

Hillsdale News

FALL 2010

Hillsdale Community Association Newsletter

<http://www.hillsdaleca.ca/>

FALL PROGRAM REGISTRATION

Tuesday, September 14, 2010; Marion McVeety
School Gym; 38 Turgeon Crescent; 7:00 - 8:00 PM

Announcements & Information

Saskatchewan Seniors Fitness Association

The Saskatchewan Senior Fitness Association Inc. (SSFA) is a volunteer, non-government organization formed on December 7, 1984 in response to the need for an activity program for people fifty-plus years of age and older.

A volunteer Board of Directors who represents all districts of Saskatchewan directs SSFA. The main objective of the association is to promote active living, wellness and participation. For more information visit: <http://www.ssfa.ca/index>.

Outdoor Ice Supervisors - Hillsdale needs supervisors to keep our warm-up shelter open this winter. If you are able to help out with supervision for one hour a week, or if you would like to share supervision with someone, please call Darcy at 352-7769. Your help would be greatly appreciated!

Hillsdale Community Association AGM

The HCA's annual general meeting will be held on Wednesday Oct. 13, 2010, at Selo Community Centre on McNiven Ave, at 7:00 pm. All members of the Hillsdale community are welcome to attend.

Regina Area Girl Guides

Girl Guides of Canada is a movement of girls and women that challenges members in their personal development and empowers them to be responsible citizens. The various Girl Guide programs include Sparks (ages 5 and 6), Brownies (ages 7 and 8), Guides (9 to 11), Pathfinders (12 to 14) and Senior Branches. Girl Guides is Canada's largest organization for girls and women, and provides fun, friendship and adventure.

The Registration Carnival will be on Saturday September 11 from 1:30-4pm at Regina Area Office 1530 Broadway Ave. The next Registration Night will be Monday September 13 7-8pm at St Anne's Church 1701 Cowan Cres. As well, the Girl Guides will have a registration table at the Hillsdale registration session on Sept. 14.

More information about the Regina Girl Guides is available at:
<http://www.guidesregina.com/>



Girl Guides
of Canada
Guides
du Canada

Come Play South Zone Indoor Soccer and Indoor T-Ball! <http://www.szrb.ca>

South Zone Indoor Soccer

Non-competitive, no cuts, fun, co-ed. Ages 3-18; Starts mid-Nov. and ends mid-March

South Zone Indoor T-Ball

Non-Competitive, no cut, fun co-ed, Age 3-6

Fall Session – Sept. 2010 to Nov. 2010 – Winter Session – Jan. 2011 to March 2011

Registration for Indoor Soccer & Indoor T-Ball: all at South Leisure Centre:

Sept 14, 6:30pm - 8:00pm, Sept 15, 6:30pm - 8:00pm, Sept 18, 10am - 12 Noon, Sept 22, 6:30pm - 8:00pm, Sept 25, 10:00am - 12Noon

Registration Notes: Please try to register for programs at the **Registration Night**. There is a \$10 late fee for all programs except for "Fit for Your Life".

Adult: Cooking

Cook Like a Chef

Day(s) of week: Mondays

Dates: Sept. 20, Sept. 27, Oct. 4, Oct. 18, Oct. 25 (no class on Thanksgiving, Oct. 11)

Time: 7:00 pm – 9:00 p.m.

Location: Campbell Collegiate, Home Economics Room

Cost of program: \$85.00/person for 5 classes (supplies included)

Additional Information: Martin is one of our most popular instructors and he is back at it again this fall! Look for his International Cuisines class that follows Cooks Like a Chef!

A Tour of International Cuisines

Day(s) of week: Mondays

Dates: Nov. 1, Nov. 8, Nov. 15, Nov. 22, Nov. 29

Time: 7:00 pm - 9:00 pm

Location: Campbell Collegiate, Home Economics Room

Cost of program: \$85.00/person for 5 classes (supplies included)

Each class will highlight dishes from a different part of the world (possibilities include Greek, Thai, Chinese, French, East Indian, Italian)

East Indian Cooking

Day(s) of week: Sundays

Date(s): Sept. 19 to Oct. 24 (no class on Thanksgiving weekend, Oct. 10)

Time: 5:00 p.m. – 7:00 p.m.

Location: Regina Christian School kitchen (use school main entrance).

Cost of program: \$75.00 for 5 classes (supplies included)

Tantalize your taste buds with a taste of East India! Instructor: Kiran Kashyap

Adult: Fitness and Programs

Yoga

Day(s) of week: Tuesdays

Dates: Sept. 21 to Nov. 23

Time: 7:00 - 8:30 p.m.

Location: Marion McVeety School Gym

Cost of program: \$65.00/person for 10 sessions.

Instructor is Maria Hulyyappa, who has been the Hillsdale yoga instructor for several years, and who did her yoga training in Bangalore, India. Yoga is for the health of body, mind and spirit!

Additional Information: Bring your own Yoga mat.

Beginner Boot Camp

Day(s) of week: Mondays

Dates: September 20 to November 29 (no class on Thanksgiving, Oct. 11)

Time: 6:00 p.m. – 7:00 p.m.

Location: Marion McVeety School Gym

Cost of program: \$50.00/person for 10 sessions

Instructor: Rhonda Helman

Incredible full-body workout that combines high-cardio drills with strength training and ab work. No choreography or co-ordination required!

Fit For Your Life I

Day(s) of week: Mondays and Wednesdays (two sessions per week)

Dates: September 13 to November 1 (no class on Thanksgiving, Oct. 11)

Times: 1:30 - 2:30 p.m.

Location: South Leisure Centre

Instructor: Elli Neb

Cost: \$60.00 for 14 sessions

Fit For Your Life II

Day(s) of week: Mondays and Wednesdays (two sessions per week)

Dates: November 3 to December 20

Times: 1:30 - 2:30 p.m.

Location: South Leisure Centre

Instructor: Elli Neb

Cost: \$60.00 for 14 sessions

Contact for all Hillsdale programs, and for additional information:

programs@hillsdaleca.ca

The **South Zone Recreation Board** offers many fall programs. Check out their website at:

<http://www.szrb.ca/>

Announcements & Information continued

Child Care - If you are currently looking for daytime child care or if you offer daytime child care and wish to add your name to our list, please call Gina Lowes at 761-2478.

Programs and Programmers

The Hillsdale Community Association is currently looking for additional programmers to help out with the setting up of HCA programs. If this sounds interesting, or if you'd like some additional information, just contact any member of the Executive (see page 4) or talk to us in person at the Fall Program Registration Night.

South Zone Recreational Badminton

Join us for age 55+ recreational badminton on Monday & Friday morning at 10:30 to noon at the South Leisure Centre, 170 Sunset Drive. Bring your own racket. Free except for cost of birds. You don't have to be an expert to play!

Regina South Zone Taekwon-Do Club

The Regina South Zone Taekwon-Do Club was founded in 1984 by Master (then Mister) Clint Norman. Master Norman pioneered the ITF form of Taekwon-Do in Saskatchewan and Regina South Zone was the first of many clubs that he eventually developed throughout Saskatchewan. The classes at the South Leisure Centre are operated under an affiliate agreement with the South Zone Recreation Board.

At Regina South Zone Taekwon-Do Club we help to develop athletic and mental skills through a comprehensive program of patterns, sparring and physical exercises. Our Club has classes available for all levels and age ranges from White Belt through the many Degrees of Black Belt and we have members from ages 5 – 64. For more information visit <http://www.rsztkd.ca/index.html>.

The Rotary Clubs of Regina

There are five Rotary Clubs in Regina; all provide community-based project support such as support for My Aunt's Place Shelter for Homeless, Regina Food for Learning, Souls Harbour and Ehrlo Sport Venture project.

More information about the Rotary Clubs of Regina may be found at <http://www.reginarotary.org/>. As well, information about the Rotary Club of Regina South is available at <http://www.reginasouthrotary.org>

The times are changing at your Regina Public Library!

The George Bothwell Branch (located in the Southland Mall) is now open earlier on Mondays and Wednesdays! Starting April 12, the branch opens at 9:30 a.m. on Mondays and Wednesdays to serve you better. For a complete listing of Library hours, please visit: www.reginalibrary.ca/locations/hours.pdf

Children's Wish Foundation is having their 6th Annual Wishmaker Walk for Wishes in Regina at the RCMP Training Academy (11th St. Entrance), on Oct. 16th. The walk is very family oriented and encourages participants to collect pledges to help raise money for the Children's Wish Foundation. All money raised will go toward granting the wishes of children coping with high risk, life threatening illnesses.

http://www.childrenswish.ca/index_2007.php/en/chapter/page/loc/SK/sec/about

Joints in Motion Marathons - The Arthritis Society can help you achieve your personal goal of completing a marathon, half marathon, trek, walk or other event at exciting destinations around the world while raising money to fight arthritis.

You follow a training program, tailored to your fitness level, while we manage all the travel arrangements for you, including roundtrip airfare, hotel and more. For more information on the examples above or our other exciting destinations, please call 1-800-321-1433 or visit

<http://www.jointsinmotion.ca/>

*Challenge Yourself. Help Millions.
Walk. Run. Trek. Join the Joints in Motion
Training Team.*

Announcements & Information

Continued

Neighbourhood Watch - If you would like to access the web-site which reports all monthly crime statistics, go to www.police.regina.sk.ca (and include /XHLD.htm if you would like the Hillsdale stats.). I e-mail pertinent information from these reports along with monthly stats, crime prevention tips and trends. If you would like to be on our list, contact Karen at 352-4284 or c.j.quinn@sasktel.net

School Board Information

Keep up to date with the latest news about local school boards from the Regina Board of Education web site: <http://www.rbe.sk.ca/>, and the Regina Catholic Schools web site: <http://www.rcsd.ca/>

University of Regina Seniors Education

Centre - The Seniors Education Center (SEC) was established in 1977 to provide lifelong learning programs within a supportive environment for those 55 years of age and over. SEC programs stimulate the intellectual, emotional and physical well-being of older adults in order to enrich their lives and enhance their well-being. Approximately 180-courses are offered at SEC each year with no prior formal education required, no assignments or exams, and most have no homework.

SEC is a partnership between the Seniors' University Group Inc. (SUG) and the University of Regina Centre for Continuing Education (CCE). Older adults 55+ can join SUG and register in courses at the seniors' rate. The membership fee for the year is \$25. You can join or update your membership for when you register for courses. For additional information, please visit:

<http://www.uregina.ca/cce/seniors/>

Door-to-Door

MS Society

Residential Campaign

September 24th to October 8th

If you would like to volunteer to canvass contact Brett at 522-5600.

<http://www.mssociety.ca/sask/residential.html>

Juventus Choir - Enrich your child's life through song! Juventus Choir invites new youth singers to join us for the upcoming 2010-2011 season starting in September. This award winning choir is looking for girls and boys (with unchanged voices) between the ages of 6 and 18. The Training Choir rehearses Friday evenings while the Concert Choir rehearses Sunday afternoons. Build lasting friendships, develop self confidence through performance, and strive for excellence with Juventus! To audition, please contact Diana at 586-5958.

The Four Leaf Clover Seniors Independence

Club - Provides a service to seniors who are living in their homes and who have limited support in the community for transportation to and from medical appointments, access to community recreational and social opportunities, and general well being. A volunteer Advisory Council runs the club, made up of seniors, to ensure the direction and services meet the needs of members.

Club Services include appointment transportation, companionship visitor, reassurance telephone calls, and shuttle transportation. Catholic Family Services runs the Club. For further information, or to volunteer, please visit:

<http://www.cfsregina.ca/senior.html>

Hillsdale Community Association

Executive & Representatives

<i>President</i>	Harold Weger	585-6503
<i>Past-President</i>	Karen Woolley	352-4284
<i>Vice-President</i>	Scott Hill	584-1814
<i>Treasurer</i>	Elinora Gough	586-1739
<i>Secretary</i>	Open	
<i>Newsletter</i>	Harold Weger	585-6503
<i>Comm. Issues</i>	Rick Ostlund	585-0671
<i>South Zone Rep</i>	Lillian Forsythe	586-3963
<i>Membership</i>	Phil Sevigny	585-0677
	Jennifer Tupper	
<i>Outdoor Ice</i>	Darcy Dmyterko	352-7769
<i>N'hood Watch</i>	Karen Woolley	352-4284
<i>Programming</i>	Open	
<i>Child Care</i>	Gina Lowes	761-2478
<i>Outdoor Soccer</i>	Tracy Ford	585-6933
<i>Publicity</i>	Brian Smyth	584-0180

