

WINTER PROGRAM REGISTRATION

*** Online Registration with E-transfer***

Registration via the Hillsdale Community Association website,

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

-payment via e-transfer, opens on **December 15th, 2023**

*** In-Person ***

Tuesday, January 9th, 2024 — 7:00 - 8:00 PM

Marion McVeety School Gym; 38 Turgeon Crescent

-payment via Cash or Cheque **only**

Details will be available on the HCA website (<https://www.hillsdaleca.ca/>). A Community Association Membership (\$5), available when you register, is required for all programs.

*You may also choose to register for a program at the first session of the course, but keep in mind that spaces in some programs are limited and popular courses often fill up **before** the first session of the program. Payment at the first session of a course can **only** be made by cash or cheque.*

New for Hillsdale: Crokicurl at McVeety Park!

McVeety Park has been selected as a new Crokicurl site for the winter 2023-24 season. Come out and try the game! The site will be open for use when the warm-up shack is open. Please avoid skating on the playing surface! No idea how it works? [Rules](#) are available on the City of Regina's website.



Volunteers Wanted for Warm-up Shelter-1 Hour per Week!

Hillsdale needs supervisors to keep our warm-up shelter (at the skating rink by McVeety School) open this winter. This is a busy skating rink, and City regulations require that the rink **must** be supervised if the warm-up shelter is going to be open. Supervisors need to be at least 18 years old and willing to supervise both the shelter and the rink. If you are able to help out with supervision for one hour a week (evenings or weekends), or if you would like to share supervision with someone, please contact Darcy at 306-352-7769 or darcy.lorna@sasktel.net. Your help would be greatly appreciated! Supervision is simple.

What you do:

1. Open the shelter
2. Turn on the lights (outside and in).
3. Keep a count of how many skaters show up.
4. Stick around and skate, bring a book and read (your editor is a non-skater, and has done this), or text your friends for an hour while in the warm-up shelter.
5. If you are the final supervisor for the evening, make sure that anyone using the nets and other equipment stows them away in the shelter at the end of the evening.

6. Turn off the indoor lights (outdoor lights are on a timer).

7. Lock the door and head home.

What you don't do:

1. Clear the ice—the city provides snow removal, and there are shovels available for the skaters to use to clear off small snowfalls—but it's not a requirement for our supervisors-though it's a good way to stay warm.
2. Flood the ice-the city takes care of this, too.

Benefits:

1. Supervisors receive their own key and are welcome to open and use the shelter at times other than their scheduled time.
2. Get to know your neighbours.
3. Volunteering in an outdoor activity provides both a physical and a mental boost!
4. Improve your community.

The Hillsdale Community Association thanks all our regular and past skating shack volunteers for their service to our community. We hope to see you and some new friends this season!

Light Up Hillsdale For the Holidays Draw

Decorate your home for the holidays and share a picture of it to the Hillsdale Community Association Facebook page for a chance to win one (1) of ten (10) prize packages valued at approximately \$25 from Moonlight Movies. Send us a photo of your outdoor light display, big and flashy, or small and elegant, before December 23, 2023.

Photos must be of your Hillsdale home or apartment. A random draw will be made from all eligible entries on or before December 28th, 2023.

You must be over 18 years of age to enter! Good luck

Programs—Winter 2024

About Community Association Memberships:

A Community Association membership, available for \$5, is required in order to register for programs. Any current/valid community association (does not have to be from Hillsdale) membership will work. It covers all family members residing at the same address and remains valid for a twelve month period, from September 1, 2023 to August 31, 2024. A membership can be purchased at the same time as you register for a program, or you are welcome to contact our Membership Coordinator, Jackie Hopkin, at (306) 537-5927 to arrange for a membership.

Adult General Interest

East Indian Cooking

Learn new recipes for the new year and eat five delicious Sunday suppers, all for an affordable price!

Day(s) of week: Sundays

Date(s): January 14th to February 11th

Time: 5:00 – 7:00 PM (eat with instructor!)

Location: **Regina Christian School Kitchen (2505—23rd Ave.)**

Cost: **\$90.00**/person for 5 sessions (includes supplies)

Instructor: Kiran Kashyap

—14 Openings—

Adult Fitness



Zumba

Day(s) of week: Mondays

Date(s): January 15th to April 15th (no sessions on **February 19th, April 1st**)

Time: 6:30-7:30 PM

Location: **Ecole Massey School —Gym (131 Massey Road)**

Cost: **\$60.00** for 12 sessions (Walk-ins are \$7)

Instructor: Tanya Valenzuela

—25 Openings—

Zumba is an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party.

From our Friends at Whitmore Park

Community Association:

Free Skating

At the Balfour Arena, every Wednesday, 2:30 – 4pm, from October 11th, 2023 to March 13th, 2024. No admission fee. Sponsored by the City of Regina and the Whitmore Park Community Association.

Neighbourhood Watch - If you would like to access the website which reports all monthly crime statistics, go to: <https://reginapolice.ca/resources/crime/community-crime-map/>

If you would like to be on our list to receive crime prevention tips and other pertinent information, contact Karen at (306) 352-4284 or cjquinn@sasktel.net

Yoga

Day(s) of week: Wednesdays

Date(s): January 17th to March 27th (no sessions on **February 21st**)

Time: 7:30 — 8:45 PM

Location: **South Leisure Centre Multipurpose Room (170 Sunset Drive)**

Cost: **\$65** for 10 sessions

Instructor: Lesley Farley

—17 Openings—

This class is suitable for many levels of practitioners, from beginner to experienced. Expect a rejuvenating class, where you explore your body and maybe break a bit of a sweat before settling into deep relaxation! If you have medical issues or physical challenges, please check with your doctor before joining the program.

Please bring your own Yoga mat!



Older Adult:

Fit For Your Life I—(55+)

Day(s) of the week: Mondays and Wednesdays (twice per week)

Date(s): January 8th to March 4th (no sessions on **February 19th, 21st, and 26th**)

Time: 1:30 - 2:30 PM

Location: **South Leisure Centre—Gym (170 Sunset Drive)**

Instructor: Elli Neb

Cost: **\$55.00** for 14 sessions (Walk-ins are \$5)

The program is designed for people aged 55+, and uses chairs, dyna-bands, and similar equipment in a wide variety of exercises. Every session has a unique combination of exercises designed to maintain the interest of the participants. The focus of the program is to strengthen muscles that are used every day and needed for daily chores and living.

If you have questions please call Elli at 306-545-9236 or email eneb@accesscomm.ca

Fit For Your Life II—(55+)—Extends into May

A continuation of Fit for Your Life I

Day(s) of the week: Mondays and Wednesdays (twice per week)

Date(s): March 6th to May 27th (no sessions on **April 1st, 3rd, May 6th**)

Time: 1:30 - 2:30 PM

Location: **South Leisure Centre—Gym(170 Sunset Dr.)**

Instructor: Elli Neb

Cost: **\$80.00** for 21 sessions (Walk-ins are \$5)

This program is designed to maintain and strengthen muscles.

There is no cardio in the program.



The City of Regina's Winter/Spring 2024 Leisure Guide is coming on December 5, 2023. Registration will begin December 12, 2023 for Regina residents. <https://www.regina.ca/parks-recreation-culture/classes-programs/leisure-guide/>

Community Issues

The Pathway Project:

In our Fall 2023 issue, information was provided on the proposed pathway, which would follow the easement, from Bell Street to Hillsdale Street. We plan to meet with City representatives later this month, and will have an update for you in 2024.

Intensification:

On Wednesday, November 22nd, Regina City Council approved a motion to move towards more residential density in the city centre. This is in response to the Federal Government's grant program which proposes to provide funds for housing if a city commits to boosting density to allow for more homes or other kinds of residences to be built. Intensification plans may include scenarios where two homes are built where previously only one home existed, or they may take the form of permitting redevelopment of green space, where a school or church once stood. A developer may propose to build, for example, a four-storey apartment in a residential neighbourhood. At this point, the implications of the motion, which will require by-law amendments to current city development plans, are unknown. City staff, at the meeting, noted that the proposed changes would be transformational to neighbourhoods.

Road Improvements:

Over the last several years, Hillsdale has seen steady work taking place as roads are rebuilt and/or resurfaced, and sewer and waterlines upgraded. For 2023 (this is only a partial list), we note the following: completion of Haultain Crescent and Turgeon Crescent, the east half of McNab Crescent, and portions of Hillsdale Street with some of these being resurfaced, sidewalks and gutters replaced, and some being completely rebuilt, including waterline upgrades.

In prior years, Scott Street and Cowan Crescent were completed, and Cross Place was resurfaced. This is an incomplete list of not only the streets covered, but also of the finished projects. For more details, please check the City of Regina website under [Ward-1-Construction-Projects](#).

We wish to thank the City of Regina for this work, and encourage the City of Regina to continue this road work in the timely manner we've seen in the last several years.

Brian Wonnick, Community Issues Volunteer, Hillsdale Community Association

South Regina Community Soccer

Registration typically opens on Family Day, (this year, February 19th, 2024). Please follow the SRCS Facebook Page or website for up-to-date information.



The South Regina Community Soccer program is a community-based recreational outdoor soccer program for ages 3 to 18, which runs every May and June. Our fun, no-cut, program needs your help! The Hillsdale Community Association is looking for a representative to South Regina Community Soccer (SRCS; <https://www.srscs.ca/>). Games are twice per week, and there are multiple age groups. The SRCS is an alliance of the five south-end Regina community associations (including the HCA). The SRCS is run by an executive committee that also includes representatives of each of the five community associations. This is a popular program that provides outdoor exercise for hundreds of kids every summer. If you are interested in serving as the HCA representative to the SRCS, or if you would like additional information about the position, please contact HCA President Rick Ostlund at rick.ostlund@sasktel.net. The SRCS encourages all soccer parents to consider helping with coaching their child's team! You don't need a soccer background; just come with a willingness to learn, take part in our annual training clinic and bring your enthusiasm to the field each week!

Parking issues? Snow removal problems? That elm doesn't look so good (Dutch Elm Disease)? Building Permits? Service Regina on the City of Regina website, is the place to go: <https://www.regina.ca/about-regina/contact-us/> or call 306-777-7000.

Looking for programs offered by the City of Regina, or looking for skating times or swim times at city facilities? See the Recreation Page: <https://www.regina.ca/residents/recreation/>

Visit the Hillsdale Community Association website at <http://www.hillsdaleca.ca/> for the most up to date information about events in our community and issues affecting our neighbourhood. The website is maintained by Victor A. Castro. For questions about the website please contact Victor at website@hillsdaleca.ca.

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Hillsdale Community Association Executive and Representatives for 2023-24

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▪ 306-585-0671 ▪

Past-President ▪ Harold Weger ▪ harold.weger@gmail.com

▪ 306-585-6503 ▪

Vice-President ▪ **Open** ▪

Treasurer and Membership ▪ Jackie Hopkin ▪ 306-537-5927 ▪

Secretary ▪ **Open** ▪

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▪ 306-525-8368 ▪

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South Zone Rep. ▪ Harold Weger ▪ Rick Ostlund ▪

Outdoor Ice ▪ Darcy Dmyterko ▪ 306-352-7769 ▪

Neighbourhood Watch ▪ Karen Woolley ▪ cjquinn@sasktel.net ▪

306-352-4284 ▪

Programs ▪ programs@hillsdaleca.ca ▪ Harold Weger ▪ 306-585-

-6503 ▪

Outdoor Soccer Rep: ▪ **Open** ▪

Website ▪ Victor A. Castro ▪ website@hillsdaleca.ca ▪

The Hillsdale Community Association is Looking for a Secretary!

The secretary schedules monthly HCA meetings (9-10 meetings per year; no meetings in July or August), records minutes during the meetings and electronically circulates the minutes, and provides a home for the HCA records (approximately 6 binders). If you are curious about the position, please contact our acting secretary (Harold Weger) at harold.weger@gmail.com for more information or details.

The Hillsdale News is delivered twice per year: mid to late 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 at no charge. For inquiries about placing information in the newsletter, please contact the newsletter editor, Lynne Murphy, at flatlynnr@gmail.com.

The Hillsdale Community Association would like to acknowledge the funding support it receives from the City of Regina.



REGINA

Recreational Programs Available Through the South Zone Recreation Board

The Hillsdale Community Association is part of the South Zone Recreation Board which offers many programs to our members. Programs run by the South Zone Recreation Board range from Indoor Soccer to Seniors 55+Bridge. To see what else the SZRB offers (and there is lots more), please see their website: <https://www.szrb.ca/>

ELECTED REPRESENTATIVES

Ward 1 City Councillor: Cheryl Stadnichuk • (306) 552-5617 ▪ ctestadnic@regina.ca ▪

Regina Board of Education: Tracey McMurchy • (306)-510-7826 ▪ tracey.mcmurchy@rbe.sk.ca ▪

Regina Catholic Schools • (306) 791-7200 ▪

MLA: Hon. Aleana Young • 306-545-0300 ▪ reginauniversity@ndpcaucus.sk.ca ▪

MP: Hon. Michael Kram • (306)-585-2202 ▪ Michael.Kram@parl.gc.ca ▪



Find neighbourhood news on the Hillsdale Community Association's Facebook page. Share news with the neighbourhood—send us a Facebook message and we'll put it on the page. Got your own news? Join the Hillsdale Community Noticeboard, a Facebook Group for Hillsdale residents, where you can share news, look for a babysitter, seek recommendations from neighbours for a service, post about a missing pet...The possibilities are what we and our Hillsdale neighbours make them.

Snow Much Fun, In Regina

Why not get out and enjoy winter this year?

You could:

- Enjoy an outdoor fire at one of the Community Firepits.
 - Go tobogganing on one of the 19 designated sliding hills.
- Gather 2-4 people and meet up to try Crokicurl at one of 5 Crokicurl sites in Regina.
- Hit a Cross Country Ski Trail—either the City of Regina's trail at Tor Hill Golf Course or one of the trails maintained by the Regina Ski Club (they do lessons, too).
- Go skating—indoor, or out— at your local arena or outdoor rink.

Take a look at the City of Regina's website for more information about these activities: <https://www.regina.ca/about-regina/winter-city/winter-activities/>

