Watrous)	159' x 68' 10,800 sq ft		800	Summer Only	Town of Watrous 306-946-3369
Arena (Watrous)	185' x 85' Rink 87' x 38' Lounge	400		Summer Only	Town of Watrous 306.946.3369
The Terrace (Manitou Beach)	7000 sq ft	250	200	Food, Bar	Manitou Springs Resort 800-667-7672
Tournament Lounge (Manitou Beach)	39' x 25' 1170 sq ft		125	Private patio, barbeques, picnic tables	Golf Course Restaurant 306-227-4206
Campground (Manitou Beach)	230 + Campsites			2 Camp kitchens 50-person capacity	Manitou Regional Park 306-946-2588



Bronze and Concrete Goddess # _____

Got... To Get Together

YOUR NATURAL MEETING PLACE IN SASKATCHEWAN

Hosting a reunion? Planning a wedding? Chairing a regional meeting or planning a conference? Watrous and Manitou Beach offer a broad range of facilities and catering services to suit your needs!

Centrally located, Watrous and Manitou Beach is the perfect destination for guests, staff and clients. Travel time will decrease as fun and productivity will increase. No need to weigh your wallets down with coins as each venue has plenty of free parking. Economical rental rates, clean, bright facilities with a myriad of extra amenities and skilled caterers are the perfect combination to hosting everything from a small intimate wedding or anniversary to a large provincial conference.

WATROUS

The Watrous Civic Centre on Main Street has a maximum capacity of 360 people and the Heritage Room located in the same building accommodates 80 people for a meeting and half as many for a sit down meal. The Kinsmen Club Room in the skating arena holds 80 people while the Watrous Curling Club found in the sports grounds has a main floor capacity of 800 people with a second upstairs area accommodating 200 people.

MANITOU BEACH

For those wishing to keep everything all under one roof, Manitou Springs Resort Hotel and Mineral Spa has 3 meeting and convention rooms with a maximum capacity of 150 people. With 102 hotel rooms, guests can meet, eat, and sleep all in one place.

Those looking for a more relaxed venue can check out the Regional Campground at Manitou Beach. With more than 200 sites available and two camp kitchens, the campground is the perfect place for friends and family to gather.

The Manitou Beach Community Hall can be rented by calling the Manitou Beach Village Office and the Hall includes a full kitchen, buffet table, tables/chairs, and attached deck.

With so many venues from which to choose, economical rental rates, facility amenities (too many to list) and food services with impeccable reputations, it is time for you to take advantage of Watrous Manitou hospitality and plan your next event in the heart of Saskatchewan! You will wonder why you didn't do it sooner!



Got... Activity

WATROUS RECREATION

During the summer you can go for a dip in the Junior Olympic-sized swimming pool and there is always some baseball action located at the Watrous Sports Grounds which has 4 shale ball fields as well as a football field and a running track. Check out Watrous Swimming Pool 2025 and Watrous Recreation on Facebook.



**WATROUS
FITNESS
CENTRE**
101 3RD AVE EAST

MEMBERSHIPS, PUNCH CARDS & DAILY DROP INS AVAILABLE
CONTACT TOWN OF WATROUS 404 MAIN ST. 306-946-3369



**WATROUS
SWIMMING
POOL**

Open June - August

800A – 1st Street East, Watrous
(306) 946 - 3066
Watrous Swimming Pool 2024



**BEACH
RENTALS**

BURGER BUOY

**If you're Hungry,
We're a Lifesaver!**

315 MacLachlan Ave

MANITOU BEACH RECREATION

There are many different opportunities for the golf enthusiast as we provide a mini-putt venue, a 18 hole disc golf course as well a beautiful 9-hole golf course with a fantastic restaurant.

Sailing on Little Manitou Lake attracts tourists from all over the world. Canoes, kayaks, and personal watercraft are a lot of fun all summer long. The Manitou Beach Rec Board has provided four "lateral wharf" staircases, located along the water's edge throughout the community, to facilitate getting into the lake.

Walking trails continue to be developed within Manitou Beach. See the enclosed map for three suggested routes from 0.9km to 5.2km long. The "trail head" signage is located beside the Manitou Community Hall.

Horseshoe pitch west of the Village Community Hall Horseshoes available from Village Office, 701 Lakeview Ave.

Pickleball nets set up at West end of beach, at Tennis Courts.

Drop in Pickle Ball Tuesday evenings (summer) Watrous Arena 105 3rd Ave W.



Open May through October
303 McLachlan Ave, Manitou Beach - (306) 946-2835
Pub · Sports Bar · Dance & Night Club

Got... Winter

You have to be hardy to really get the most out of Saskatchewan! Winter offers many unique experiences at Watrous and Manitou Beach.

WATROUS WINTER ACTIVITIES

During the winter months, life revolves around the Watrous Centennial Arena which can seat up to 500 spectators with a fully functional kitchen and lounge. Watrous has Minor Hockey teams for all ages, a Learn to Skate program, a Rec Hockey League as well as the Senior Winterhawks who play in the Long Lake Hockey League. Down the road, the Watrous Curling Rink has 4 artificial ice sheets and a fully functional bar & kitchen.

MANITOU WINTER ACTIVITIES

MANITOU BEACH SKATING POND is clear and ready for family fun! Protected in a hollow, you will find it past the very last house on Jean Street, turn left into the parking lot. There are 2 picnic tables and a fire pit. Bring wood, hot chocolate... and marshmallows! New for 2025, another skating/curling surface was added at the Manitou Village Community Hall.

CROSS COUNTRY SKIING TRAILS are groomed by Manitou Beach Recreation Board volunteers. Enter the Campground trails just past the Manitou Beach Hall. Enter the trails on the Golf Course at the Clubhouse. Skis, boots, poles, and snowshoes are available for rent through the community.

Cross Country Skis, Showshoes and Skate Rentals are handled by Manitou Springs Resort front desk. (306) 946-2233

Check Manitou Beach Pond & Trail facebook page for equipment information and trail updates.

WELLINGTON PARK is a winter wonderland. This spring-fed stream runs year-round. Walking trails along the stream are tranquil and picturesque. Take some birdseed if you want the chickadees to eat right out of your hand.

Wellington Park has its own labyrinth and poetry post.



Trail
Collectiv



Winter Activity Equipment Rentals

Provided by the Manitou Beach Recreation Board

Cross Country Ski's

Ski's, boots & poles

\$20 adult, \$10 child

Snowshoes

With strap-kit

\$20 adult, \$10 Child

Skates

Skates & helmet

\$10 adult, \$5 child

Contact Manitou Springs Resort Front Desk

306-946-2233 • 302 MacLachlan Ave, Manitou Beach



"Little Manitou Bather" sculpture # _____

Got... Sanctuary

The north end of Last Mountain Lake is one of the Prairie Provinces' most important waterfowl staging areas and is a crucial "refueling stop" for waterfowl and other water and land birds on their way from the Arctic to the southern United States. Over 280 species of birds have been recorded and over 100 of these species have been documented to breed in the area.

1887 Dominion Government Order in Council set aside just over 1000 hectares to create the Last Mountain Lake Bird Sanctuary. In addition to being the first officially protected wildlife area in what was to become Saskatchewan, it was the first designation of a bird sanctuary in North America.

Last Mountain Lake Bird Sanctuary is only 65 KM East of Watrous Manitou. Make a day trip and visit Nokomis Craft Ales or the Nokomis Museum.



A "Labyrinth" sculpture # _____



SUMMER HOURS

THURSDAY - SUNDAY 12PM - 6PM

NOKOMIS
CRAFT ALES

Watrous
Home
hardware
building centre
homehardware.ca



  **WATROUS**
MAINLINE
THE ORIGINAL  SUPERSTORE



watrousmainline.com • 306-946-3336 • 1-800-667-0490

MCI
Sales Limited

INKSTERS
207 main street

CUSTOM PRINTED APPAREL
SCREEN PRINTING EMBROIDERY

MENS & LADIES
FASHIONS

www.mcisaleswatrous.com

Got... Purpose

INTERLAKE HUMAN RESOURCES

"Mission Statement: IHRC is dedicated to assisting program participants attain their optimum level of independence and quality of life in the workplace, home and community".

- IHRC works with adults experiencing disabilities to encourage and promote independence and participation in their communities. Since our inception in 1975 we have been proud contributing members in all aspects of our communities. We believe in inclusion for all members of a community as a whole.
- We operate a busy day program activity centre in Watrous and recently opened our new 4 person group home in the community.
- Supported Independent Living as well as Supported Employment are two other programs we offer for the individuals we support.
- Interlake (IHRC) also operates the SARCAN depot in Watrous and Davidson.
- IHRC plays an important role in the lives of its participants. We provide a safe and active environment to work and grow in. We offer leadership and guidance to help our participants obtain their optimum level of self-determination.
- IHRC strives to help our participants be active, contributing members of their communities. We volunteer, attend activities and events in our town and surrounding areas and support local businesses. Many of our individuals are employed not only in-house at the day program but with various businesses in our community. We have many positive partnerships with service organizations, individuals and businesses alike.

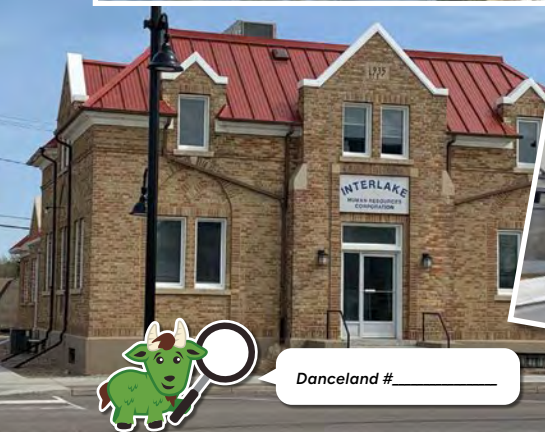


SARCAN WATROUS - 110 3RD AVE E

- Watrous SARCAN was one of the original depots in the province and has been a successful business in our community since 1988. We currently employ 4 people full-time, and have recently hired two individuals from Interlake Human Resources Corp as part-time employees, promoting valuable, inclusive employment in our community.
- Not only have we been a strong contributor to our local economy but we offer many options for recycling:

Aluminum	Cartons	Household paint
Plastic and glass bottles	Batteries	Non-deposit glass (new)
End of useful life electronics	Foam packaging (new)	Flexible plastics (new)

- We process many local fundraising efforts such as large bottle drives, which helps support community initiatives.
- We are proud to positively contribute not only to our local economy, but to the global efforts to encourage and promote environmental sustainability.



Danceland # _____

You're at home here.



Saskatoon

Gas Bar

- Full service gas, diesel, propane
- Lottery & confectionary

Ag & Home Solutions

- 24 hour Cardlock convenience
- Camping, bbq, seasonal needs
- Farm equipment

Food Store

- Market Place fresh produce
- Ready-to-go meals
- Premium Co-op Gold products
- Store-made sausage, burgers
- Fresh bakery cookies & donuts

Saskatoon Co-op

saskatoonco-op.crs

Food Store 946-4144

Gas Bar 946-3812

Ag & Home Solutions 946-5511



MAINLINE CHRYSLER
KING OF TRUCKS



QUALITY PLUS
CONSTRUCTION LTD.

 **SASKATCHEWAN**
NEW HOME WARRANTY

 qualityplusconstruction.ca
 (306) 946-2549
 qualityplus@sasktel.net

REALTY
EXECUTIVES

WATROUS

Byron Gabel
306-570-8854
 Charlene Mattick
306-535-2842
 Avril Reifferscheid
306-946-8520
watrousrealty.com

 **ALPHA DEVELOPMENTS LTD.**

FROM CONCEPT TO COMPLETION

ALPHADEVELOPMENTS.CA
ALPHA.MATTK@GMAIL.COM
 (306) 946-2997





An Orange Throne # _____

Gotta... Float

Little Manitou Lake – the only lake like it in North America – with properties similar to that of the Dead Sea in Jordan – is a truly unique experience. With many healing and rejuvenating properties, here is what you need to know:

The following are the results of the study completed by Dr. William Last, Department of Geological Sciences, University of Manitoba, 1997.

Magnesium 9,505.0 milligrams/litre

An essential mineral, Magnesium helps to maintain water balance in the cells and regulates the (PH) necessary for proper functioning of the nerves and muscles. It also helps to regulate the body's temperature. Magnesium is a natural skin toner, tightener, refresher, allergy fighter and moisture retainer.

Carbonate 180.0 milligrams/litre • Sulphate 39,577.0 milligrams/litre

Helps to maintain the body's balance, meaning it regulates the distribution of fluid on either side of the cell walls. It works with potassium to preserve the alkalinity of the body's fluid and aids in keeping the skin healthy. It also maintains health of the nervous system, muscular system, blood and lymph systems. Sodium is a natural cleanser and rehydrater.

Potassium 430.0 milligrams/litre

Preserves the proper alkalinity of body fluids and aids in keeping the skin healthy. Potassium is a mineral salt used for its antibacterial and astringent effect in natural deodorants and antiperspirants.

Mineral Salts

Natural ingredients that stimulate the skin to perform functions such as oil production and hydration. As the skin sags with age, mineral salts help bring blood and oil to the skin's surface. Mineral salts aid hydration which helps firm the skin by balancing moisture beneath the surface. It keeps mucous membranes moist and increases cell regeneration, giving skin greater elasticity. In addition, mineral salts boost the immune system by penetrating into the skin, strengthening blood vessel walls.

Silica 9.9 milligrams/litre

Plays an important part in the formation of bones, nails, teeth and connective tissue. Some of the highest levels of silica are found in cartilage, tendons, and blood vessels. Silica is a natural skin toner and tightener.

**Sodium (Table Salt) 6,138.0 milligrams/litre • Chloride 8,969.0 milligrams/litre
Calcium 480.0 milligrams/litre**

Used in the treatment and prevention of sunburn in addition to providing protection against the effects of sun damage such as redness and subsequent peeling. It also protects against sun-caused skin cancers and helps skin to remain healthy. The combination of Vitamin A and calcium are good protection for the skin. Calcium is a natural antiallergen.

Oxide of Iron and Aluminum 4.0 milligrams/litre

Iron is necessary for hemoglobin and myoglobin formation. A deficiency of iron results in paleness of the skin. Aluminum is used in foil, deodorants, and baking powder as an emulsifier, in some processed cheeses and as a bleaching agent to whiten flour. There are no known beneficial effects of aluminum.

Sulphur

Often called "Nature's Beauty Mineral" because it keeps the hair smooth and glossy and the complexion clear and youthful. Sulphur is stored in every cell with the highest concentration found in the joints, hair, skin and nails. It is reabsorbed by the skin and hair and stabilizes a too-strong sebaceous gland. It has the ability to alleviate itching and plays a part in tissue respiration. Sulphur is necessary for collagen synthesis and naturally eases aching joints.

Specific Gravity 1.06

The specific gravity of tap water is 1.0. When you add minerals, the minerals dissolve in the water and make it more buoyant. The Unsinkable Experience!



Gates to Camp Easter Seal # _____

Got... Community

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502 4th Ave E Watrous

Our Redeemer Lutheran 306-917-8199

304 5th Ave W Watrous

Philadelphia Mennonite 306-946-3785

Hwy 668 16km East of Watrous

St. Ann's Roman Catholic 306-946-3630

506 Main St Watrous

Watrous United Church 306-946-3592

502 Main St Watrous



Kinette

Club of Watrous

As a member, you'll have the opportunity to collaborate with like-minded individuals, host impactful events, and organize fundraisers that directly benefit your community. But it's not all work—our clubs also focus on building friendships and enjoying social activities together.

For information about becoming a Kinette, email watrouskinettes@gmail.com

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Medical Clinic	306-946-1241
Dentist	306-946-2131
Pharmacy	306-946-3311
Town of Watrous	306-946-3369
Resort Village of Manitou Beach	306-946-2831
Emergency	911
Police/Fire/Ambulance	911
Animal Hospital	306-946-3657

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The 2025 Watrous Manitou Beach Activities Guide is a project of the Watrous Manitou Marketing Group (WMMG). The WMMG is a partnership between the Town of Watrous and the Resort Village of Manitou Beach. Thank you to all the advertisers and those who contributed to the publication. Much care and attention has been taken to ensure as few errors as possible. We apologize for any errors or omissions within the publication.

Watrous Manitou Marketing Group Inc.
 Jeff Siegfried, email:info@watrousmanitou.com



Watrous Kin Park Playground # _____

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