



# College Park Recreation Association College Park News



[www.collegeparksaskatoon.com](http://www.collegeparksaskatoon.com)

## President's Message

Thank you to everyone for supporting the programs and initiatives of our College Park Recreation Association (CPRA) in 2019! Please come out and take part in our winter 2020 programs, as listed below!

Best wishes for a safe holiday season!

Helen D. Armstrong

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## 2020 Winter Programs

Monkey Madness  
Run, Jump, Throw  
Family Yoga  
Chair Yoga  
Adult Floor Hockey  
4-H Explorers  
Plackers & Snow Angels  
Welcome to the  
Neighbourhood  
Little Artists  
Intro to Painting  
Youth on the Move

For more details on  
our winter  
programs, please go  
to to pages 3 and 4.

### VOLUNTEERS NEEDED!!

Join the CPRA by becoming a  
volunteer!! Contact Helen at  
[president@collegeparksaskatoon.com](mailto:president@collegeparksaskatoon.com)

## Save The Date for Winter Program Registration!

January 8th, 2020 at 7 to 8 pm in the College Park School Library  
In-Person Registration  
Dec. 1<sup>st</sup> to Jan. 8<sup>th</sup> at [www.collegeparksaskatoon.com](http://www.collegeparksaskatoon.com)  
Online Registration

## Winter Fun Day Takes Place on Jan 18th, 2020

The College Park Recreation Association presents a Winter Fun Day!

On January 18th, from 1-3pm, we invite you to come to the Dr. Gerhard Herzberg Park to partake in some outdoor, snow-filled, community fun! To feature: rink games, sledding, and snow-sculpting events, along with a warm and delicious free concession. We hope to see you there!

CPRA wants you to STAY ACTIVE this winter!! Come register for any of the Winter Programs being offered on January 8th, 2020!! Try a new sport, get moving and stay fit!! Details on page 3!!

# Registration Night For Winter Programs Wednesday January 8, 2020

7:00 pm College Park School Library

## REGISTRATION NIGHT FOR WINTER PROGRAMS

Wednesday, January 8, 2020. Registration at 7:00 pm until 8:00 pm. College Park School, 3440 Harrington Street. In the library. Membership fee of \$15/family or \$10/individual 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 are possible. Confidential. Also, if you have any suggestions for new programs or comments on any of our programs, please email [indoor@collegethompson.com](mailto:indoor@collegethompson.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!

**Online Registration is on  
December 1<sup>st</sup> to January 8<sup>th</sup> at [www.collegethompson.com](http://www.collegethompson.com)**

### NOTE:

Is there something you would like to see offered by the College Park Recreation Association? Are you an instructor or do you have a service to offer the community...cooking classes, handicrafts etc.?? If so, please contact any member of the executive, as we would be happy to hear from you!!



*Legislative Assembly of Saskatchewan*

**Eric Olauson, MLA**

Saskatoon University  
[ca@saskatoonuniversity.ca](mailto:ca@saskatoonuniversity.ca)

#### Legislature Office

Room 132 Legislative Building  
Regina, SK S4S 0B3  
Phone: 306-787-0797  
Fax: 306-787-3174

#### Constituency Office

1B - 270 Acadia Drive  
Saskatoon, SK S7H 3V4  
Phone: 306-244-4004  
Fax: 306-244-4225

# CPRA INDOOR WINTER PROGRAMS 2020

**Registration: Wednesday, January 8, 2020 7:00 PM to 8:00 PM College Park School Library**

PROGRAM	AGE	DAY	TIME	LOCATION	DATES	# OF SESSIONS	FEE
4-H Explorers	Gr. 3-6	T	6-7 pm	College Park School	Jan. 21 - Mar. 24	10	125
Adult Floor Hockey	18+	M & Th	8-10 pm	College Park School	Jan. 13 - Mar. 30	20	20
Chair Yoga	Adult	M	7-8 pm	College Park School	Jan. 13 - Feb. 10	5	65
Family Yoga	ALL ages	M	6-7 pm	College Park School	January 30, 1900	5	\$50 + \$15/additional person
Intro to Painting	9+ yrs	Th	6-7 pm	College Park School	Jan. 16 - Feb. 13	5	35
Little Artists	5-8 yrs	Th	6-7 pm	College Park School	Jan. 16 - Feb. 13	5	25
Monkey Madness	3-5 yrs	M	6-7 pm	College Park School	Jan. 13 - Feb. 10	5	25
Plalkers & Snow Angels	ALL ages	T	6-7 pm	College Park School	Jan. 14 - Mar. 31	TBD	FREE
Run, Jump, Throw	3-8 yrs	M	6-7 pm	College Park School	Feb. 24 - Mar. 23	5	25
Welcome to the Neighbourhood	ALL ages	T	7-8 pm	College Park School	Jan. 14 - Mar. 31	TBD	FREE
Youth on the Move	Gr. 5-8	F	7-9 pm	College Park School	Jan. 17 - Mar. 27	10	FREE

**Program Descriptions are also in the Winter Leisure Guide: [www.saskatoon.ca/parks-recreation-attractions/recreational-activities-fitness/leisure-guide](http://www.saskatoon.ca/parks-recreation-attractions/recreational-activities-fitness/leisure-guide)**

***Do you have suggestions for topics for future newsletters or the College Park Recreation Association website? If so, send us an email at [newsletter@collegeparksaskatoon.com](mailto:newsletter@collegeparksaskatoon.com)***

## Program Descriptions:

**4-H EXPLORERS** - The Explorers (of the Lakes, Parks, and the Woods) are part of the Toon Town 4-H club. The kids, Gr 3-6, meet weekly to “explore” different activities (snowshoeing, crafting, marshmallow roasting, woodwork, farm visit, etc). For further information visit: [www.4-h.sk.ca](http://www.4-h.sk.ca)

**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.

**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.

**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.

**LITTLE ARTISTS** - Arts and Crafts for a whole hour! This is a structured program that will encourage the little artist in your young ones. Make sure to wear old clothes and bring your creativity. It could be quite messy, but a lot of fun.

**MONKEY MADNESS** - Does your little monkey have loads of energy after dinner? If so, join this evening program where they can burn off their fuel just in time for bed. Older siblings are welcome to stay and play, so enjoy an hour of kid-free time.

**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. This is a free program, but we ask that you please register, so we have an idea of how many people to expect.

**RUN, JUMP, THROW** teaches children 3-8 yrs fundamental movement skills and develops physical literacy using track & field activities and games. Older siblings (up to 12 yrs) are welcome to stay and play.

**WELCOME TO THE NEIGHBOURHOOD** is a free program, primarily designed to help immigrant families learn about 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!

**YOUTH ON THE MOVE** - Come on out for a FREE and fun Friday night! There is free time and instructor led games/activities for everyone! Most nights will be in the gym, but on occasion, we may be active in a different setting such as on a rink, toboggan hill or swimming pool.

### Tumbleweed Christmas Open House

December 18th 10:00 AM—9:00 PM

Tumbleweed Store Hours

Monday—Friday 10:00 AM—4:30 PM

Christmas Hours Sat/Sun 1:00—4:00 PM

Sherbrooke Community Centre 401 Acadia Dr Saskatoon  
SK S7H 2E7 306-655-3746



**Sarina Gersher**  
Councillor - Ward 8

City of Saskatoon | 222 3rd Avenue North | Saskatoon, SK S7K 0J5  
tel 306.250.9256 or 306.975.2783

 [sarinagersher](https://twitter.com/sarinagersher) |  [Sarina Gersher YXE](https://www.facebook.com/SarinaGersherYXE)

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[www.sarinagersher.ca](http://www.sarinagersher.ca) | [www.saskatoon.ca](http://www.saskatoon.ca)

## CPRA Notes

CPRA monthly meetings are held every second Wednesday at College Park School Library. Everyone is welcome!! The next meeting is on January 8, 2020. College Park School 3440 Harrington Street

## Important CPRA Notes:

CPRA Newsletters are now online!! Check out our website [www.collegeparksaskatoon.com](http://www.collegeparksaskatoon.com)

The CPRA would like to welcome the new members who recently joined!! Welcome Aboard!!

Thank you and Farewell to our newsletter editor Kamini Lakhanpal who is stepping down from the CPRA. All your time and effort volunteering has been greatly appreciated!!

### Rink News

2019/2020

#### Winter Shack Supervised Hours

Tuesday and Thursday  
7PM-9PM

Sunday 1PM-4PM

Holidays

1PM-4PM

Rink help needed to shovel and clear snow. When temperature is below -28 degrees Celcius, there will be no supervision. (City Policy)



College Park Recreation Association now has **SOCIAL MEDIA ACCOUNTS!!** Check out our three social media accounts:



**Twitter:** @cprayxe (Dr. Gerhard Herzberg Park is the background picture)

**Instagram:** cprayxe

**Facebook:** <https://www.facebook.com/CPRAYXE/>

## Advertising Rates

In the CPRA College Park Recreation Association Newsletter

Rates:

Business Card \$50\* Quarter Page \$100\* Half Page \$160

Next Issue May 2020 Deadline For Submission April 18, 2020 Contact Newsletter Editor Kamini Lakhanpal Lakhk\_2000@yahoo.com

## School Dates To Remember

December 20th, 2019

Last Day of School Before the Break

January 6th, 2020

School Resumes

# 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](http://www.varsitydentalsaskatoon.ca)

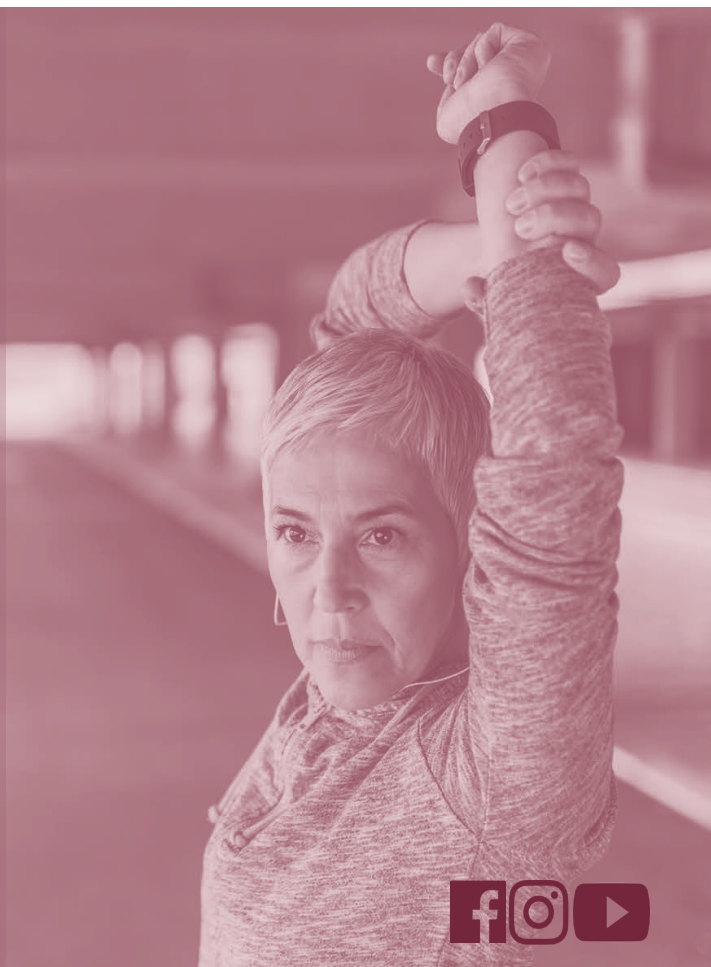


DO YOU WANT TO BECOME MORE  
ACTIVE AND ARE NOT SURE WHERE  
TO START? OR IS YOUR PAIN  
LIMITING YOU? LET THE TEAM AT  
NORTH 49 HELP YOU...

**MOVE BETTER & LIVE BETTER.**

**24/7 ONLINE BOOKING AT  
[WWW.NORTH49THERAPY.CA](http://WWW.NORTH49THERAPY.CA)  
OR CALL 306.343.7776.**

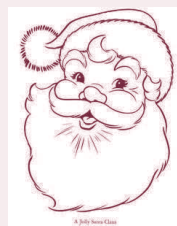
CONVENIENTLY LOCATED AT THE  
GROSVENOR PARK CENTRE ON 8TH  
AND PRESTON.



**HAPPY HOLIDAYS!!****MERRY CHRISTMAS!!****HAPPY NEW YEAR!!**

**KID'S 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 April 18, 2020. For more information, contact the newsletter editor Kamini Lakhanpal at [Lakhk\\_2000@yahoo.com](mailto:Lakhk_2000@yahoo.com)



**Bundle Up and Stay Warm!!**

Remember, we live in Saskatchewan, so dress in layers to stay warm and cozy!!



## Volunteers Needed!!

Join the CPRA by becoming a volunteer!!

Contact Helen at  
[president@collegeparksaskatoon.com](mailto:president@collegeparksaskatoon.com)

Meet the CPRA!! For a complete list of CPRA Executive and Committee members, check out our website at [www.collegeparksaskatoon.com](http://www.collegeparksaskatoon.com)

*Don't forget Winter Program Registration Night takes place on January 8<sup>th</sup>, 2020 7:00 pm to 8:00 pm at College Park School Library!! Everyone is welcome!!*

*Reminder that the CPRA's Winter Festival takes place on January 18<sup>th</sup>, 2020 from 1:00 to 3:00 pm!! It will take place at the Dr. Gerhard Herzberg Park!! Come on out and enjoy!!*

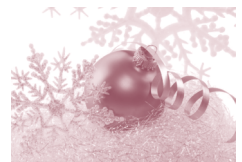
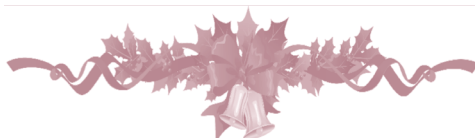
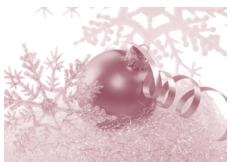



## Community Events

1) Winter Fun Day by CPRA on January 18<sup>th</sup>, 2020. Time from 1 – 3 pm in the Dr. Gerhard Herzberg Park. Details can be found on Page 1.

2) Nutrien Winter Shines 2020 January 25<sup>th</sup>, 2020 10:00 am – 8:00 pm. Ice carving to winter camping to scavenger hunting at the snow park, the event is going to be fun!! Check the website: [nutrienwintershines.ca](http://nutrienwintershines.ca)

3) Nominate a Snow Angel. If you receive help from a neighbour/relative, nominate them as a Snow Angel online or mail in their contact information. For more information check out the website: <https://www.saskatoon.ca/webform/snow-angel-submission>. The snow angel will receive a thank you and be entered in a prize draw!!





# Willows DENTAL

[willowsdental.ca](http://willowsdental.ca)

**New and emergency patients welcome.**

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

**Monday-Thursday 7am-7pm**

**Friday 7am-1pm**

**Saturday 7am-1pm**

Dr. Norm Vankoughnett

Dr. Kristopher Milne

Dr. Abdullah Patel

Dr. Christine Miller

Dr. Ibrahim Muradi

Dr. Eric Tuttosi

**Stonebridge Location**

## 306-244-2266