
THE EASTVIEW TIMES



December 2019

A Publication of the ...
Queen City Eastview Community Association



SAVE THE DATE ... WINTER CARNIVAL



The Eastview Community Centre will be hosting its annual Winter Carnival on January 25th from 10:00 a.m. until 3:00 p.m. This is a **FREE FAMILY** event.

We will have a hot lunch, hot and cold drinks, Face Painters, Balloon Sculpting, Indigenous Storytelling, Horse-Drawn Wagon Rides, Snowshoe Races, Outdoor Shinny and games. Hope to see you there!!



A MESSAGE FROM YOUR EASTVIEW COMMUNITY CENTRE MANAGER



Hello everyone. I would like to take this moment to say a few words and share a few thoughts.

Our Fall / Winter programs are starting to come to end and we are preparing for the Winter / Spring programs to start again in January. Please take a few minutes to look at some of the programs we have to offer. If you are interested or would like to register yourself or child(ren), please give us a call at (306) 525-4757 and the Centre staff will get you registered.

With our Winter Carnival coming up in January, we will be looking for volunteers again to help with activity supervision. If you are interested in volunteering, please let us know!

Lastly, though this is still a few months away, I'd like to take this time to announce that I will be taking the year off for maternity leave at the end of January 2020. Though I am excited to welcome our newest addition, I will have a heavy heart on my last day knowing that I will not be back for a year. For those of you that I see regularly and to all of our program kids, I will miss you all greatly.

I would like to wish everyone a happy and healthy 2020!

*Katelyn Kostiuk,
Your Centre Manager*



Community
Initiatives Fund



"QUOTABLE QUOTES" (COMMUNITY)

*"The greatness of a community is most accurately measured
by the compassionate actions of its members."*

- CORETTA SCOTT KING

"Alone, we can do so little; Together, we can do so much."

- HELEN KELLER



Queen City Eastview Community Association

Eastview Community Centre
615 - 6th Avenue
Regina, SK S4N 0A9

(306) 525-4757

qceca@hotmail.ca

www.eastviewregina.com

www.facebook.com/eastviewregina

Hours:

9:00 a.m. - 6:00 p.m. every weekday
(Centre Staff on Site)



**Ultimate
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WHAT'S HAPPENING AT THE EASTVIEW CENTRE?

The Queen City Eastview Community Association (QCECA) includes the area between Winnipeg Street on the West, McDonald Street on the East, the C.P.R. main line on the South, and Ross Avenue on the North. The Eastview Community Centre is located at 615 - 6th Avenue. The Association's Board of Directors is a small group of hard working volunteers that invite you to learn more about the Association and get involved by calling (306) 525-4757 or email qceca@hotmail.ca. If you have a talent you want to share, please call and see if we can build a program around YOU!

Program Registration: To register for programs, a \$5.00 Eastview membership is needed. Come to the Eastview Community Centre to get your yearly family membership and find out what is happening at the Centre. The Centre staff are onsite from 9:00 a.m. - 6:00 p.m. every weekday. Please read this publication or visit our website or our Facebook page for all the most recent details: www.eastviewregina.com or www.facebook.com/eastviewregina.

Regina Kindness Rocks Project

(6+ Years)

2019: Dec. 14th

2020: Feb. 29th

Saturdays from 1:00 - 2:30 p.m.

Cost: FREE (membership)

The QCECA is pleased to host this program that provides all members of the community with an opportunity to enjoy some time creatively expressing themselves through painting rocks. This is a great program for families to do together, and you get to take your project home when you are done.

We would like to thank Tiffany, who runs Regina Kindness Rocks Project, for coming out to teach and guide us on this fun activity.



Family Fun Nights (All Ages)

2019: Dec. 14th

2020: Feb. 29th

Saturdays from 6:00 - 9:00 p.m.

Cost: FREE (membership)

The QCECA is pleased to host this program that provides an opportunity for all members of your family to enjoy an evening out every month at only the cost of a community family membership.

Included with this program are a sundae bar, some inflatable games, a movie with popcorn along with some sports and arts thrown in.

This project is a great family outing that provides everyone with a chance to cut loose and have fun no matter what your pocket book looks like. So, mark your calendars and plan to come out and join in the fun!



WHAT'S HAPPENING AT THE EASTVIEW CENTRE?

(CONTINUED FROM PAGE 3)

Tweens & Teens Cooking Class

(9-14 Years)

2020: Jan. 14th - Mar. 17th

Tuesdays from 4:30 - 6:00 p.m.

(REGISTER NOW!)

Cost: FREE (membership)

This eight-week program is being offered by the Eastview Community Centre. Only 10 students can enroll (first come, first served).

After School Drop-In Program

(5-17 Years)

Nov. 6, 2019 - Jun. 26, 2020

Mondays, Wednesdays and Fridays
from 4:00 - 6:00 p.m.

Cost: FREE (membership)

This free program includes arts & crafts, sports and assistance with homework. We have two staff members onsite to assist the participants and supervise the program.

For any updates, please watch the Eastview website (www.eastviewregina.com) and our Facebook page (www.facebook.com/eastviewregina).

We hope to see you all there!



Tae Kwon Do (6-15 Years)

2020: Jan. 14th - Mar. 3rd

Tuesdays from 6:00 - 7:00 p.m.

Cost: \$25/person

\$45/two people or \$60/three people

This low-cost program is a great opportunity to keep local youth active while learning some great life skills. Tae Kwon Do is a non-violent and ethical system of self defense that emphasizes good health, happiness, generosity, a sense of value of freedom and peace.

We have the best prices in town for families with multiple children.

Thank you to the Regina Central Zone Board for sponsoring our 2019/2020 Tae Kwon Do Program.



Eastview HOOPS (12+ Years)

Nov. 7, 2019 - Jun. 25, 2020

Thursdays from 4:00 - 6:00 p.m.

Cost: FREE (membership)

The QCECA is pleased to host this program that provides members of the community with an opportunity to drop-in and just shoot some hoops. This program is also open for adults to drop-in.



WHAT'S HAPPENING AT THE EASTVIEW CENTRE?

(CONTINUED FROM PAGE 4)

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Zero-Gravity Chair Meditation with Belinda

Real Life Meditation (18+ Years)

2019: Nov. 5th - 26th


2020: Jan. 7th - 28th / Feb. 4th - 25th

Tuesdays from 7:15 - 8:15 p.m.

Cost: \$40/person

Do you want to capture that calm 'meditative state' with a bit of a twist? With no stress of being worried you can't do it? No previous meditation technique required. Well, we invite you to come and enjoy one hour of 'You Time' with guided comfortable meditation! No lying on the cold hard floor, unless you're called to bring a mat and do so! No barriers, no judgement ... just a willingness for change! Belinda has plenty of training in the world of meditation.



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The Regina Habitat for Humanity ReStore is located at 1740 Broder Street.
Monday to Friday - 10 am to 6 pm, Saturdays 10 am to 5pm and Sundays noon to 5 pm.

 **Habitat for Humanity®**
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WHAT'S HAPPENING AT THE EASTVIEW CENTRE?

(CONTINUED FROM PAGE 5)

Indoor Walking Club (All Ages)

Nov. 6, 2019 - Jun. 24, 2020

Wednesdays from 2:00 - 3:30 p.m.

Cost: **FREE (membership)**



ForEver In Motion (55+ Years)

Nov. 6, 2019 - May 27, 2020

Wednesdays from 11:00 a.m. - 12:00 p.m.

Cost: **FREE (membership)**

This free weekly senior's exercise program is in partnership with the Regina Qu'Appelle Health Region and the Saskatchewan in Motion campaign.



It is instructor-led and provides a safe place for seniors to come out to do a low-impact exercise program.



Joel Murray
Councillor, Ward 6
(306) 519-2232
j.murray@regina.ca

*Let's continue to make
Regina Canada's most
vibrant, inclusive, attractive,
sustainable community,
where people live in harmony
and thrive in opportunity.*

- Councillor Joel Murray

Senior's Exercise (55+ Years)

Nov. 4, 2019 - May 25, 2020

Mondays from 11:00 a.m. - 12:00 p.m.

Cost: **FREE (membership)**

This free weekly exercise class is open to all adults and seniors who want to complete a low impact exercise program. The class follows routines from some exercise DVDs we have. Come stay fit and have fun with some amazing people from across the city.



50 Plus Dances (50+ Years)

2020:

Jan. 31st / Feb. 28th

Fridays from 4:00 - 8:00 p.m.

Cost: **\$7 (Meal Included)**

This monthly dance offers a great opportunity for everyone to come out and have some fun. This program also includes live musicians and a meal.

The dance is typically the last Friday of each month but not always, so be sure to check the website or our Facebook page for the most recent details:

www.eastviewregina.com or www.facebook.com/eastviewregina.

We hope to see you all there!





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