

Your Community Association

QEXCA

Exhibition * Queen Elizabeth * Haultain



QEXCA

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Next meeting is Jan. 6/15
Meetings first Tuesday every month

QEXCA WINTER PROGRAMMING REGISTRATION

Registration for Winter Programs 2015 will be Monday, January 5, 2015 from 6:00-8:00pm at St. Frances School Gym (2141 McPherson Ave.) A membership fee of \$10 per individual or family per year is required to participate in programs and must be presented or bought at the time of registration. A fee of \$10 will apply to late registrations. QEXCA honours other community association memberships.

To learn more about these programs, visit www.qexca.ca. If you, or someone you know, require financial assistance to participate in Community Association programs, please, contact us by email.

Funding is available through the Cost-As-A-Barrier Program offered by the City of Saskatoon. Please direct any questions and comments to the Program Coordinator by email at jshebelski@gmail.com.

CHILDREN/YOUTH

Creative Dance	4 - 5 year olds
Tuesdays 6:00-6:45pm	Queen Elizabeth School
Jan 20-Mar 31	\$20

Learn to Play Soccer	4 - 5 year olds
Wednesday 6:00-6:45pm	Queen Elizabeth School
Jan 21-Apr 01	\$20

Youth Club	8 - 10 year olds
Thursdays 6:30-7:30pm	Queen Elizabeth School
Jan 22-Apr 02	\$35

ADULT & BABY

Baby Sing Language	6 months +
Tuesdays 6:00-6:45pm	Queen Elizabeth School
Jan 20-Mar 31	\$55



Myrosław (Mo) Kowal
1932 C St. George Ave.
Saskatoon, SK
S7M 0K5

244-6077

Email: counterfeitprint@shaw.ca

ADULT CLASSES

Aerobics	18 yrs & over
Mondays 7:05-8:05pm	Queen Elizabeth School
Jan 19-Mar 30	\$40
Aerobics	18 yrs & over
Wednesday 7:05-8:05pm	Queen Elizabeth School
Jan 21-Apr 01	\$40
Badminton	14 yrs & over
Wednesday 8:15-10:15pm	Queen Elizabeth School
Jan 21-Mar 25	\$20
Zumba	14 yrs & over
Wednesday 7:00-8:00pm	St. Frances School
Jan 21-Apr 01	\$55

Happy Holidays!
from
mairin LOEWEN
CITY COUNCILLOR WARD 7

mairin.loewen@saskatoon.ca
twitter.com/mairinloewen

306.229.5298



Does your child:

- Struggle with reading, math or spelling
- Learn something one day but forget the next
- Get distracted easily and have trouble staying focused
- Need help to begin or complete an assignment
- Easily become stressed or overanxious
- Have difficulty following what others are saying
- Tire quickly and find sports challenging

I can help. I am currently accepting new clients of all ages for a proven training program that targets the underlying skills your child needs for effective communication, thought processing and learning. This is not tutoring. Call today for more information.

Robyn Kernot retired teacher and iLs Practitioner **306-374-7318** (Holliston)

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CARSTAR COLLISION CENTRES

2024 St George Ave (Eastside)

813 51st Street East (Northend)

306.652.7388

306.651.7300

CARSTAR
Collision & Glass Service
where accidents unhappen.

Please support these local businesses that have supported us. Let them know that you saw their ad.



WinterFest is Coming

WinterFest is taking place this year on February 27th to March 1st at Achs Rink. Events include Shinny, Skating, BBQ, coffee, campfire and sledding throughout the weekend. Watch the website for further details.

MEND (Mind, Exercise, Nutrition, Do it!)

♥ MEND is a fun, **FREE** program for families who are working together to achieve a healthy lifestyle.



St. Mark's School (414 Pendygrasse Rd.)
Tuesdays & Thursdays 6:30-8:30pm
January 22 – March 24, 2015

College of Kinesiology (87 Campus Dr.)
Wednesdays 6:30-8:30pm &
Sundays 10:00am-12:00pm
January 25 – March 25, 2015



- ♥ MEND is Fun!
- ♥ MEND is FREE!
- ♥ MEND helps children make healthy choices!

Check out our MEND programs
for 2-4 and 5-7 year olds!

For further information:

306-966-5094 -- mend@usask.ca www.kinesiology.usask.ca



Clip and attach this coupon to your Young Athlete Saskatchewan (YAS) 2015 summer basketball camp registration form and save \$20.00 off the regular camp fee. See our 2015 summer basketball camps choices and contact information at www.yas.ca

Limit one coupon per youth per registration.

Must be used at the time of registration. Expires July 31, 2015

MEND – Mind, Exercise, Nutrition... Do it!

MEND for 7-13 year olds

Do you want to help your 7-13 year old:

- ♥ make better food choices?
- ♥ watch less TV or play less video games
- ♥ to be more active or participate in a sport?
- ♥ maintain a healthy weight?

MEND can show you how small changes can make a big difference!

- ♥ MEND empowers children and families to become fitter and healthier.

- ♥ This **FREE** program is fun and interactive and supports you and your children(ren) to adopt a healthy lifestyle.

What happens at the MEND program?

- ♥ Parents /caregivers join their children in each session to learn about how to choose healthier foods and spend more time being physically active.
- ♥ Twice-weekly sessions are a mix of family activities where we show you how small changes can make a big difference.
- ♥ Practical demonstrations, games and tips about healthy foods, label reading and portion sizes.
- ♥ Fun physical activity sessions for the kids in a safe, non-judgmental environment.
- ♥ After 10 weeks, you and your family will be well on your way to a healthier life!

Locations:

St. Mark's School (414 Pendygrasse Road)

- Tuesdays 6:30-8:30pm & Thursdays 6:30-8:30pm (canceled Feb 17 & 18)
- January 22 – March 24, 2015

College of Kinesiology (87 Campus Dr.)

- Wednesdays 6:30-8:30pm & Sundays 10:00am-12:00pm (canceled Feb 15 & 18)
- January 25 – March 25, 2015



Check out the YouTube video for more information:

<http://www.youtube.com/watch?v=UTaGZSKRb3Q>



For more information call the MEND office at 306-966-5094
Email: mend@usask.ca <http://kinesiology.usask.ca>



To volunteer with your community association contact:
qexca.saskatoon@gmail.com
See programming and event updates at www.qexca.ca
and follow QEXCA on Facebook



Shaping Saskatoon

Bridging to Tomorrow... for a 21st Century City



Recreation and Parks Mast Plan - Please visit www.shapingsaskatoon.ca to review the open house material and share your ideas in the online survey. Question? - please call 306-975-2289

Cathy Sproule

MLA Saskatoon Nutana

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f. 306.665.6533



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