



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 contactus@pvca.ca. Online registration is open from September 11th to 18th, 2024 or until programs fill up.

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PVCA Fall Program Registration

Tuesday, September 10, 2024

McLurg School - 125 Paynter Cres.

Annual General Meeting: 6:30 – 7:00 PM

Registration: 7:00 - 8:00 PM

Inviting Volunteers to help support the PVCA!

The PVCA is also inviting volunteers from our community to participate in our Annual General Meeting, join the PVCA board, help out with distributing the PVCA newsletter, snow angel program, contributing to our meetings, planning events and helping out at events.

Fall Program Highlights

- **Girls Volleyball Conditioning** - Warm up for the upcoming season, bring your own ball to work with a partner or on your own to improve skills. Short scrimmage game at the end.
- **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.
 - **Beginner Yoga with Fran** - Open to all levels, all bodies, all capabilities. Gentle but active class. Bring your own mat and comfortable clothes.

Fall 2024 Program Details

Family & Community	Ages	Day	Dates	Times	Location	Cost
Regina Shintani Wado Kai Karate - Beginner/Intermediate - Advanced	8-14+ yrs. 13+ yrs.	Tues	Sept 17 – Dec 3	7 - 8 pm 8 - 9 pm	McLurg School	\$120 or \$200 family
Regina Shintani Wado Kai Karate “Just for Kicks”	5-8 yrs.	Tues	Sept 17 – Dec 3	6:30 – 7:00 pm	McLurg School	\$75 or \$140 family
Children & Youth						
Girls Volleyball Conditioning	13 – 18 yrs.	Weds	Sept 18 – Nov 27	7:15 - 8:30 pm	McLurg School	\$20
Adult						
Drop-in Pickleball	16+ yrs.	Mon	Sept 16 – Dec 2	6:30 – 8:30 pm	McLurg School	\$5 fee/ session
Weights and Drills with Lee	16+ yrs.	Wed	Sept 18 – Nov 27	6 – 7 pm	McLurg School	\$65
Low-impact Latin-Inspired Dance Cardio Class	16+ yrs.	Thurs	Sept 26 – Nov 28	6:15 – 7:00 pm	McLurg School	\$55
Beginner Yoga with Fran	16+ yrs	Sun	Sept 15 – Nov 24	4 – 5 pm	McLurg School	\$40

Friends and neighbours – here's what's happening in our community!

On behalf of Prairie View Community Association, it was my honour to hand deliver this year's \$750 PVCA Scholarship to Mitchell Oehler just before he received his high school diploma. Besides having impressive grades, Mitchell volunteered hundreds of hours with Archbishop M.C. O'Neill's light and sound crew, and in various youth leadership and technical roles with Westhill Baptist Church. Mitchell will be attending the University of Regina this fall pursuing a Bachelor of Business Administration degree. We wish him the best in the years ahead!

Save your pumpkins this Halloween! We're planning our 2nd annual pumpkin drive in cooperation with Fenek Farms with proceeds going to feed their animals. Look at the community signs again for the drop-off place and time.

Prairie View is almost 50 years old! The first home in our area was completed in 1976. Planning is beginning for a 50th anniversary celebration. As we get closure to the event, we'll be looking for volunteers to help out with the festivities! Send us a message with your ideas and if you'd like to help out with this or any other PVCA event.

Remember, Tuesday, September 10th is our Annual General Meeting. Come to McLurg Elementary School at 6:30pm for our AGM to vote for your Community Association executive team. Then stay to register for any of our fall programs at 7pm!

Finally, a big thank you to Cort Jackson of Jackson's Independent for supporting our block party program. Our community wouldn't be the same without local businesses like his. Next year if we provide the incentive again, I'm sure we'll have even more participation!

I hope everyone had a great summer!!

Anthony Eberle. PVCA Chairman



Photo of Mitchell Oehler & Anthony Eberle.

Congratulations to Mitchell Oehler who is the 2023-24 PVCA scholarship award recipient of \$750! Full details on this scholarship opportunity are available at www.pvca.ca.

PVCA proudly offers a scholarship that is available to Grade 12 students attending high school in Regina, or young people up to age 21 continuing their education who live and volunteer in the Prairie View area and ideally with the PVCA. To apply, please see full details at www.pvca.ca and plan to submit 2024-25 applications to contactus@pvca.ca by May 15, 2025.



WE WILL ONCE AGAIN BE COLLECTING PUMPKINS AFTER HALLOWEEN TO HELP FEED ANIMALS AT FENEK FARMS.

Please watch for more information:

Website: PVCA.ca

Facebook: like/follow Prairie View Community Association

Community Signs: Courtney St, Sherwood Dr & 1st Ave

Prairie View Fall 2024 Community Survey

20 questions!

Help us make our community a better place to live with this ten-minute survey! Scan this QR code with the camera on your phone or simply go to <https://s.surveypal.com/s2dalb2> and fill it out!



Looking for VOLUNTEERS
& Eligible Residents for our Program

Prairie View Snow Angels



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!



Quick, simple online registration @ www.RGSL.ca

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Questions about firearms safety? contact@rgsl.ca



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

WEST ZONE BOARD COMMUNITY PROGRAMS

LEARN MAGIC

Tuesdays Sept 17 to Oct 22, 5 to 13 years, 7:00 – 8:00 pm at the Northwest Leisure Centre, \$200.

LEARN TO SKATE - FALL 2024

This program is a great way to start skating, if your child needs a primer and to get out and enjoy your local ice rink! Cost \$80 + \$10 Community Association membership. Online registration at www.westzoneboard.ca.

- Saturdays: Oct 19 - Dec 14, Ages 3 - 5, 9:30 - 10:05 am; Ages 6 - 12, 10:10 - 10:50 am and free (with community membership) Parent and Child, 10:50 to 11:30 am at Wheat City Kinsmen Arena.
- Sundays: Oct 20 - Dec 15, Ages 3 - 5, 3:45 - 4:20 pm and Ages 6-12, 4:25 – 5:05 pm at 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: Oct 20– Dec 15 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. For more info, please email wztaekwondo@gmail.com or visit them on Facebook at www.facebook.com/rwztkd/about/

NORTHWEST SPORT - POWER SKATING

The Power Skating is run by the Regina 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

REGINA WEST ZONE COMMUNITY SOCCER ASSOCIATION

Regina West Zone Community Soccer provides a recreational soccer experience during the winter months for kids of all ages. For more information on registration, costs, and program availability visit www.rwcsa.ca

BABYSITTING/STAY SAFE

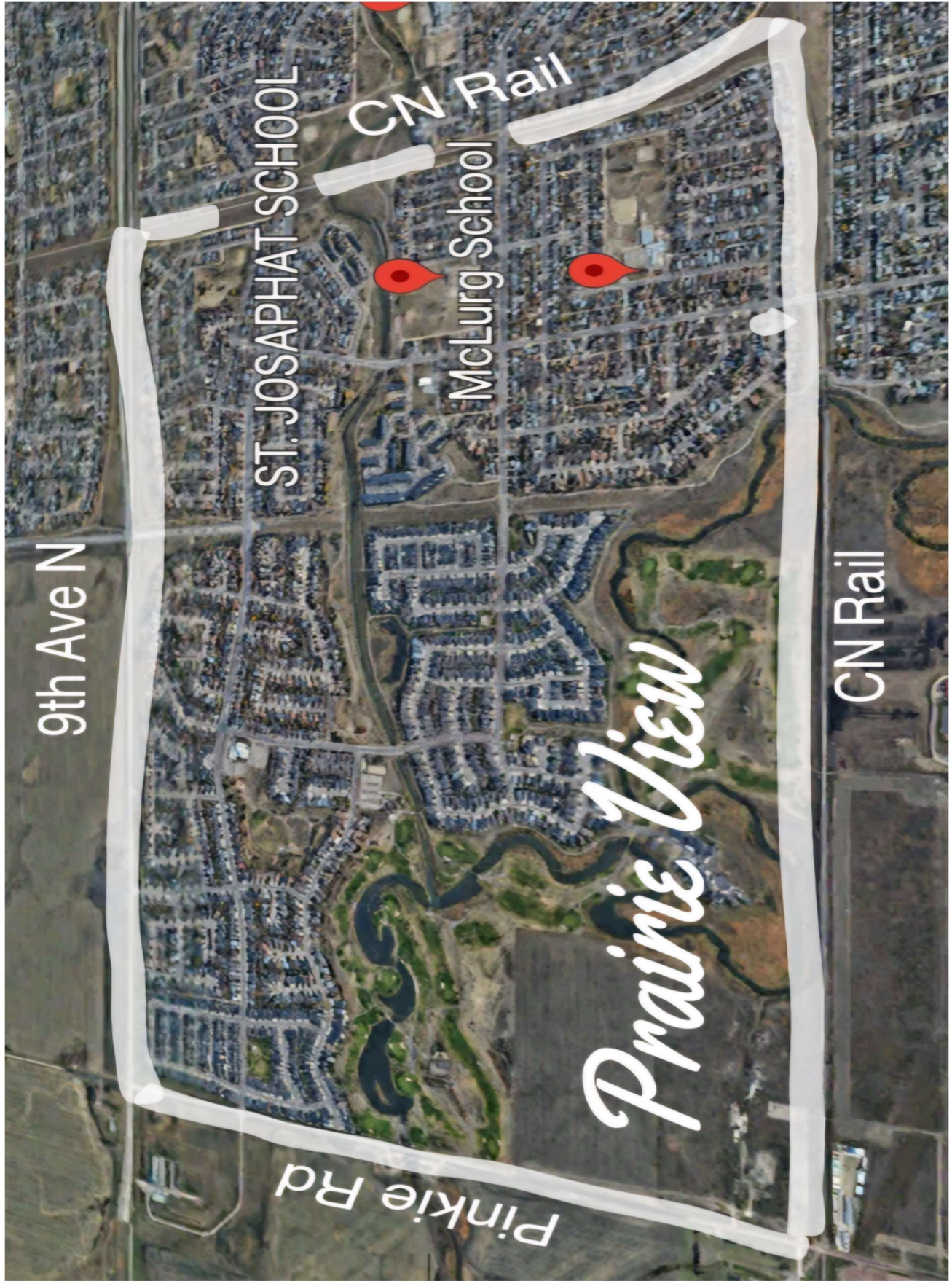
Babysitting/Stay Safe sessions offered Saturdays on Sept 28 and Nov 16 from 9 am to 4 pm; 12+ yrs; Cost \$50 per session. Stay Safe sessions offered on same dates from 1 to 5:30 pm; Cost \$40.

STANDARD FIRST AID & RECERTIFICATION

Sessions offered Sunday, Sept 8; Tuesday, Oct 8 and Sunday, Nov 17 from 8:30 am to 5:00 pm.
 18 years +; Cost \$120 per session or \$90 for recertification per session.

PSYCHOLOGICAL FIRST AID

Sessions offered Thursday, Sept 5; Wednesday, Oct 9 and Monday, Nov 18 from 8:30 am to 4:30 pm; 18 years +; Cost \$120 per session.



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