

**Winter 2017**



# Prairie View

Community Association



The PVCA is a group of community members like yourself who offer up their time to benefit the community as a whole. **This year the PVCA has an urgent need for new Events, Facilities, and Program Coordinators to be able to continue its operations.**

Our executive group meets the first Monday of every month. We are always looking for new people to join our association, so if you have time to spare and want to get involved, please email us at [pvca@sasktel.net](mailto:pvca@sasktel.net) and one of us will be happy to get in touch with you!

The PVCA offers affordable programs in our community. Please join us on Registration Night to sign up for your favourite activity and meet new people in the community.

**Prairie View and City Wide Program  
Winter Registration Night  
Tuesday, January 10, 2017  
McLurg School - 125 Paynter Cres.  
Registration: 7:00 - 8:00 PM**

Save time on Registration Night by completing our editable electronic Registration Form ahead of time, printing it, and bringing it with you. Find it linked on the [www.pvca.ca](http://www.pvca.ca) home page!



## City-Wide Registration Information

To participate in any city-wide community association program, the following basic conditions apply:

- A community association membership is required from your local community association. The membership is now \$10 per household and expires each year on August 31st.
- Community memberships are non-refundable.
- Registration for each program is processed on a first-come, first-served basis. Each class will have a minimum required amount of participants to run.
- Registration will not be accepted by phone or email. If you are unable to attend on the scheduled registration night, it is possible to have a friend or family member register for you.
- Registration forms for programs that you wish to take that are offered through another community association are to be filled out at the PVCA registration night (without payment). You will be contacted by the association offering the program only if there is still space available, at which time payment arrangements can be made. Please note that priority is given to local residents of a community association when establishing the list of participants.

## PVCA Executive Committee

Chairperson	Daren Drummond
Vice-Chair	Gwen Barschel
Secretary	Corinne Wesley
Treasurer	Kayla Edgerton
Facilities Coordinator	<i>Vacant</i>
Program Coordinator	<i>Vacant</i>
Event Coordinator	<i>Vacant</i>
Newsletter Editor	Jon Hayward
Membership Coordinator	Gwen Barschel
Sign Coordinators	Janine and Brandon Chay
Community Consultant - West	Tawna Ranalli Phone : 306-777-7363
Volunteers	Aaron Jones (donation of the PVCA website), Michael and Amelia Christopher, Tara Schmiedge (Sign Changers)

## Scholarship News!

The PVCA is proud to offer one \$500 scholarship for post- secondary education. It is open to grade 12 students from Riffel, O'Neil, Winston Knoll or Thom schools, provided the individual lives in the Prairie View area. We are also making it available to young people up to age 22, who will be continuing their education.

Emphasis will be placed on the applicant's volunteer activities.

Application details will be available from school guidance counsellors or by contacting the PVCA via email: [pvca@sasktel.net](mailto:pvca@sasktel.net). Deadline for applications is May 15th, 2017.

In addition, each year, a Community Spirit Award is awarded at McClurg Elementary and Ruth M Buck Elementary.

# **PrairieView Community Programs - Winter 2017**

**\*All programs are run through McLurg School**

## **Adult Programs**

**Pilates/Stretch-Abs Fusion** Instructors: Helen or Lee

**Mondays- Starting January 16<sup>th</sup> – Time 6:30-7:30**

**10 sessions, Cost \$40 (Mini-Gym)**

For beginner to intermediate, Stott Pilates combined with Level 1 Yogafit exercises, will be taught by Helen. The other half of the program will be a gentle stretch and Ab mat workout taught by Lee. The class focuses on core strength, shoulder and hip mobility and flexibility. Please bring a mat.

**Zumba with Kerri (Main Gym)**

**Mondays – Starting January 16<sup>th</sup> – Time 6:15-7:15**

**10 sessions, Cost \$45**

Dance cardio at its finest. Zoom off those extra calories. Low impact fitness to great music. You won't believe how fast the hour flies by.

**Cross Train Fitness** Instructor: Kyla

**Wednesdays Starting January 21<sup>st</sup> – Time 7:30-8:30**

**10 sessions, Cost \$40**

This class includes the perfect combination of heart pumping cardio and strength training. By changing the equipment and format each week, it will increase the calorie burn and enable a total body workout. This class is for all fitness levels and will be modified to everyone's needs. A great class for men, too!

**Unleash your Potential with Hypnosis, with Joyce Warren**

**Thursdays – Starting January 26<sup>th</sup> – Time 6:30-7:30**

**6 sessions(in mini-gym) Cost \$40, limited to 12 people**

If you are curious about hypnosis and how it can work to help you achieve personal goals you may want to try Unleash Your Potential with Hypnosis. This program consists of six sessions in a supportive and safe environment where discussions and group hypnosis will be used to explore ways to gain self-empowerment and success. Typical topics include an introduction to how hypnosis works, self-limiting beliefs, mindset/mindfulness, happiness, controlling emotions, self-esteem/confidence and releasing barriers but can be customized based on the preferences of the group.

**Cardio/Weights Interval Class** Instructor: Lee

**Thursdays – Starting January 19<sup>th</sup> – Time 7:30-8:30**

**10 sessions -Cost \$35**

A very doable and exciting class that lets you work at your own pace, instructor gives you variations of the exercise to maximize your workout without hurting yourself. Muscle toning with weights and cardio in a format that will keep you coming back every week.

**Ashtanga Vinyasa Yoga – Level 1** Instructor: Lesley Farley  
**Saturdays – Starting January 21<sup>st</sup> – Time 10:30 -11:30am**  
**10 sessions, cost \$50**

Have you already taken some yoga classes and are ready for a greater physical challenge? This class is based on the sun salutations and standing postures. Expect a great “yoga workout”.

**Stretch and Strength Class** Instructor: Lee  
**Sundays – Starting January 15<sup>th</sup> – Time 6:00 - 7:00 pm**  
**9 sessions, cost \$35**

Tone, shape, and stretch. A class that incorporates exercises that to tone your body and to release tension. This class is for all levels and anyone over 16.

**Regina Shintani Wado Kai Karate** – Instructor: Ryan McDonald  
**Tuesdays – Starting January 17<sup>th</sup> – May 30<sup>th</sup>**  
**Juniors/ Family -beginners-time 7:00-8**  
**Adult/Advance-time 8:00-9:00, 4 months (16 weeks) of instruction cost \$135/person or \$250/ family**

Interested in having fun and learning self defense? Curious about martial arts? Improve your self-confidence and get into better physical shape while learning Karate. No experience is necessary.

## **Children & Teen Programs**

**Regina Shintani Wado Kai Karate** Instructor: Ryan McDonald  
**Tuesdays – All Classes run starting January 17<sup>th</sup>- April 26<sup>th</sup>**  
**Just for Kicks - Kids class (Age 4-6), Cost \$70. Time 6:00-6:45 p.m.**  
**Junior/Family-Beginners- (Ages 7 and up) \*\* Time 7:00-8:00**  
**Adult/Advance- Time 8:00-9:00**  
**\*\*Cost is only - \$135/person or \$250/ family**

Interested in having fun and learning self defense? Curious about martial arts? Improve your self-confidence and get into better physical shape while learning Karate. No experience is necessary. For more information on this class contact Ryan at 306-530-6905

**Floor Hockey (ages 11-15)**  
**Mondays – January 16<sup>th</sup> to March 27<sup>th</sup> – Time 7:15-8:15**  
**10 sessions, Cost \$30 (no class Feb. 20<sup>th</sup>)**

Come out and have some good clean fun. MUST bring in clean, non-marking indoor runners to be worn in Gym. No outside sticks, equipment provided.

**Move and Shake Fitness Class (ages 6-8)**  
**Wednesdays– Starting January 18<sup>th</sup> – Time 6:30 – 7:15**  
**10 sessions, Cost \$35 (no class Feb. 20<sup>th</sup>)**

This children's class is designed for the young at heart. It combines fitness movements in a game-oriented environment. Although this class is meant for the youngsters, parents are welcome to join in the fun.



Regina West Zone Recreation & CSD Board Inc.  
1127 Arnason Street North Regina, Saskatchewan S4X 3V4  
306-791-0226 [wzb@sasktel.net](mailto:wzb@sasktel.net) [www.westzoneboard.ca](http://www.westzoneboard.ca)

**WEST ZONE BOARD - ANNUAL GENERAL MEETING**  
**Monday, January 30, 2017**  
**7:30 p.m. @ NORTH WEST LEISURE CENTRE**

The following Executive positions require election or re-election: Chair-1 year term, Vice Chair-2 year term, Secretary-2 year term and Volunteer Coordinator-2 year term. Contact the West Zone Board office to view the job descriptions of these positions.

Resumes may be forwarded no later than January 15th to:

West Zone Board Office, c/o North West Leisure Centre, 1127 Arnason Street North, Regina, Saskatchewan

**West Zone Board Winter 2017:**

**LEARN TO SKATE** Cost \$75/8 Sessions

**REGISTRATION: JANUARY 4 - 13, 2017**

Teaches children to stand and walk on skates and feel comfortable on the ice.  
Skating/Hockey helmet with full face guard is mandatory.

**FALL HOCKEY SCHOOL** Cost \$250

**REGISTRATION: FEBRUARY 1 – AUGUST 18, 2017**

For ages 6-10 – Weekends September 2017

Visit [www.westzoneboard.ca](http://www.westzoneboard.ca) and click **PROGRAMS** for registration procedures, class schedules, and for information on programs offered by our affiliated groups!

Raelyn Dawn Makeup Artistry  
www.raelyndawn.com

**Raelyn Zelinski**  
Certified Makeup Artist  
[raelyndawnmua@gmail.com](mailto:raelyndawnmua@gmail.com)

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**Tel: 306-543-5758**

**MCLURG SCHOOL PLAYGROUND UPGRADE**

*We are getting very close to reaching our goal of \$75,000! Thank-you so much to everyone who has donated or contributed to our fundraising!*

**A special Thank-You to the following for their very generous donations:**

- COMMUNITY INITIATIVES FUND
- SHERWOOD CO-OP
- FARM CREDIT CANADA
- PRAIRIE ADVERTISING
- SUPERIOR GARAGE

**WE STILL NEED YOUR HELP!** If you, or someone you know is interested in making a donation to our playground redevelopment please contact Leanne at [leanneneisz@hotmail.com](mailto:leanneneisz@hotmail.com). All donations of \$20.00 or more are eligible for a tax receipt. As well, any donation over \$500 will be acknowledged on a commemorative plaque located near the new playground! Donations can also be forwarded to the school at the address below c/o the MSCC.

**McLURG ELEMENTARY SCHOOL**  
125 PAYNTER CRESCENT • REGINA, SK. • S4X 2A9 • Ph: 791-8496



# Advertise with Us!

The PVCA Newsletter is published in two print editions (Fall/Summer and Winter) and one online only edition (Spring) every year. Almost 3000 copies of the Fall print edition are delivered by volunteers in Prairie View, Normanview West, Westhill, Edgewater, and Fairways West. The Winter edition is distributed in the community's schools at the beginning of January.

## Advertising Rates:

1/8 Page (business card size) -	\$25	1/4 Page -	\$50
1/2 Page -	\$100	Full Page -	\$200

## Deadlines for submissions:

January issue - November 30th  
April issue (online only) - March 1st  
September issue - July 31st

Forward advertising requests to: [pvca@sasktel.net](mailto:pvca@sasktel.net)



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**PROGRAMS**

**MINI PRE {2½ – 3 YEARS OLD}**  
Monday – 9:15am – 11:15am

**ONE DAY {3 – 4 YEARS OLD}**  
Monday – 9:15am – 11:15am

**3 – 4 YEARS OLD**  
Tuesday & Thursday – 9:15am – 11:15am

**4 – 5 YEARS OLD**  
Monday, Tuesday & Thursday  
1pm – 3pm

1300 N Courtney Street — Regina — SK — S4Y 0C5  
Located at the corner of Courtney St and Whelan Dr  
306.543.8233 — [preschool@rosewoodpark.ca](mailto:preschool@rosewoodpark.ca)  
**ONLINE REGISTRATION — [www.rosewoodpark.ca](http://www.rosewoodpark.ca)**



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[info@bloomlearning.ca](mailto:info@bloomlearning.ca)  
[bloomlearning.ca](http://bloomlearning.ca)

## Circle of Security Parenting Series

### **Explore the Challenges of Parents**

#### **Learning Objectives:**

- Understanding your child's emotional world by learning to read their emotional needs
- Supporting your child's ability to successfully manage emotions
- Enhancing the development of your child's self esteem

**For more information about these objectives:** please go to

<https://youtu.be/F6DhnbgRAOo>.

#### **2016/2017 Schedule**

*You are invited to attend one of the following sessions on Tuesdays from 7-9pm for 6 weeks:*

September 20 – October 25

November 8 – December 13

January 10 – February 14

February 28 – April 4

April 18 – May 23

#### **Where**

West-Hill Baptist Church  
8025 Sherwood Drive

#### **To Pre-Register**

Call 306-775-1616 or email: [sstlange@sasktel.net](mailto:sstlange@sasktel.net)

*Limited Seating, Adults Only*

*Please Note: This program is also very beneficial for anyone who is a caregiver of young children, including: foster parents, daycare workers, grandparents, etc.*

**Register online**

[www.RCBA.ca](http://www.RCBA.ca)

**Grade K-12**

**All Skill Levels Welcome**



# RCBA

**Regina Community Basketball Association**

Phone: 306.584.3222

**E-mail:** [rcba@sasktel.net](mailto:rcba@sasktel.net) **Facebook:** RCBA Hoops



Phone (306) **206-1246**

1148 Dorothy St.

[www.pharmacywest.ca](http://www.pharmacywest.ca)

## **PHARMACY WEST**

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