



The Prairie View Community Association (PVCA) offers programs for the local community and the city as a whole. The Association provides programs that make our local community safe, fun, and enriching for all. We run programs for all ages and interests. The PVCA offers affordable programs in our community.

Please join us on Registration Night to sign up for your favourite activity or through our online store at pvca.ca/shop to register or purchase a membership. Or email us at pvca@sasktel.net. Online registration is open from January 10th to 25th, 2024 or until programs fill up.

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PVCA Winter Program Registration

Tuesday, January 9, 2024
McLurg School - 125 Paynter Cres.
Registration: 7:00 - 8:00 PM



The PVCA proudly offers a \$750 scholarship that is available to Grade 12 students attending high school in Regina, or young people up to age 21 continuing their education who lives in the Prairie View area. To apply, please see full details at www.pvca.ca and submit applications to pvca@sasktel.net by May 15, 2024.

Winter Program Highlights

- **Parent/Youth Dodgeball** – A dodgeball program to keep families active, parents are welcome and encouraged to participate with their children (parents free with child registration).
- **Flag Football Skills and Drills** - Get a jump start on the flag football season with conditioning work and specific drills. Pass, catch, pull flags, and have fun.
- **Regina Shintani Wado Kai Karate** – Organization offers many levels of training and experience. Together we can build you up in a family-based atmosphere. All questions can be directed to Ryan MacDonald ryguy_1@sasktel.net.



- **Drop-in Pickleball** – Join us for drop-in pickleball. One court dedicated to learn-to-play from 6:30-7:30 pm. Bring your own equipment or use some of ours.
- **Weights and Drills with Lee** – Combining cardio, weights, and bodyweight. Alternate exercises available.
- **Low-impact Latin-Inspired Dance Cardio Class** – Join Kerri for a fusion of Latin and fun modern beats of low impact cardio exercise to burn calories and have fun.

Winter 2024 Program Details

Family & Community	Ages	Day	Dates	Times	Location	Cost
Parent/Youth Dodgeball	8-12 yrs.	Weds	Jan 17 – May 22	7:15 - 8:30 pm	McLurg School	\$20 per family
Regina Shintani Wado Kai Karate	8-14+ yrs. 13+ yrs.	Tues	Jan 16 – May 28	7-8 pm 8-9 pm	McLurg School	\$200 or \$400 family
Regina Shintani Wado Kai Karate “Just for Kicks”	5-8 yrs.	Tues	Jan 16 – May 28	6:30 – 7 pm	McLurg School	\$110 or \$200 family
Children & Youth						
Flag Football Skills and Drills	8 – 14 yrs.	Sun	Feb 4 – Mar 24	3 – 4 pm	McLurg School	\$40
Adult						
Drop-in Pickleball	16+ yrs.	Mon	Jan 15 – May 27	6:30 – 8:30 pm	McLurg School	\$5 fee/ session
Weights and Drills with Lee	16+ yrs.	Wed	Jan 17 – April 24	6 – 7 pm	McLurg School	\$65
Low-impact Latin-Inspired Dance Cardio Class	16+ yrs.	Thurs	Jan 18 – April 25	6:15 – 7 pm	McLurg School	\$50

Friends, family, and neighbours,

Lots is happening in Prairie View! Many piles of pumpkins were collected in November for the animals of Fenek Farms. So many pumpkins were collected that Josef Buttigieg of Fenek Farms wants to bring a larger trailer next year to accommodate the anticipated turnout! Thank you to everyone who donated! If you're holding this flyer, you've likely had a look at the numerous programs being offered by your Prairie View Community Association and the Regina West Zone Board. This is a great opportunity to get involved and stay active this winter. You'll find something there for everyone! If you're looking for a sign, it's in your hands (or on your screen).

A Regina community association adjacent to ours has proposed a cross-country ski trail that, if built, would terminate in our Prairie View area. Should we decide to follow through with it, this project will require volunteers for planning and regular grooming of the trail. If this proposal piques your interest, please reach out to your community association at PVCA@sasktel.net and share with us how you can help. Finally, I wish to thank everyone who applied for the position of Ice Supervisor for the Westhill Park Rink. It was a difficult decision, but we found a great individual and we look forward to a fantastic partnership this season! Be sure to check out the warm-up shack hours below.

A special thanks to all our volunteers and the tireless effort of everyone who makes up the Prairie View Community Association executive. You've got some amazing people working on your behalf to make our community the best place to live in Regina!

Anthony Eberle, PVCA Chairman

WESTHILL OUTDOOR RINK WARM-UP SHACK HOURS:

DECEMBER 22ND - FEBRUARY 29TH

MONDAYS: 6-9PM

SUNDAYS: 1-5PM

SATURDAYS: 2-5PM



LOCATED NEXT TO THE JOANNE
GOULET GOLF COURSE

THANKS TO THE CITY OF REGINA
AND THE PRAIRIE VIEW
COMMUNITY ASSOCIATION FOR
MAKING THIS POSSIBLE



The Prairie View Snow Angel Program



THE PV SNOW ANGEL PROGRAM IS A CITY-SUPPORTED, COMMUNITY INITIATIVE UTILIZING THE POWER OF VOLUNTEERS TO HELP CLEAR SNOW IN OUR COMMUNITY THROUGHOUT THE WINTER. IT WAS DEVELOPED TO ASSIST HOUSEHOLDS WHERE ONE OR MORE MEMBERS EXPERIENCE BARRIERS TO SHOVELING SNOW FROM THEIR PROPERTY AND WHO WOULD NOT OTHERWISE BE ABLE TO ACCESS SNOW REMOVAL SERVICES.

IF YOU OR SOMEONE YOU KNOW COULD UTILIZE THIS PROGRAM,
OR YOU WOULD LIKE TO VOLUNTEER WITH US
PLEASE CONTACT
pvsnowangels@gmail.com

Visit our website for more info at PVCA.ca



Thank-you to the City of Regina for making this program possible!



**Prairieview Snow Angels would like
to thank our program sponsors!**



Visit pvca.ca for information on the Snow Angels program.



Regina West Zone Recreation & CSD Board Inc.
 1127 Arnason Street North Regina, SK S4X 3V4
 (306) 791-0226 wzb@sasktel.net www.westzoneboard.ca

WEST ZONE BOARD COMMUNITY PROGRAMS

LEARN TO FLY A DRONE - Saturdays 1:00 – 4:00pm, 13 years +, Dates TBD; Cost \$75 per session.

LEARN MAGIC FOR KIDS

- Saturdays March 2 & May 25, All Ages, 7:30 – 8:00 pm at the Northwest Leisure Centre.
 0 to 16 years FREE, Adults by donation.

LEARN TO SKATE - WINTER 2024

Whether your child needs a primer to get started on the ice or you're new to our Canadian winters and want to get out and enjoy your local ice rink, our program is a great place to start! Cost \$80 + \$10 Community Association membership. Online registration commences Tuesday, October 4, 2022. Offerings include:

- Saturdays: Jan 20 – Mar 9, Ages 3 - 5, 9:30 - 10:05 am; Ages 6 - 12, 10:10 - 10:50 am and free Parent and Child, 10:50 to 11:30 am at the Kinsmen
- Sundays: Jan 28 – Mar 17, Ages 3 - 5, 4:25 – 5:05 pm and Ages 6-12, 4:25 – 5:05 pm at the Doug Wickenheiser Arena

LITTLE STARS ACADEMY ~ HOCKEY CAMP

For the beginner, learn and hone those hockey playing skills for children ages 4 - 7. Cost \$110. Program runs Sundays: Jan 20 – Mar 9 from 5:05 - 5:45 at the Doug Wickenheiser Arena.

WEST ZONE TAEKWON-DO

West Zone Taekwon-Do is a non-profit organization that teaches the art of Taekwon-Do. Classes are taught by experienced instructors including Master Norman, eighth degree. For more information, please visit them on at www.facebook.com/rwztkd/about/

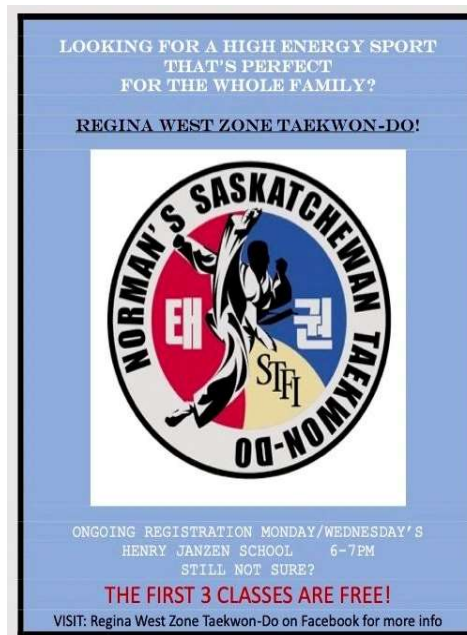
NORTHWEST SPORT - POWER SKATING

The Power Skating is run by the Northwest Sports Association with a program designed to improve and master skating techniques for both hockey and ringette players. For more information, please visit their website at www.rnwsa.ca/programs/power-skating

BASIC FIRST AID & CPR – Saturdays/Sundays 9:30 am – 5:30 pm; Tuesday, Wednesday, Thursday 6 – 9 pm 18 years +, Various Dates from January to June 2024; Cost \$120 per session. 6 – 8 hrs online training required and provided prior to in-person component.

WEST ZONE COMMUNITY AND TECHNOLOGY LITERACY HUB

Come learn what it means to be a digital citizen and increase your technology literacy and science to navigate the online world safely. For more information www.westzoneboard.ca/community-%26-techlit-hub



Investing in the people of Saskatchewan



MLA for Regina Rochdale

Laura Ross
306-545-6333





We are excited to bring a locally owned dental office to Regina, opening in February, 2024. Our team prides themselves on providing compassionate, comfortable, and high-quality dental care to Regina and the surrounding area. We offer direct billing and a wide range of dental services which can all be found on our website.

We will begin booking patients in January and look forward to seeing you in the near future!

You can also follow along for updates and a preview of the office on our social media pages.



DR. KYLA TZUPA, D.M.D.



: www.revivedentalregina.com



: admin@revivedentalregina.com



: [revivedentalregina](https://www.instagram.com/revivedentalregina)



: [Revive Dental Clinic](https://www.facebook.com/ReviveDentalClinic)

Location

2720 Montague St.
Regina, SK S4S 0J9

Winter Joke Fun



Q: What food do you get
when you cross Frosty with a
wolf?
A: A brrrr-grrr.



Q: How did Jack Frost get to
work?
A: By icicle.



Q: Why did the bear keep
getting fired?
A: He always disappeared in
the winter.



Q: What does a barbershop
serve in winter?
A: Cold cuts!



Q: What did one snowman
say to the other?
A: Do you smell carrot?



Q: What do you call an old
snowman?
A: Water.



Q: What's white and goes
up?
A: A confused snowflake.



Q: What time is it when little
white flakes fall outside the
classroom window?
A: Snow and Tell.



Q: How was the snow globe
feeling after the scary story?
A: A little shaken.



Q: How do you keep from
getting cold feet during the
winter?
A: Don't walk around
BRRRRfooted.



Q: How can you farm during
the winter?
A: Use a snow plow.



Q: What do mountains wear
to keep warm?
A: Snowcaps.

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