



## ARCOLA EAST COMMUNITY ASSOCIATION

Issue 4

Regina, Saskatchewan

January, 2018

### Registration

#### **Registration Call For Volunteers Hold that Date!**

Winter program registration will be held on Tuesday January 9 at W.F. Ready School (2710 Helmsing Dr) from 6:30–7:30 pm and on Thursday January 11 at the Arcola East Community Centre (3860 Buckingham Dr) from 6:30 – 8:00 pm.

All programs will be posted on the AECA website

(<http://www.aecaregina.com>).

Payments can be made with cash or cheque only. If you are interested in volunteering please contact Rachelle at 306.550.2618 or email her at [volunteer.coordinator@aecaregina.com](mailto:volunteer.coordinator@aecaregina.com).



*The Arcola East Community Association Executive take this opportunity to thank our members, volunteers and especially our advertisers who make printing this newsletter possible.*

### **Arcola East Community Association (AECA)**

#### **Why become a member!**

**Here are a few benefits you will enjoy when you become a AECA member!**

- \*AECA Preschool (Visit our website at <http://preschool.aecaregina.com>)
- \*Fitness Programs (See pages 6 & 7)
- \*AECA Children's Programs (See page 4)
- \*Adult Programming (See page 5)
- \*Childrens Skating and Skills Program (See page 8)
- \*Arcola East Community Centre Indoor Track (See page 3)
- \*Community Signs (See page 2 for more information)
- \*Multipurpose Room (Available for rent)

#### **AECA Membership**

In order to participate in AECA programming every household requires a membership at a cost of \$5.00. Please visit the AECC during business hours to purchase a membership or fill out the membership form on Page 2. Our office hours are Mon. to Thurs. from 5:45pm to 9:00pm beginning Jan. 4 to mid May.

Arcola East Community Centre (AECC), 3860 Buckingham Drive East, Regina, Sk, S4V 3A1 - Phone 525-3401  
For information on AECA programs, preschool, recreation and contacts, visit the AECA website at:  
<http://www.aecaregina.com>



**AECC TRACK PASS REGISTRATION**

You are required to choose at least 4 consecutive months throughout the year – specify start and stop dates. Please be aware you cannot cancel, change or modify your dates once your form has been submitted (NO REFUNDS WILL BE ISSUED) so please plan accordingly! You may extend your membership prior to your expiry date for \$15 a month.

The Track Pass form will be accepted for new and renewal Track Pass registration. Mail forms to the address below or visit the AECC office Monday - Thursday between 6:00 & 8:30 PM. Please call the Track voice mail at 525-3401 extension 1 for access times.

NOTE: A refundable \$10 deposit per access card (TrackPass) is required for new Track Passes. This is a one-time fee that will be refunded upon return of the access card. Access cards may be kept from year to year. Replacement access cards require a \$10 deposit. Please report lost or stolen access cards to the Track voice mail at 525-3401 extension 1.

An AECA membership (one per household) will be required to purchase/renew a Track Pass membership. AECA memberships can be purchased with this form. AECA memberships expire August 31, 2018.

Please issue cheques payable to the Arcola East Community Association (AECA). Post dated cheques will be accepted for start date of TrackPass. AECA memberships and TrackPass confirmation notices will be mailed.

Note: One Track Pass Required Per Person

☐ New Track Pass (\$10 deposit required) ☐ Renewal Track Pass

Full Name: \_\_\_\_\_  
 Address: \_\_\_\_\_ Postal Code: \_\_\_\_\_  
 Phone Number \_\_\_\_\_ Track Pass Card# \_\_\_\_\_

Track Pass Membership: (Please check one)

☐ Option 1: Yearly Walking Pass \$90 \$ \_\_\_\_\_

☐ Option 2: (\$15/month min. 4 consecutive months)

Start date \_\_\_\_\_ Stop date \_\_\_\_\_

# of months \_\_\_\_\_ X \$15 \$ \_\_\_\_\_

2017-2018 AECA Membership (add \$5) \$ \_\_\_\_\_

Access Card Refundable Deposit (add \$10) \$ \_\_\_\_\_

Total \$ \_\_\_\_\_

Receipt # \_\_\_\_\_ AECA Membership # \_\_\_\_\_

Mail Track Passes to:

Arcola East Community Centre (AECC)  
 3860 Buckingham Drive East, REGINA, SK. S4V 3A1  
 Please allow 10 working days for pass activation

**SUNRISE BRANCH LIBRARY**  
**3130 E Woodhams Drive**  
**306-777-6095**

Please consult the library's program guide, At the Library, for a complete list of programs being offered in December through May.

**Friday Afternoon Classics**

Fridays, December 29, January 26 and February 23 - 2:00 pm-4:00 pm

Enjoy a classic film from the golden age of cinema. When school is out (December 29 and February 23) there will be a family-friendly classic.

Dec. 29 - White Christmas (1954)

Jan. 26 - Wizard of Oz (1939)

Feb. 23 - Lassie Come Home (1943)

**Cookbook Club**

Wednesdays, January 3, February 7, March 7, April 4, May 2

7:00 pm-8:00 pm

Join us the first Wednesday of each month to discuss cookbooks, recipes, and food with other food enthusiasts. Registration required; please call 306-777-6095.

**Letter to Myself: New Year's Resolutions**

Tuesday, January 9

7:00 pm-8:30 pm

Do you find it difficult to follow through on new year's resolutions? Try writing and mailing a letter to yourself describing everything you want to accomplish. Once you receive the letter, you will be reminded about the tasks you want to achieve in your life. For Adults. Registration required; please call 306-777-6095.

**Citizenship Classes for Adults**

Wednesdays, February 21-April 11  
 7:00 pm-8:30 pm

A Citizenship class for Permanent Residents who are registered with RPL's Literacy Services. Call 306-777-6009 for more information.

### ***Program Refund Policy For AECA***

Pro-rated Program refunds are permitted up to and including the second class for Fitness, Adult and Children's programs.

To request a refund call 306 -525-3401 -Box 2. All refunds are subject to a \$10.00 administration fee. After the second class a participant withdrawal refund will be considered on an individual basis.

Skating and Skills Refund Policy - Administration fee of \$50 will be charged after a cancellation and the spot cannot be filled. For more information please email [aecaskating@gmail.com](mailto:aecaskating@gmail.com)

### ***AECA Children's Programs Winter 2018***

#### **FAMILY**

#### **Fit & Fun Families (open to all ages, families)**

Open gym time to run and play as a family, (no hockey sticks please)

Wednesdays 6:00-7:00pm, Jack Mackenzie Gym

Jan 17-Mar 28 (no gym Feb 21) (occasional cancellations)

Cost \$5/family



#### **PRESCHOOL**

#### **Dance/Acro/Baton Pre-school Combo (3-4 yrs)**

This class will introduce children to rhythm and music through dance, baton and tumbling.

Mondays 6:00-6:45pm,

AECC Multipurpose Room

Jan 15-March 26 (10 classes - no class Feb 19)

Cost \$60

#### **Dance Pre-school (3-4 yrs)**

This class will introduce children to the art of dance using fun music and creative movements.

Thursdays 6:00-6:45 pm, AECC Multipurpose Room

Jan 18-March 29 (10 classes) (no class Feb 22)

Cost \$60



#### **CHILDREN**

#### **Art 4 Kids (4-7 yrs)**

Let your kids imaginations run wild in Art4Kids. We will listen to stories and have fun making crafts.

Wednesdays 6:00-6:45pm, AECC Multipurpose Room

Jan 24-March 21 (8 classes) (no class Feb 21)

Cost \$40



#### **Parent/ Child Zumba (3-9 yrs)**

Parents and kids will enjoy these rockin', high-energy dance parties packed with specially choreographed, kid-friendly routines and all the music kids love. These programs inspire both kids and adults to express themselves through movement and play while effectively improving their overall health and well-being.

Thursdays 6:00-6:45pm, St, Gabriel School Gym

Jan 18-March 29 (10 classes) (no class Feb 22)

\$60 parent & child, \$10/additional child

Mondays 6:00-6:45pm, Ecole Wascana Plains School Gym

Jan 15 - Mar 26 (10 classes) (no class Feb 19)

\$60 parent & child, \$10/additional child

#### **Yoga for Kids (5-9 yrs)**

This class introduces children to yoga in a fun and interactive way. Children will be taught basic yoga poses, breathing and relaxation exercises in a positive and playful environment.

Tuesdays 6:00-6:45pm, AECC Multipurpose room

Jan 16-March 27 (10 classes) (no class Feb 20)

Cost \$60





### **Dance/Acro/Baton Combo (5-8 yrs)**

This class is designed to introduce rhythm, coordination and dance to young children. It is an exciting class that samples dance fundamentals, acrobatics, and baton twirling.

Mondays 6:45-7:30 pm, AECC Multipurpose Room

Jan 15 - Mar 26 (10 classes) (no class Feb 19)

Cost \$60

### **Babysitting Basics (St. John Ambulance) (11-14 yrs)**

Course is aimed at 11-14 year olds interested in taking responsibility for younger children. Content in the 6.5 hour class includes safety practices, child care basics, introductory first aid and activities to try. Hands on participation and skill development are the focus. Taught by a St. John Ambulance instructor.



Friday January 26, 9:00-3:30pm (bring own lunch-no nuts!)

AECC Multipurpose Room

Cost \$45

Friday May 18, 9:00-3:30pm (bring own lunch-no nuts!)

AECC Multipurpose Room

Cost \$45

### **Home Alone Course**

(St. John Ambulance) (10-14 yrs)

A 2.5 hour class designed to provide children aged 10-14 years with the necessary skills and knowledge to be safe and responsible when home alone for short periods of time.

Saturday, April 14, 9:00-11:30am

AECC Multipurpose Room

Cost \$30



### **Teen Yoga (12+ years)**

Teen Yoga is a beginner friendly class. Tune into your body through breath work, simple meditation, and yoga postures. Hang out, connect to your body and make a few friends along the way.

Thursdays 6:00-7:00pm, Jack Mack Dance Room

Jan 18-March 29 (10 classes) (no class Feb 22) - Cost \$80



### **2018 Winter Adult (16 years & over) Programming**

The 100-metre indoor walking track is open to the public at a very reasonable cost.

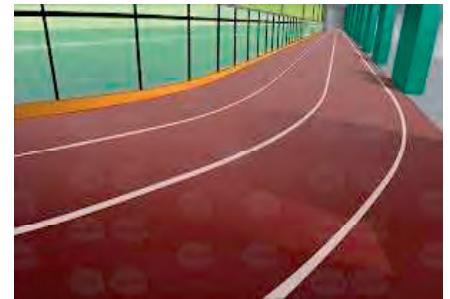
Track hours are: Monday - Friday

5:30 am -1:00 pm & 3:00 pm-8:30 pm

Sat - 5:30 am -9:30 am & 12:00 pm-8:00 pm

Sun - 5:30 am-8:00 pm

Yearly or four month passes are available for purchase.



### Evening Fitness Walk

Here is an opportunity to use the Arcola Community Centre Track without purchasing a Track Pass.

Walk Mondays to Thursdays, January 15 - March 29, 2018 from 6:00pm-8:30 pm - not available Feb. 19 - 22nd.

Cost - \$ 30.00

### Infant/Child First Aid CPR

This class is specially designed for the first-time parent, child caregiver, babysitter or grand parent. You will learn how to resuscitate an infant and child. The class will also discuss how to treat burns, cuts and scrapes.

Instructor - Nicole Lamontagne

Saturday April 14, 1:00- 5:00 pm @ AECC.

Cost \$30.00/1 session

### Basketball, Volleyball, Badminton, Pickleball

All classes are full for the Winter & Spring sessions.

**ARCOLA EAST  
COMMUNITY  
ASSOCIATION FITNESS  
SCHEDULE  
Winter & Spring 2018**

The Arcola East Community Association runs a variety of fitness classes including cardio, sculpting, yoga, classes. Most classes are held at the Arcola East Community Centre complex (which houses the Arcola East Community Centre, Jack MacKenzie School, and St. Gabriel School).

Please note that the schedule is subject to change. All instructors are properly certified to teach the classes they are teaching. Winter/Spring Session is scheduled to run from January 13, 2018 to May 17, 2018 for 16 weeks (No classes Feb. 19th – 25th and March 31st – April 5th)

\*\* Drop-ins are accepted for most classes but are up to the discretion of the Instructor based on class sizes.  
Prices are: \$5 for ½ hr class, \$7 for 1 hr & 1 ¼ hr class & \$10 for Yoga.

***Below are the spots available for all adult classes:***

Adult Zumba  
\$85.00 - 10 spots available  
Mondays 7:00 to 8:00 pm  
Jan 15 to May 14 (16 wks)  
\*\* Wascana Plains School in The Greens - No classes Feb 19 & Apr 2

Adult Zumba  
\$85.00 - 15 spots available  
Thursdays 7:00 to 8:00 pm  
Jan 18 to May 17 (16 wks)  
\*\* St. Gabriel \*\*  
No classes Feb 22 & Apr 5

Total Body Sculpt  
\$85.00 - 3 spots available  
Sunday 10:00 to 11:00 am  
Jan 14 to May 13 (16 wks) \*\*  
AECC Infill \*\*  
No classes Feb 25 & Apr 1

Total Body Sculpt  
\$85.00 - 2 spots available  
Tuesdays 7:00 to 8:00 pm  
Jan 16 to May 15 (16 wks) \*\*  
AECC Infill \*\*  
No classes Feb 20 & Apr 3

Boot Camp  
\$85.00 - 14 spots available  
Wednesdays 7:00 to 8:00 pm  
Jan 17 to May 16 (16 wks) \*\*  
AECC Infill \*\*  
No classes Feb 21 & Apr 4

Awesome Abs  
\$50.00 - 8 spots available  
Saturdays 9:00 to 9:30 am  
Jan 13 to May 12 (16 wks) \*\*  
AECC Infill  
No classes Feb 24 & Mar 31

Power Walk/Run  
\$95.00 - 7 spots available  
Saturdays 9:30 to 10:45  
Jan 13 to May 12 (16 wks) \*\*  
AECC Infill/Track \*\*  
No classes Feb 24 & Mar 31

YOGA - Flow into Connection  
\$135.00 - 6 spots available  
Mondays 7:15 to 8:15 pm  
Jan 15 to May 14 (16 wks)  
\*\* Jack Mac Dance \*\*  
No classes Feb 19 & Apr 2

YOGA - Continuing  
\$135.00 - 5 spots available  
Tuesdays 9:15 to 10:15 am  
Jan 16 to May 15 (16 wks) \*\*  
AECC MP Room \*\*  
No classes Feb 20 & Apr 3

YOGA Vinyasa/Flow Multi-level  
\$135.00 - 10 spots available  
Wednesdays 9:30 to 10:30 am  
Jan 17 to May 16 (16 wks)

\*\* No classes Feb 21 & Apr 4  
AECC MP Room  
No classes Feb 21 & Apr 4

YOGA - Gentle Beginner  
\$135.00 - 5 spots available  
Wednesdays 6:15 to 7:15 pm  
Jan 17 to May 16 (16 wks)  
\*\* Jack Mac Dance \*\*

YOGA - Power Vinyasa/Flow  
\$135.00 - 1 spot available  
Wednesdays 7:30 to 8:30 pm  
Jan 17 to May 16 (16 wks)  
\*\* Jack Mac Dance \*\*  
No classes Feb 21 & Apr 4

YOGA - Mindfulness Yoga  
\$135.00 - 10 spots available  
Thursdays 9:15 to 10:15 am  
Jan 18 to May 17 (16 wks) \*\* AECC MP Room \*\*  
No classes Feb 22 & Apr 5

YOGA - Gentle Beginner \$135.00 - 7 spots available  
Thursdays 10:30 to 11:30 am  
Jan 18 to May 17 (16 wks)  
\*\* AECC MP Room \*\*  
No classes Feb 22 & Apr 5

YOGA Vinyasa/Flow Multi-level  
\$135.00 - 6 spots available  
Thursdays 7:00 to 8:00 pm  
Jan 18 to May 17 (16 wks)  
\*\* Dance Room \*\*  
No classes Feb 22 & Apr 5



## CLASS DESCRIPTIONS

### **Awesome Abs** (Saturdays at 9:00am)

Say good bye to love handles and strengthen your core in this fast paced 30 minute class. This class will incorporate some high Intensity interval training (HIIT) to warm up your body followed by full body movements and core strengthening exercises. This class is suitable for all levels. Class limit of 16 participants.

### **Power Walk Run & Strength** (Saturdays at 9:30am)

Start your weekend with a BANG ! This high energy class alternates running/ walking with strength training that will provide a full body workout incorporating all major muscle groups. Improve your balance, shape, and strength using weights, stability balls, bosu balls, and bands. This class is suitable for all levels. Class limit of 16 participants.

**Total Body Sculpt** (Tuesdays at 7:00pm, or Sundays at 10:00am)  
This exciting class combines strength training tools such as free weights, bands, tubings and manual resistance to target all major muscle groups to build optimum strength. A great overall body workout with lots of variety and compound exercises working more than one muscle group with creative upper and lower body programs. Whether you are a beginner or advanced, this class offers strength training for everyone! Class limit of 16 participants.

**Yoga – Continuing** (Tuesdays at 9:15am)  
Cultivate self awareness through yoga practice. Using the body as a workshop, explore body, mind and breath at your own level. Students practice being present to all sensations of change in the body and end the class with relaxation. Class limit of 15 participants.

### **Yoga – Flow into Connection** (Mondays at 7:15pm)

Plan to sweat, smile, and emerge renewed in this class. We will work on body awareness, linking breath with movement, to become your ultimate expression. Unleash your inner yogi and return to your true nature – Joy! Come to connect. Come to breath. Come to fly. All levels and ages welcome! Class limit of 15 participants.

### **Yoga – Gentle/Beginner** (Wednesdays at 6:15pm; Thursdays at 10:30am)

Cultivate self awareness through yoga practice. Using the body as a workshop, explore body, mind and breath at your own level. Students practice being present to all sensations of change in the body and end the class with relaxation. Class limit of 15 participants.

### **Yoga – Power Vinyasa/Flow** (Wednesdays at 7:30pm)

Power Vinyasa Flow - Vinyasa Flow is connecting breath with movement. Sharma's teaching philosophy is focused on providing the tools for students to compassionately connect with the needs of their body. Practicing from a place of honour and well-being she weaves her love of mindful meditation throughout her classes. This class is best suited for those with some yoga experience or those who want to compliment a regular workout regime. Class limit of 15 participants.

### **Yoga – Vinyasa/Flow Multi-Level** (Thursdays at 7:00pm)

This class based in flowing movements will connect you with your breath as you build strength and endurance, develop your core awareness and improve your balance and posture. Come prepared to sweat, laugh and challenge yourself with playful asanas and breath work that

will leave you feeling balanced and at ease. Class limit of 15 participants.

### **Yoga – Vinyasa/Flow Multi-Level** (Wednesdays at 9:30am)

Vinyasa Flow is connecting breath with movement. Sharma's teaching philosophy is focused on providing the tools for students to compassionately connect with the needs of their body. Practicing from a place of honour and well-being she weaves her love of mindful meditation throughout her classes. This class is good for all levels. Class limit of 15 participants.

### **Zumba**

Mon. at 7:00 pm or Thurs 7:00pm  
Perfect for Everyone! Each Zumba® class is designed to bring people together to sweat it on. Take the “work” out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party.

Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise! Super effective? Check. Super fun? Check and check! A total workout combining all elements of fitness—cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class! ?Perfect for ages 14-85 years old! Please remember to bring a water bottle and a small towel. Class limit of 30 participants.

it always  
seems  
impossible  
until it  
is done.  
NELSON MANDELA



## Skating and Skills Program

\* Please Note: Registration for the skating program is available on Thur. Jan. 4th at the AECC between 5:45 & 9:00pm

Ages: 5-6  
 Day: Mondays 9 sessions from Jan 8 – March 12, 2018  
 Time: 5:45-6:25  
 Location: Mahon Rink  
 Cost: \$180  
 Other: Max 22 spots. Taught by certified power skating instructor. Basic skating skills and full hockey equipment required – No classes Feb 19 2018



## City of Regina Public Skate Locations

Please call Central Scheduling at 306-777-7529 if you require more information.

Doug Wickenheiser Arena  
 1127 Arnason Street North Regina, SK  
 Phone: 306-777-7073

Al Ritchie Arena  
 2230 Lindsay Street Regina, SK  
 Phone: 306-777-7381

Clarence Mahon Arena  
 130 Brotherton Avenue Regina, SK  
 Phone: 306-777-7387

Jack Hamilton Arena  
 1010 McCarthy Boulevard Regina, SK  
 Phone: 306-777-7385

Jack Staples Arena  
 444 Broad Street North Regina, SK  
 Phone: 306-777-7384

Murray Balfour Arena  
 68 Massey Road Regina, SK  
 Phone: 306-777-7386

Optimist Arena  
 222 Sunset Drive Regina, SK  
 Phone: 306-777-7809

Wheat City Kinsmen Arena  
 560 Elphinstone Street Regina, SK  
 Phone: 306-777-7382

\*Note: Before attending, please call the arena to ensure the public skating hours have not been cancelled due to a statutory holiday or special event.

Category: Children  
 Name: Power Skating and Skills  
 Ages: 7-9  
 Day: Mondays 9 sessions from Jan 8 – March 12, 2018  
 Time: 6:25-7:15  
 Location: Mahon Rink  
 Cost: \$225  
 Other: Max 22 spots. Taught by certified power skating instructor. Basic skating skills and full hockey equipment required - No classes Feb 19 2018

Category: Children  
 Name: Power Skating and Skills  
 Ages: 10-12  
 Day: Monday 9 Sessions from Jan 8 – March 12, 2018  
 Time: 7:20–8:15  
 Location: Mahon Rink  
 Cost: \$225  
 Other: Max 22 spots. Taught by certified power skating instructor. Basic skating skills and full hockey equipment required - No classes Feb 19 2018

For more information email [aecaskating@gmail.com](mailto:aecaskating@gmail.com)



## Arcola East Community Association Building a Legacy One Brick at a Time

Do you want to honour a family member or an organization?  
 Or give a unique gift to someone special? You have the opportunity to do so by buying a personalized brick for generations to see.  
 You can Buy a Brick from the AECA by filling out the order form on page 2, or by visiting the AECA office at 3860 Buckingham Drive East.



# EAST ZONE RECREATION BOARD

## 2018 SKATING PROGRAM

### WINTER CLASSES

Classes are available to residents residing with the following community association boundaries: *Arcola East, Boothill and Dewdney East.*

All classes are held at the Clarence Mahon Arena – 130 Brotherton Avenue.

CLASS	DATE	TIMES	COST
<b>LEARN TO SKATE PRE-SCHOOL</b> (3 – 5 YEARS)	<b>Wednesday</b> <b>Jan. 31<sup>st</sup> – March 14<sup>th</sup></b> 8 classes	<b>1:15 – 2:00 pm</b>	<b>\$45 per person</b>
<b>PARENT/TOT SKATE</b> (3 – 5 YEARS) *Parents must accompany child on ice with or without skates	<b>Saturday</b> <b>Feb. 3 – March 24<sup>th</sup></b> 8 classes	<b>10:00 – 10:30 am,</b> <b>And</b> <b>10:30 – 11:00 am</b>	<b>\$40 per person</b> (parent does not pay)
<b>LEARN TO SKATE</b> (4 – 9 YEARS) *Child should be able to go on to ice by themselves	<b>Saturday</b> <b>Feb. 3 – March 24<sup>th</sup></b> 8 classes	<b>11:00 -11:30 am,</b> <b>And</b> <b>11:30 – 12:00 pm</b> <b>And</b> <b>12:00 – 12:30 pm</b>	<b>\$40 per person</b>
<b>INTERMEDIATE SKATE</b> (6 – 12 YEARS) *Must have taken at least two learn to skate classes	<b>Saturday</b> <b>Feb. 3 – March 24<sup>th</sup></b> 8 classes	<b>12:30 – 1:00 pm</b>	<b>\$40 per person</b>

**NOTE: CSA APPROVED HELMETS ARE MANDATORY FOR ALL CLASSES.**

**CASH OR CHECK ONLY (NO DEBIT CARD MACHINE, OR CREDIT CARDS)**

**REGISTRATION: THURSDAY JANUARY 11<sup>TH</sup> 6:30 – 7:00 PM**

**GLENCAIRN RECREATION CENTER, 2626 DEWDNEY AVE. EAST**

(Doors open at 5:30 to allow line-ups)

Due to limited class space registration is limited to registration of immediate family members and only one class per child. A community association membership is required and can purchased at registration. Registration is on a “First come- first serve” basis

For more information leave a message on the East Zone skating line @ 525-3512

## Older Adult Leaders Wanted

Are you over the age of 50? Do you believe in the benefits of physical activity, are active and enjoy helping others? Why not volunteer as an Older Adult Leader?

The Regina Qu'Appelle Health Region is offering FREE 20 hour Forever...in *motion* Leadership Training. The training will help you enhance and develop your skills in leading physical activity classes for your peers. The training includes information on how to lead a safe exercise program for older adults, chronic conditions, preventing falls and other practical hands-on experience. Forever...in *motion* was developed by the Saskatoon Health Region and provincially implemented by the Saskatchewan Parks and Recreation Association.

### 2018 Forever...in *motion* Leadership Training Schedule:

Dates: Tuesday, January 23 & 30, February 6 & 13 from 9:30 a.m.-3 p.m.

Tuesday, March 6, 13, 20 & 27 from 9:30 a.m.-3 p.m.

Thursday, April 5, 12, 19 & 26 from 9:30 a.m.-3 p.m.

\*Locations to be determined. Please visit [rqhealth.ca](http://rqhealth.ca) for more information.

For more information, or to register, contact Marisol Molina-Smith 306-766-7163 or email [marisol.molinasmith@rqhealth.ca](mailto:marisol.molinasmith@rqhealth.ca)



Saskatchewan  
Parks and Recreation  
Association  
*Association  
des parcs et de la récréation  
du Saskatchewan*



Regina Qu'Appelle  
HEALTH REGION

Forever...



in *motion*  
Physical Activity - do it for life!

## Save the Dates - Ward 4

Living Hope Alliance Church  
3900 Arcola Ave.  
7:00 - 9:00pm

**February 20 – 2018 City Budget** - "Working together to find solutions"  
Let's Talk Budget - 2018  
Tight Budget - Tough Decisions

**March 6 – Traffic in Ward 4** - "Growth and Infrastructure"  
Meet our City Planners and Traffic staff  
What are the plans to alleviate congestion?

**May 8 – Development in Ward 4** - "We are a growing community"  
Meet with City Staff and Developers  
Development Plans for Ward 4



**Lori Bresciani**  
City Councillor - Ward 4

@loribrescianiregina

[lbrescia@regina.ca](mailto:lbrescia@regina.ca) | 306-570-1995



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Registration begins end of January  
for ages 3 - 19 years





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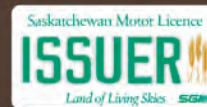


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