

Varsity Dental Group

General Dentistry

Dr. R. Bhargava | Dr. A. Gallagher | Dr. K. Gallagher
Dr. M. Gavelis | Dr. J. Marshall | Dr. K. McCann
Dr. E. Bull | Dr. J. Bourgault

Monday — Thursday 7–7pm
Friday 7–5pm | Saturday 7–1pm

201 — 1414 8th Street East, Saskatoon, SK
Corner of 8th St. & Cumberland Ave.

LOCALLY OWNED AND OPERATED



(306) 665-2400

New and Emergency
Patients Welcome

www.varsitydentalsaskatoon.ca



Picture from
the Back
Alley Clean
Up from
June 1,
2019





New and emergency patients welcome.

#60-304 Stonebridge Blvd, **Saskatoon**

Monday-Thursday 7am-7pm
Friday 7am-1pm
Saturday 7am-1pm

Stonebridge Location
306-244-2266

Dr. Norm Vankoughnett
Dr. Kristopher Milne
Dr. Abdullah Patel
Dr. Christine Miller
Dr. Ibrahim Muradi
Dr. Eric Tuttosi

KIDS' KORNER Hey Kids!! If you would like to submit any artwork or poems, we would love to print them in our next newsletter; just send in a scan or digital print. Submission deadline is December 18, 2019. For more information, contact the newsletter editor Kamini Lakhanpal at Lakhhk_2000@yahoo.com

Don't forget to attend the CPRA Fall 2019 AGM and registration supper night on Sept 11th, 2019!!



Swap Day for Saskatoon is on Sept 7, 2019

There will be a free supper at the AGM and registration night on Sept 11, 2019!! Come attend the meeting, enjoy the free food, become a volunteer and meet your CPRA executive and members!!

ADVERTISING RATES IN THE (CPRA) COLLEGE PARK RECREATION ASSOCIATION NEWSLETTER

Rates:

Business Card \$50

Quarter Page \$100

Half Page \$160

Next Issue December 2019

Deadline For Submission November 18, 2019

Contact:

Kamini Lakhanpal
Newsletter Editor
Lakhhk_2000@yahoo.com

Meet The CPRA!!

For a complete list of CPRA Executive and Committee members, check out our website at www.collegeparksaskatoon.com



DO YOU WANT TO BECOME MORE ACTIVE AND ARE NOT SURE WHERE TO START? OR IS YOUR PAIN LIMITING YOU? LET THE TEAM AT NORTH 49 HELP YOU...

MOVE BETTER & LIVE BETTER.

24/7 ONLINE BOOKING AT
WWW.NORTH49THERAPY.CA
OR CALL 306.343.7776.

CONVENIENTLY LOCATED AT THE GROSVENOR PARK CENTRE ON 8TH AND PRESTON.



College Park Recreation Association

College Park News

August 2019

President's Message

Greetings to all our College Park neighbours from the CPRA President! As fall approaches, please accept both our appreciation and our invitation! Thank you to everyone who has supported our College Park Recreation Association (CPRA) programming and initiatives in the past year! We are working to expand our class offerings. Please review the fall programs at <https://www.collegeparksaskatoon.com/> and register on line or in person at our Annual General Meeting (AGM) on September 11 at 6:00 p.m. at College Park School library. Please stay for the AGM and supper with your neighbours! Thank you to everyone who came out to help with our CPRA-hosted Back Alley Clean-Up on June 1. We had even more volunteers than last year, and had lots of fun working and visiting with our College Park neighbours and business people. Please see a list of our business supporters in this newsletter. Impressive, indeed! The College Park Recreation Association is a group of volunteers committed to serving the community of College Park. If you have suggestions so that we might improve our programming and initiatives, please email me at president@collegeparksaskatoon.com. Sincerely, Helen Armstrong



Save the Date!

AGM and Registration Supper Night		
September 11 In the College Park School Library at 6:00pm	Address: College Park School 3440 Harrington Street	At the AGM & Registration Night there will be free food for everyone!! Hope you all come and attend!!

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Volunteers Needed!!

Come on out and support the CPRA by becoming a volunteer!! Contact the president Helen at president@collegeparksaskatoon.com

College Park Back Alley Clean-up Event was a huge success!! A big thanks to everyone who donated their time and vehicles to the second CPRA community clean-up
More details on page 2

The Second College Park Back Alley Clean-up Event was a huge success once again!!

A HUGE THANK YOU to the College Park and Area Business Supporters of the CPRA June 1, 2019, College Park Back Alley Clean-up

- Acadia Vet Clinic – Unit 4, 3412 8th Street East (Phone: 306-477-1222)
- African Centre – Unit 117, 3501 8th Street East (Phone: 306-954-3338)
- Asiana Wok – Acadia Drive Mall (Phone: 306-477-0096)
- Carriage House Florists – College Park Mall (Phone: 306-374-4844)
- Changes Salon & Spa – Unit 110, 3501 8th Street East (Phone: 306-477-6245)
- College Park Confectionary – Acadia Drive Mall (Phone: 306-974-8686)
- Domino’s – 3521 8th Street East (Phone: 955-5500)
- Edward Jones – Unit 105, 3521 8th Street (Phone: 306-244-0532)
- Hi-Tech Gametraders – College Park Mall (Phone: 306-933-0102)
- Ixtapa Travel – College Park Mall (Phone: 306-664-3233)



Sarina Gersher
Councillor – Ward 8

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- Lubrication Station – 8th Street & Acadia Drive (Phone: 306-956-3278)
- Medicine Shoppe Pharmacy – Acadia Drive Mall (Phone: 306-382-7101)
- MLA Eric Olauson – Acadia Drive Mall (Phone: 306-244-4004)
- Mystic Java – College Park Mall (Phone: 306-374-5282)
- Petro-Canada – 8th Street & Acadia Drive (Phone: 306-373-6868)
- Rexall Drug Stores – College Park Mall (Phone: 306- 975-1500)
- Saskatoon Co-op Home Centre – 2507 8th Street (Phone: 306-933-0346)
- 7 Eleven Food Stores – 8th Street & Acadia Drive (Phone: 306-975-6645)
- Sobeys – College Park Mall (Phone: 306-651-1800)
- Spicy Time – 8th Street & Acadia Drive (Phone: 306-665-4747)
- & Arshad Aziz, Notary Services (Phone: 306-880-0892)
- Staples – 2327 8th Street (Phone: 306-955-6536)
- Swan Pizza – 8th Street and Acadia Drive (Phone: 306-974-0467 or 306-974-9856)
- Urban Cellar – College Park Mall (Phone: 306-249-4176)
- Whiskey Jacks – College Park Mall (Phone: 306-373-4440)

HOW WOULD YOU LIKE TO SPEND YOUR AUTUMN?

Nature
Playcare



Nature
Baby

Nature
Grandparenting



Damsels in
the
WILDERNESS



Visit wildernook.com for more info

Indoor Fall Programs Fall 2019

Registration: Wednesday, September 11th, AGM @ 6:00PM-8PM
College Park Library
Registration To Follow

NEW Programs this Year!
Hello all! As the Indoor Coordinator, I would like to spotlight the new programs we are trying out this fall. We look forward to seeing you!
FAMILY YOGA is for all ages. It was designed so the whole family can be active together! Monkey Madness and Run, Jump, Throw are on at the same time (Monday 6-7pm), so kids ages 3-8 years can have structured play while you and your older children enjoy yoga.
PLALKERS & SNOW ANGELS is an initiative we are starting to keep College Park clean and help out our neighbours. “Plalking” stands for Picking up Litter while walking. Every other Wednesday, community members will meet to “Plalk” for an hour (during months without snow) or shovel sidewalks/driveways (during months with snow) for those who are unable to. After an hour of hard work, you are invited to sit down and discuss real world issues. (We ask that you still register, so we have an idea of how many people to expect)
WELCOME TO THE NEIGHBOURHOOD is a free program, primarily designed to help immigrant families learn some Canadian culture. Each night will have a “theme”. There will be speakers with knowledge on certain topics, including steps to apply for a mortgage, renting/buying a house, the bus transit system, resume building, and so on. Everyone is welcome! This is a great opportunity to get to know people in your community!
CHAIR YOGA... Yoga in a chair! If you feel that you cannot take part in regular yoga due to physical reasons, this is the class for you! We have a qualified instructor who has experience teaching a large range of abilities. There are 10 classes, which means it is only \$7.50/session - this is a real deal!
INTRO TO PAINTING is meant for all ages, 9 and up. You and your children can all enjoy a clean-up-free night of art! Little Artists runs at the same time (Thursday 6-7pm), so kids ages 5-8 can enjoy a structured art class while you and your older children learn some basic painting techniques.
**If cost is an issue, please contact us!
**If you have any other questions/comments/concerns, please contact me (the indoor coordinator) at indoor@collegethingsaskatoon.com

CPRA Fall Programs

PROGRAM	AGE	LOCATION	DAY	TIME	DATES	FEE
Monkey Madness	3-5 yrs	College Park School Gym	M	6-7pm	Sept. 16 - Oct. 7	\$20
Run, Jump, Throw	3-8 yrs	College Park School Gym	M	6-7pm	Oct. 28 - Nov. 25	\$20
Family Yoga	ALL ages	College Park School Small Gym	M	6-7pm	Sept. 16 - Oct. 7 (1st session) Oct. 28 - Nov. 25 (2nd session)	\$40 + \$10/additional family member
Tai Chi	18+	College Park School Gym	M	7-8PM	Sept. 16 - Dec. 9	\$50
4-H Explorer	Gr. 3-6	College Park School Library	T	6-7PM	Sept. 24 - Dec. 3	TBA
Plalkers & Snow Angels	ALL ages	College Park School Library	T	6-7PM	TBA (see website!)	FREE
Welcome to the Neighbourhood	ALL ages	College Park School Library	T	7-8PM	Sept. 24 - Dec. 3	FREE
Chair Yoga	Adult	College Park School Library	W	6-7PM	Sept. 18 - Nov. 20	\$75
Volleyball for Fun	10-14 yrs	College Park School Gym	W	7-8PM	Sept. 18 - Oct. 16	\$25
Little Artists	5-8 yrs	College Park School Library	Th	6-7pm	Sept. 19 - Oct. 17	\$25
Intro to Painting	9+ yrs	College Park School Library	Th	6-7pm	Sept. 19 - Oct. 17	\$30
Youth on the Move	Gr. 5-8	College Park School Gym	F	7-9PM	Sept. 20 - Dec. 13	FREE

CPRA monthly meetings are held every second Wednesday at College Park School Library. Everyone is welcome!
The next meeting is on August 28, 2019!!



School's Back...Dates to remember!!
First Day of School for the New School Year: September 3 registration and September 4 regular classes begin.

REGISTRATION NIGHT FOR FALL PROGRAMS

Wednesday, September 11, 2019. CPRA’S Annual General Meeting starts at 6:00 pm. Registration will follow immediately after. College Park School, 3440 Harrington St. In the library. Membership fee of \$15/ family per year is required to participate in programs and must be presented at the time of registration.

Please bring a separate cheque or cash for membership and for each program you wish to register. COLLEGE PARK RECREATIONAL ASSOCIATION (CPRA) honors other community association memberships.

CPRA wants to encourage all residents to participate in our programs. If cost is a barrier, please contact a member of the executive to make alternate payment arrangements. A variety of payment options is available. Also, if you have any suggestions for new programs or comments on any of our programs, please email president@collegethingsaskatoon.com Please note that no advanced registrations can be accepted and a \$25 fee will be added for any late registrations. We welcome your support and enthusiasm; we are always looking for interested volunteers in to build and grow our community! Come on out and support the CPRA by becoming a volunteer!!

Online Registration starts on August 24th!! Soccer registration will be in person at the AGM or online!! Check out the CPRA website: www.collegethingsaskatoon.com for more information.



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Fax: 306-244-4225



Community Events

1) Dog Day of Summer August 28 @ Mayfair Outdoor Pool (Saskatoon.ca/dogdayofsummer)

2) The annual city-wide curbside event is on September 7, 2019

Have clean, usable stuff to give away? Want free stuff?

Reduce the amount of garbage ending up in the landfill by giving away your stuff to someone or finding free stuff of your own. At a Curbside Swap, you place your unwanted items in good condition on your property (next to the sidewalk or curb) and mark them as free for anyone to pick up or go out on a treasure hunt of your own to find what your neighbours are giving away for free.
Website:<https://www.saskatoon.ca/services-residents/waste-recycling/recycling/saskatoon-curbside-swap>

3) CPRA AGM and Registration Supper Night is on September 11th, 2019 at College Park School

