



Westview Heights Community Assoc.

Day in the Park

Sunday September 17 11:00-3:00

Dr Seager Wheeler Park Behind
Caroline Robins School



Free, Fun Activities for All Ages

Stage Show

11:00 Sask Reptile Show
11:30 Myracles Baton Twirlers
12:00 Musical Powers
12:30 Salsa with Laura
1:00 Music by Bryce King
1:30 Westview Scottish Dance
2:00 Magic City Chorus
2:30 Dance Egypt

Activities

11:00-3:00 Living Skies Wildlife
12:00-2:00 Warren the Balloon man
1:00-3:00 Remai Art Caravan
1:00-2:00 Kings Castle Princess
2:00-3:00 Iron Man & Spiderman
Lego Station
Face Painting
Fire Truck

BBQ Concession available at the park with all proceeds going to Laugh for a Cure



CONTACT US: westviewheightscommunity@gmail.com
WEBSITE: www.westviewheightscommunity.com

Update for Ward 4

Hi All;

There is plenty happening throughout Ward 4 and in Saskatoon that will be shared in my yearly update but for now I wanted to focus on some major developments that will be taking place in Hampton Village over the next few months that will affect Westview as well.

Off Leash Dog Park

- Trees along the roadway, and fence have been installed
- Gates and information kiosks are planned to be installed in August
- Parking Lot surface to be completed in August
- Seeding grass to begin in August
- Total completion date will be fall of 2017

Hampton Village Business Park

- Concept Plan passed at City Council July 26th
- This will be a Commercial Development to serve Hampton Village, Westview, Dundonald, and the Airport Business Area.
- McClocklin Road will be closed from East Hampton Blvd. to Claypool Drive in the next month to build the new road that will include sidewalks, lighting, and proper width for a major Arterial Road.
- Once this road is complete the first node of Commercial Development will begin on the West Corner of McClocklin and Claypool. You may have already seen the Tim Horton's Coming Soon sign. There are more franchises coming but are still in the works so I'm not able to release the names at this time.
- You are going to see a lot of developments happening in this Business Park over the next 2-4 years.

Land beside the Shoppers Drug Mart

- We are currently finalizing a deal for this land. The hope is to have commercial development start late fall early spring of 2018.

Influenza Immunization begins October 23, 2017

PrairieLand Park - 503 Ruth Street West-Hall A

October 27 12:30 - 7 pm

October 28 & 29 9 am - 4 pm

Lakewood Civic Centre - 1635 McKercher Drive

November 2 & 3 12:30 - 7 pm

I GOT THE
FLU SHOT



Visit: www.4flu.ca or 306-655-4358 (Toll Free at 1-877-757-4358) for:

- Other locations inside and outside the City of Saskatoon
- Pharmacies and Physicians offering influenza vaccine
- Appointment booking options for families with children under 9 years of age

Message from the President - Jenny Besenski

The Westview Heights Community Association had another successful year! We welcomed a couple new recruits for Soccer Coordinator and Member at Large and worked together to fill the roles of other vacancies. The City of Saskatoon continued to provide us with funds and grants to help us make our programs affordable to all community members. They also provided a lot of guidance and professional development to enhance our team!

Once again our dedicated Indoor Program Coordinator, Lorien, volunteered countless hours to lock down instructors and community spaces to provide a variety of fitness classes, dance, art, cooking/baking, and wood working to our community members and beyond. Thankfully Marian took on Indoor Coordinator Assistant to help out with our high attendance! Our **registration** for Fall Programs 2017 will be held on **September 7th and 14th** in the Caroline Robins Gym. Be sure to check out what programs are being offered inside this newsletter. The well-liked Flex Pass will be available once again!

Our favourite annual Day in the Park event was held mid-September 2016. We had several hundred people of all ages flock to Dr. Seager Wheeler Park to take part in free and interactive activities. This busy day was highlighted by the Reptile Show, the Lego tent and the Wacky Wizard! The kids especially loved the visits from Disney Princesses and Captain America. We look forward to seeing you at our next **Day in the Park on September 17th 2017**. Check out our Facebook event for more details!

We held a Turkey Bingo in November where we had more people attend than expected. Our concession sold out before the bingo started! Several families left with a turkey, raffle prizes, or a wad of cash for the 50/50. We are always in need of volunteers. Contact us if you have some time to help out for next years bingo!

We want to send a huge shout out to the volunteers that coach our Outdoor Soccer teams and to our newsletter carriers. You are appreciated!!

Our **Annual General Meeting** will be held at Caroline Robins School on **Monday October 16th at 6:30pm**. We will ask Troy Davies to attend once again to bring us relevant news from the city. We will have snacks, beverages, and a chance to win \$100 with a Community Membership. We are looking for new recruits to join our executive, especially a treasurer. If you would like to see what a fun group of volunteers we are and to see what we are all about give me a call at 306-291-0572 and you are welcome to join us at our September meeting.

A special thank you to the Westview Heights Executive for all the hours of hard work and dedication you put in to make our programs, activities and events fabulous!! You definitely help make this a 'Place to Call Home'!



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Westview Heights Indoor Programs Schedule - Fall 2017

Program sign-up is Thursday September 7 & Thursday September 14 from 6:00-8:00PM at Caroline Robins School, 1410 Byers Crescent, Saskatoon, SK.

Please visit our website at www.westviewheightscommunity.com for the latest program information. A non-refundable membership fee of \$10/family per year is required to participate in programs. We accept other community association memberships.

Due to instructor availability and rental space, class times and days may change. Please email Lorien at lorien.westview@gmail.com for updated information.

In an effort to ensure everyone who wants to participate in a program can, the Westview Heights Community offers cost-as-a-barrier assistance to those facing financial hardships. *Applicants must pre-apply for this program*; please contact Lorien at lorien.westview@gmail.com. All inquiries are kept confidential.

Children's Programs (8 classes)

Day	Dates	Time	Class	Age	Location	Price
MON	Sep 25-Nov 27	6:30-7:30PM	Scottish Dancing-Family	5+	Vincent Massey School - Jr. Boot Room	\$40
<i>Scottish Country Dancing is lively, fun and great for all ages! No experience required & parents may enroll too. Ballet slippers required.</i>						
TUE	Sep 26-Nov 28	6:00-7:30PM	Art Class for Kids	8-15	Vincent Massey-Art Room 1502	\$50
<i>No experience required, just bring your creativity! Learn and Create Art with Drawing, Painting and Mixed Media. Paint and Brushes are included in cost of class. Participants may need to cover cost of canvas or paper.</i>						
WED	Sep 27-Nov 15	6:00-6:45PM	Move & Groove with Jenny	3-5	Caroline Robins School - Gym	\$25
<i>Let your pre-schooler get active with fun games & activities incorporating fitness and teamwork.</i>						
WED	Sep 27-Nov 15	6:45-7:30PM	Kids on the Move with Jenny	6-10	Caroline Robins School - Gym	\$25
<i>This class is held in a non-competitive setting with a focus on learning new skills, fitness and fun. Instruction given in a variety of sports.</i>						
TUE	Sep 26-Nov 21	5:00-6:30PM	Cooking with Sheila	10-12	Caroline Robins School - Nutrition Rm	\$60
THUR	Sep 28-Nov 30	5:00-6:30PM	Baking with Sheila	10-12	Caroline Robins School - Nutrition Rm	\$60
<i>Children will learn how to be independent and safe in the kitchen as they prepare healthy and delicious recipes! Bring bowl & container. *Limited class size!*</i>						
WED	Sep 27-Nov 22	5:00-6:30PM	Cooking with Sheila	8-10	Caroline Robins School - Nutrition Rm	\$60
WED	Sep 27-Nov 22	6:45-8:15PM	Baking with Sheila	8-10	Caroline Robins School - Nutrition Rm	\$60
<i>Children will learn how to be independent and safe in the kitchen as they prepare healthy and delicious recipes! Bring bowl & container. *Limited class size!*</i>						
WED	Sep 27-Nov 15	6:30-7:00PM	Ballet with Laura (pre-school)	3-5	Caroline Robins School - MPR	\$40
WED	Sep 27-Nov 15	7:00-7:30PM	Ballet with Laura (pre-school)	5-7	Caroline Robins School - MPR	\$40
THUR	Sep 28-Dec 7	7:00-7:45PM	Hip Hop with Laura	5+	Caroline Robins School - MPR	\$45

Cancelled Dates

Monday, October 9 – Thanksgiving; Thursday, October 19 – School Booked; Tuesday, October 31 – Halloween; Thursday, November 9 – School Booked; Monday, November 13 – Remembrance Day; Thursday, November 23 – School Booked

Cooking & Baking – no classes: Wednesday, Nov 15 & Thursday, Nov 23

Hip Hop with Laura – no class: Thursday, October 26

4H Woodworking – Learn from our experienced instructor and you'll be taught how to plan and complete a project made from wood while learning valuable skills. Small projects only and will be discussed with each parent.

Classes held September - April 2017, Location TBA, Ages: 7-18 years

Price: \$75

CLASS TIMES: Monday to Thursday: 6:30-8:30pm - Class sizes are limited, please register early

Westview Heights Indoor Programs Schedule - Fall 2017

Adult Programs (8-10 classes depending on activity and rental availability)

Day	Dates	Time	Class	Age	Location	Price
MON	Sep 25-Dec 4	7:00-8:00PM	Golden Therapeutic Yoga w/ Janis	50+	Caroline Robins School - MPR	\$55
<i>Janis practices gentle yoga that allows us to maintain flexibility & strength to prevent falls and fractures. Modified and gentle moves are provided.</i>						
MON	Sep 25-Dec 4	8:00-9:00PM	Therapeutic Yoga w/ Janis	16+	Caroline Robins School - MPR	\$55
<i>A great class for beginners, Janis practices gentle yoga that will improve your flexibility and range of motion. Modified and gentle moves are provided.</i>						
MON	Sep 18-Dec 4	6:30-7:30PM	PIYo w/Asther	16+	Caroline Robins School - Gym	\$50 **
<i>PIYo combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of Yoga. With the speed turned up!</i>						
MON	Sep 18-Dec 4	7:30-8:30PM	Zumba Toning/Sentao w/Asther	16+	Caroline Robins School - Gym	\$50 **
<i>Zumba Toning: Combines targeted body-sculpting exercises and high energy cardio work with toning sticks to work every muscle group while you groove. Zumba Sentao: A high intensity workout that combines strength and resistance training with innovative dance moves, using a chair as your dance partner.</i>						
TUE	Sep 19-Nov 28	6:30-7:30PM	Zumba w/Asther	16+	Caroline Robins School - Gym	\$50 **
<i>A mixture of low intensity/high intensity moves for an interval style, calorie burning fitness party!</i>						
TUE	Sep 19-Nov 28	7:45-8:45PM	Muscle Sculpt w/ Kati	16+	Caroline Robins School - Gym	\$40 **
<i>A beginners bootcamp with no cardio that will strengthen & condition your body. You can break a sweat by challenging your muscles!</i>						
TUE	Sep 26-Nov 28	7:30-9:00PM	Art Class for Adults	16+	Vincent Massey-Art Room 1502	\$50
<i>No experience required, just bring your creativity! Learn and Create Art with Drawing, Painting and Mixed Media. Paint and Brushes are included in cost of class. Participants may need to cover cost of canvas or paper.</i>						
WED	Sep 20-Nov 22	7:45-8:45PM	Vinyasa Flow Yoga w/Kimberly	16+	Caroline Robins School - Gym	\$50 **
<i>A dynamic, flowing form of yoga, students coordinate movement with breath to flow from one pose to the next.</i>						
THUR	Sep 21-Dec 14	6:30-7:30PM	Bootcamp w/Andrea	16+	Caroline Robins School - Gym	\$40 **
<i>Andrea will lead you in a low intensity to high intensity bootcamp class consisting of strength, cardio and core exercises with progressions in intensity, volume and exercises.</i>						

Payment Options:

Flex Pass - Attend any adult fitness class (excluding yoga in MPR) for \$110 for the entire Fall season! (Noted by stars **)

Cancelled Dates

Monday, October 9 – *Thanksgiving*; Thursday, October 19 – *School Booked*; Tuesday, October 31 – *Halloween*; Thursday, November 9 – *School Booked*;
Monday, November 13 – *Remembrance Day*; Thursday, November 23 – *School Booked*

Ladies Woodworking – Learn from our experienced instructor and you'll be taught how to plan and complete a project made from wood while learning

valuable skills. Cost of materials is dependent on project chosen.

Classes held September - Dec 2017, Location TBA

Prices: \$40 + Materials

CLASS TIMES:

TUES 1:00-3:00PM, TUES 8:30-10:30PM, WED 1:00-3:00PM, WED 8:30-10:30PM, THURS 8:30-10:30PM, SAT 9:00-11:00AM, SAT 11:00-1:00PM, SAT 1:00-3:00PM



MAGIC CITY CHORUS



Your Voice has a Place On Our Risers!

Magic City Chorus Invites **You** To An Open House Event
To Experience Four Part A Capella Harmony!

For Women with a **PASSION** for Singing and Performance!

Tuesday, September 19, 2017 – 7:00 p.m. to 8:30 p.m.

COME SING FOR THE  HEALTH OF IT!



For Information and Registration Details Contact Yvette
PH: 306-955-6033 E-mail - y.jaspar@shaw.ca
Website - www.magiccitychorus.com

Don't miss this
chance to earn
your pet a
Starring Role!



Enter your cutie in the Pets of Saskatoon West Photo Contest!

Deadline Sept 30, 2017

Further details at:

SheriBenson.ndp.ca/PetsofSaskatoonWest



SheriBenson Member of Parliament
Saskatoon West
Sheri.Benson@parl.gc.ca // 306-975-6555

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Half Page \$65
Full Page \$100

Discounts available on continuous Ads
Call Alanna @ 306-220-2624
westviewheightscommunity@gmail.com

WHCA Annual General Meeting Mon Oct 16 - 6:30PM

Caroline Robins School Library

Come and meet the executive committee and have a say about what you would like to see happen in your neighbourhood. We will also be voting in new executive members. If you would like to volunteer this is the night to jump in!

Coffee, juice and snacks provided.

\$100 draw for attendees with a valid Membership. Memberships will be available for purchase for \$10 that evening.



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Introducing a new pharmacy to the community!

Recently opened in May 2017 at 924 Northumberland Avenue.

We hope to bring pharmacy services closer to the community and we provide value and rewards for our customers in addition to a quick, friendly and personalized service.

+

Northumberland Rewards

Join us and start saving on your transactions. Get extra 2000 points on your first purchase.

Earn 10 points for every \$1 spent in store.

Redeem

2000 points - \$5; 3000 points-\$10; 4000 points -\$15;

5000 points-\$20; 6000 points-\$25; 7000 points-\$30

Get 2000 points for referral-

Conditions apply ask for details!!!!!!!!!!!!!!!!!!!!

Easy Prescription Refills

Refill by Text, Phone, Online, Apps- whichever is convenient for you. We will get your order ready. Ask us for details!!!!!!

We can order your retail items and you can get them for free with your points!!! Amazing

Spend or donate your points.

Get free products with points

Easy Prescription transfer

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Delivery available in Saskatoon.

Beside Dr. Miakhil's Walk-in Clinic

All 3rd party Insurance Accepted

Northumberland Pharmacy and Retail Store.

924 Northumberland Avenue
Saskatoon, S7L 3W3
Phone: 306.242.0824
Fax: 306.242.0825



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Home Office: 384-5611

Fall Registration NOW OPEN

Active Start - boys & girls age 2-6
CanGym Classes - Girls 6 & up
Boys Crew - 6 & up. (Men's Program selections from here).
Parkour - 7 & up
Teen Time - Girls 12 & up
Yoga - 16 & up



mariangym.com
306.934.0944



Have fun while supporting
an amazing cause!

We invite you to join us on
September 17th for the Regina
Terry Fox Run!

"I'm living proof that research works!"
-Carli Davidson, Cancer Survivor and Local
Terry's Team Member



Register online at www.terryfox.org



Heavenly Flavour
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306.717.6791

Sizzle your tastebuds
this summer with our gourmet
sauces and seasonings

WHCA Indoor Program Registration – Sept 7 & 14 6:00-8:00PM

Caroline Robins School GYM



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Rehabilitation



Home Health



Neurodevelopment



Transitional &
Residential Care



Workplace
Solutions



Assessments

