



COLLEGE PARK RECREATION ASSOCIATION

COLLEGE PARK NEWS

SEPTEMBER 2021 | WWW.COLLEGEPARKSASKATOON.COM

Greetings from the CPRA Executive

As we head towards a fall with hopefully the worst of the pandemic behind us, we would like to wish you all a great start to the season and to extend an invitation!

This past year the College Park Recreation Association (CPRA) has been working to create fun and safe ways for all of us who live in the neighbourhood to connect. Public skating, snow shoeing and the creation of cross-country ski trails in Dr. Gerhard Herzberg Park were some of the initiatives offered this past winter. This September we will be once again offering community programs, along with community events such as the **Community Clean up** as well as the **Annual General Meeting/Pizza in the Park** event. Our executive of volunteers from the community are excited

to offer these opportunities – but their success would not be possible without great people like yourselves joining in, so hopefully you will consider coming out to volunteer!

Please check out details for these events and consider saving the date. If you have questions for the CPRA, feel free to email the CPRA members anytime.

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 programs and initiatives, please email anyone of the CPRA executive (email addresses written to the right) or president@collegeparksaskatoon.com.

Thank you.

CPRA Executive

CPRA EXECUTIVE AND COMMITTEE MEMBERS

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Member at Large *Sanket Patel*

Member at Large *Rick Dupuis*

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Fall Programs

MONKEY MADNESS

This is one hour of energy-burning fun for your little monkeys. There will be soft equipment they can play on and a skilled instructor to keep them safe and lead several fun activities. They will be ready for bed when they leave!

RUN, JUMP, THROW

Run, Jump, Throw teaches children 3-8 yrs fundamental movement skills and develops physical literacy using track & field activities and games. Siblings (3 to 12 yrs) are welcome to stay and play.

VOLLEYBALL BASICS

In this class, you will have the opportunity to learn and practice the basic skills of volleyball such as setting, serving, bumping and spiking. There will be some focus on techniques and strategies used in high school volleyball as well as some fun games. This is a great opportunity to learn and practice volleyball skills in a fun, no pressure environment.

VIRTUAL LEARN TO PAINT

Virtual Learn to Paint is designed to teach participants ages 10-14 years old techniques for painting using acrylic and watercolour paints, as well as provide a source of entertainment and social interaction. Each participant will receive a set of acrylic paints, brushes, canvases, watercolour paints and a watercolour paper pad at the beginning of the program. Participants will join the virtual classroom each week to learn different painting techniques from our amazing instructor.

SENIORS' YOGA

All movements will be performed slowly and smoothly to prevent injury. Adults over 65 years of age are encouraged to take part in Seniors' Yoga to improve flexibility, strength and balance.

TAI CHI

The art of Tai Chi originated in China as a martial art but has transformed into a widely practiced form of exercise for health, relaxation and enjoyment. Tai Chi movements are low-impact, easy on the joints, and help build leg strength and balance, all while learning to relax deeply. Come learn the art of Tai Chi! Our instructor, Shirley does an amazing job of teaching those brand new to Tai Chi as well as the more experienced martial artists.

OPEN GYM BASKETBALL

This is an unstructured two hours of unstructured open gym time, specifically to play or practice basketball. Participants may choose to practice their basketball skills or join others in games. Invite your friends and teammates to join you for a fun, active Friday night.

PROGRAM	DAY	TIME	AGE	DATES	LOCATION	# of Sessions	FEE
Monkey Madness	M	6 - 7 PM	3-5 yrs	Oct. 4 - Nov. 1	College Park School Big Gym	4	\$20
Run, Jump, Throw	M	6 - 7 PM	5-8 yrs	Nov. 6 - Dec. 13	College Park School Big Gym	4	\$20
Volleyball Basics	T	6 - 7 PM	9-12 yrs	Oct. 5 - Nov. 23	College Park School Big Gym	8	\$15
Virtual Learn to Paint	W	6 - 7 PM	10-14 yrs	Oct 13 - Dec. 1	VIRTUAL	8	\$65
Tai Chi	TH	6 - 7 PM	16+ yrs	Oct. 7 - Dec. 9	College Park School Small Gym	8	\$70
Open Gym Basketball	F	7 - 9 PM	13+ yrs	Oct. 1 - Dec. 10	College Park School Big Gym	8	\$10
Seniors Yoga	TBD	TBD	65+ yrs	TBD	College Park School Big Gym	8	\$60

If cost is a barrier, please contact us! This will be kept confidential.
 All programs are subject to change.

For the most up to date information and to register for programs, please visit our website, www.collegeparksaskatoon.com. If you have any other questions/comments/concerns, please contact the Program Coordinator, SueAnne Harms, at indoor@collegeparksaskatoon.com

(Outdoor programs will be offered January - March 2022)

Registration for all CPRA programs will be online through our website www.collegeparksaskatoon.com. CPRA no longer accepts personal registration, however if you are unable to register online for any reason, please email our Program Coordinator indoor@collegeparksaskatoon.com for accommodations.

Membership Fee is \$15/family per year. A Community Association membership is required to participate in all CPRA programs. You will need your membership number to register (you will find it in you email). College Park Community Association (CPRA) honours other community association memberships.

CPRA wants to encourage all residents to participate in our programs. If cost is a barrier, please contact our Program Coordinator indoor@collegeparksaskatoon.com to make alternate payment arrangements.

Registration FOR FALL PROGRAMS

Also if you have any suggestions for new programs or comments on any of our current programs, please email indoor@collegeparksaskatoon.com. Please note that no advanced registrations can be accepted. We welcome your support and enthusiasm: we are always looking for interested volunteers to build and grow our community! Come out and support the CPRA by becoming a volunteer!



Save the Date:

The 3rd ANNUAL BACK ALLEY CLEAN-UP

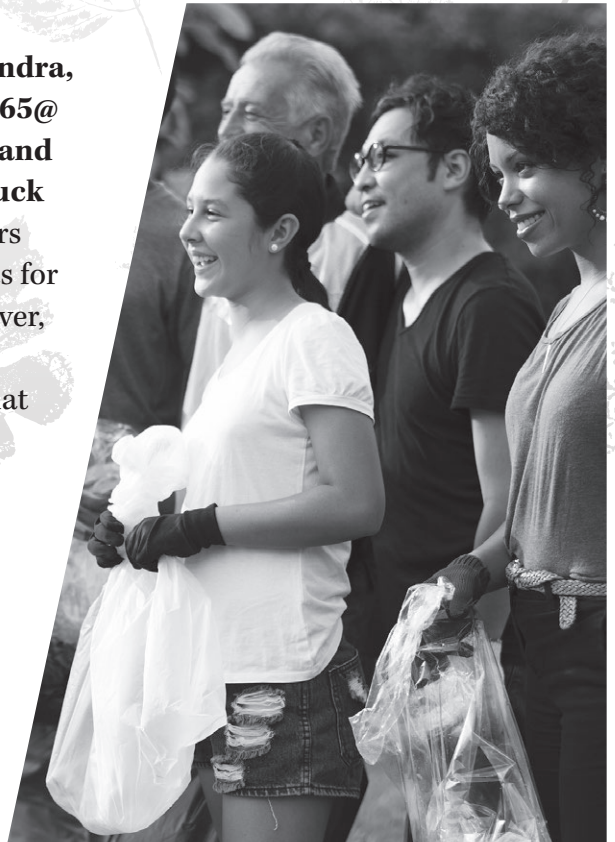
IS ON SEPTEMBER 25TH, 2021 FROM 9:00AM-12:00PM!




REQUEST FOR VOLUNTEERS

Our College Park Recreation Association (CPRA) includes a great volunteer executive team that is serving the College Park community. **We are planning our third annual back alley clean-up, this year on Saturday, September 25th. We will be meeting at the Ecole College Park School (out front: 3440 Harrington Street) around 8:45am, and doing our clean-up routes from 9:00am – 12:00pm noon. The clean-up will be followed by a free pizza lunch and socializing for all volunteers.**

WE NEED YOUR HELP!!! Please email Kendra, the CPRA Special Events Coordinator, at kch965@usask.ca if you are available for the clean-up, and especially if you might be able to lend your truck for the morning (so that we can plan for numbers for water, granola bars, and pizza lunch, as well as for clean-up routes with drivers and walkers). However, if you are not able to commit your time until the morning of September 25th, or forget to email, that is not a problem at all!

**PLEASE, COME OUT, PARTICIPATE,
MEET YOUR NEIGHBORS, AND HELP
KEEP OUR COMMUNITY CLEAN!**



 <https://www.facebook.com/cprayxe>
 <https://www.instagram.com/cprayxe/>
 <https://twitter.com/cprayxe>

CPRA IS ON SOCIAL MEDIA!



ANNUAL GENERAL MEETING & **Pizza in the Park EVENT**

This year we are taking our annual general meeting (AGM) in a new direction...please consider joining for a piece of pizza and learning a bit more about how the CPRA is helping to make College Park an even better place to live!

DATE: Sunday, September 19th, 2021
TIME: 12:30
LOCATION: Community Rink
(in Gerhard Herzberg Park, 131 Campion Cres, by Cardinal Leger School)

Hope to see you there!

At the AGM afternoon, there will be FREE food for everyone. Bring your own lawn chair. Hope you come out and attend!!

The Annual City-Wide Curbside Event is on September 11

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 neighbors are giving away for free.

Website: www.saskatoon.ca/services-residents/waste-recycling/recycling/saskatoon-curbside-swap



Sarina Gersher
Ward 8 City Councillor

HELLO
College Park!

306-975-3678

@SarinaGersherYXE

@SarinaGersher

sarina.gersher@saskatoon.ca

wardeight.ca

Jennifer Bowes
People First



Your NDP MLA for Saskatoon University
saskatoonuniversity@ndpcaucus.sk.ca | 306-956-0224

Volunteers Needed

The College Park Recreation Association (CPRA) is a non-profit organization made up of College Park residents interested in getting to know their neighbours and working towards improving our great neighbourhood. If you would like to learn more about the CPRA or how to get involved please visit our website at www.collegeparksaskatoon.com. Please feel free to contact any member of the CPRA for information or questions about the CPRA!

Contact Information on page 1 or on the website: www.collegeparksaskatoon.com.

Vacant Positions:

- *President*
- *Vice President*
- *Soccer Coordinator*
- *Cardinal Leger School Liaison*

We have several critical positions open, as well as sub committees to support event and fundraising initiatives. Please contact any CPRA member for more information on volunteering with the College Park Recreation Association.

Don't forget

**to attend the CPRA Fall
2021 AGM on Sept 19, 2021
at 12:30pm at the RINK at
131 Campion Cres.**

Thank you

to all the volunteers who are stepping down from the CPRA. All your hard work and dedication to the CPRA is greatly appreciated! **Welcome** to all new executive members who are joining the CPRA!

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patients welcome.**

#60-304 Stonebridge Blvd, Saskatoon

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

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



Stonebridge Location
306-244-2266



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 November 18, 2021.

For more information, contact the newsletter editor Kamini Lakhanpal at newsletter@collegeparksaskatoon.com

SWAP DAY FOR SASKATOON IS ON

SEPTEMBER 11, 2021

Details on page 4

SCHOOL'S BACK... DATES TO REMEMBER!!

First Day of School for the New School Year: **September 1, 2021**

Registration and regular classes begin.

SCHOOL DATES TO REMEMBER:

December 20th - 31st

Christmas Holidays ...no school

School Resumes January 4, 2022

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

RATES:

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

Next Issue December 2021

Deadline for Submission November 18, 2021

CONTACT:

Kamini Lakhanpal, Newsletter Editor:
newsletter@collegeparksaskatoon.com

THERE WILL BE A

FREE LUNCH AT THE AGM ON SEPTEMBER 19, 2021.

Come attend the meeting, enjoy the free food, become a volunteer and meet your CPRA executive and members!

Details on page 5!!

Is there something you would like to see offered by the CPRA? Are you an instructor or do you have a service to offer the community? If so, please contact any member of the executive, as we would be happy to hear from you! All instructors will be paid.

Meet the CPRA!

For a complete list of CPRA Executive and Committee Members, check out our website at www.collegeparksaskatoon.com and on page one of this newsletter.

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