

Hillsdale News

WINTER 2010 & 2011

Hillsdale Community Association Newsletter

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

WINTER PROGRAM REGISTRATION
Tuesday, January 11, 2011; Marion McVeety School
Gym; 38 Turgeon Crescent; 7:00 - 8:00 PM

Announcements & Information

ThirdQuarter

Old notions of work and retirement are changing. Businesses face skills and experience shortages. Third Quarter is a national project to help Canadians make their skills count in workplaces across the country. **ThirdQuarter.ca** helps individuals find job and volunteer opportunities in their communities. The service is free.

THIRDQUARTER
Make Skills Count
HUMBOLDT and REGINA

**CAREER/VOLUNTEER
OPPORTUNITIES
FOR CANADIANS OVER 50 AT
thirdquarter.ca**

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!

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/>

Alzheimer Society Forget-Me-Not Walk

This is a fun, family oriented event that will take place on January 30th at the Regina Fieldhouse (1717 Elphinstone Street).

Time: Registration starts at 1:00 pm, Walk & Wrap-up 1:30 pm to 3:00pm

How to Participate: You can participate as an individual or as a team. The largest team will win our team prize! To participate, collect pledges and bring your family, friends, co-workers and neighbours out for an afternoon of fun!

The event will boast children's activities, draw prizes, food, and a grand prize draw for a trip for two to Vancouver sponsored by VIA Rail. We invite you to join us by raising funds to support programs and services that help people affected by Alzheimer's disease and to fund important research into the causes, a cure, and better treatments.

To register or to volunteer, please call 1-877-651-0260, or email events@alzheimer.sk.ca.

For more information about Alzheimer's disease visit:

<http://www.alzheimer.ca/Saskatchewan/>

Outdoor Ice Supervisors - Hillsdale needs supervisors to keep our heated warm-up shelter open this winter. Supervisors are needed for weekday evenings, and also for afternoons and evenings on weekends. Supervisory shifts are for one hour. 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!

Adult: Cooking**East Indian Cooking**

Day(s) of week: Sundays

Date(s): January 16 to February 13

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

Cook Like a Chef

Day(s) of week: Mondays

Dates: January 17 to February 14

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 Turcotte is one of our most popular instructors. Look for his International Cuisines class that follows Cooks Like a Chef.**A Tour of International Cuisines**

Day(s) of week: Mondays

Dates: Feb. 28, Mar. 7, Mar. 14, Apr. 4, Apr. 11

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)

*Contact for all Hillsdale programs, and for additional information:***programs@hillsdaleca.ca***Payment for programs is by cash or cheque.***Adult: Fitness and Programs****Yoga (Tuesdays)**

Day(s) of week: Tuesdays

Dates: January 18 to March 22

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.**Yoga (Wednesdays)**

Day(s) of week: Wednesdays

Dates: January 19 to March 23

Time: 6:30 - 8:00 p.m.

Location: Marion McVeety School Gym

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

Due to the popularity of this program, we have introduced a second yoga course.

Additional Information: Bring your own Yoga mat.**Beginner Boot Camp**

Day(s) of week: Mondays

Dates: January 17 to March 28 (no class on Family Day, February 21)

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: January 5 to February 28 (no class on Family Day, February 21)

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

Location: South Leisure Centre

Instructor: Elli Neb

Cost: \$60.00 for 15 sessions

Programs continued next page

*Programs continued***Fit For Your Life II**

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

Dates: March 2 to April 20

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

Location: South Leisure Centre

Instructor: Elli Neb

Cost: \$60.00 for 15 sessions

The **South Zone Recreation Board** offers many Winter 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.

Programmers and HCA Secretary

The Hillsdale Community Association is currently looking for additional programmers to help out with the setting up of HCA programs. We also have other vacancies on the Executive (for example, Secretary). If these positions sound 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 Winter Program Registration Night.

It's never too late to Join!

To Join Girl Guides or for more info call 352-8057



**Girl Guides
of Canada
Guides
du Canada**

HealthLine - is a free, confidential 24-hour health advice telephone line, staffed by registered nurses. They can provide you with immediate, professional health advice or information, and direct you to the most appropriate source of care. HealthLine can help you decide whether you should treat your own symptoms, go to a clinic, wait to see your doctor, or go to a hospital emergency room.

HealthLine-Online - Find answers to your medical questions; healthy living is at your fingertips:

<http://www.health.gov.sk.ca/healthline-online>

HealthLine
1-877-800-0002

Regina Open Door Society

The Regina Open Door Society (RODS) is a non-profit organization that provides settlement and integration services to refugees and immigrants in Regina. RODS is committed to meeting the needs of newcomers by offering programs and services that enable them to achieve their goals and participate fully in the larger community.

More information is available at:

<http://rods.sk.ca/>



Regina's Heritage Walking Tours

Discover Regina's past by taking the self-guided walking tour through the city's 8 historical districts. The information for each historical district identifies properties in that area that have architectural or historical significance. It's best to plan 1 or 2 tours per day since the walking tour for each historical district may take an hour or more. To get your free copy of Regina's Built History Walking Tour booklet, visit:

<http://www.regina.ca/Page190.aspx>

Marion McVeety Community Council**Playground Rejuvenation Committee**

Dear Parents/Community Members:

It has come to the attention of the Marion McVeety Community Council that for safety reasons **all wooden play structures will be taken down**, likely by the end of this school year. Currently there is no plan to replace them. The MMCC would like to organize an independent committee of **5 to 10 people** who could spearhead the planning & funding process for new playground equipment.

Most of your current council members have children in Grade 7 or 8, so we are looking for **parents of young families** as well as community members who have interest or skills in planning, landscaping, project management, fundraising, grant applications, or shopping (for the new stuff!).

The first grant application is due mid-January, 2011 and could be worth up to \$25K.

That would be a great start to our playground rejuvenation project!! If you are interested in being on this committee or participating in any way please contact Tracy Sawatzky at tsawatzky@sasktel.net

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

Hillsdale Newsletter Information

The Hillsdale News is delivered twice per year: mid-August and mid-December. Deadlines for submission of material are mid-July and mid-November. The Hillsdale News carries public service announcements and information from charities; there is no charge. For enquiries about placing information in the newsletter, please contact the newsletter editor, Harold Weger, at harold.weger@gmail.com.

Family Service Regina

"helping families through life"

Family Service Regina offers a large number of programs. Services offered at Family Service Regina include:

- Counselling for families, couples and individuals
- Employee and family assistance program
- Teen & young parent programs
- Family violence programs
- Life skills
- Family education
- Marriage preparation
- Balancing work and family seminars
- Event speakers, workshop presentations, & consultations
- Community volunteer opportunities
- Families & Schools Together (F&ST)

For more information phone 757-6675, visit their website www.familyservice.com, e-mail familyserviceregina@accesscomm.ca, or visit in person at 2020 Halifax St., Regina, SK, S4P 1T7.

**Regina Lasers 2011
Softball Registration**

Mail to:
Lasers Registrar
3244 Faul Bay
Regina, SK S4V 2W9
Due: February 28, 2011
See <http://www.lasers.ca>



For Evaluation Dates or phone 586-5532
