



HERITAGE HAPPENINGS

News from the Heritage Community Association

#100 - 1654 11th Ave. Regina SK S4P 0H4

306-757-9952 | director@heritagecommunityassociation.com

www.heritagecommunityassociation.com

Heritage in Bloom, Community Cleanup, Harvest Moon Festival and more!

In this issue of Heritage Happenings you will find updates on our community garden, a recap of Harvest Moon, some activity pages, and information on future programming. On page 15 we are collecting surveys from the community for programming once we are in our new space.

We hope to hear from you!

I'm Glad We Are Neighbours signs are still available! There is no charge for the signs, we ask instead for a \$5 cash donation to ensure we can continue to reprint them in the future.



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Office Hours

Monday	By appointment only
Tuesday	09:00 am-12:00 pm
Wednesday	By appointment only
Thursday	09:00 am-12:00 pm
Friday	By appointment only
Saturday	Closed
Sunday	Closed

Schedule

Tai Chi - Starting September 12

There will be Tai Chi taught out of Thomson Community School. This program is instructed by Eric James from Prairie School of Tai Chi Chuan. There are two offerings available for those who are interested, a class on self defense for the whole family and a tai chi for wellness class which is geared more towards adults but all ages are welcome. We thank Eric for instructing these classes as part of our fall programming.

Cost: Free.

To sign up or for more information, contact our office at 306 757 9952 or email admin@heritagecommunityassociation.com

Tai Chi Self-Defence for the Whole Family 6pm-7pm

All ages welcome. In this class we'll be going over some effective strategies for staying safe, avoiding danger, and making good street-wise decisions. Also, we'll train some useful martial skills in the event that we need to physically protect ourselves from an aggressor using techniques from Tai Chi Chuan and other Kung Fu systems.

Qigong and Tai Chi for Health and Wellness 7:15pm-8:15pm (or 8:45)

Geared towards adults, however all ages welcome. For the first hour, we'll learn a Qigong set and some Tai Chi movements to bolster our immune systems, have more energy, and greater peace of mind. For those who wish to stay a little longer, let's look at a complete Tai Chi set, and some martial applications for the postures found in the set.



UPCOMING EVENTS

Scarf Bombing - Dec 13

We will be putting scarves and other items that someone can use to keep warm this winter at various locations in Heritage. These locations could be trees, benches, or even on fences. Leading up to this event we will be posting on our social media about how to donate and how you join us too. We hope to see you out there!

Shop Local, Shop Heritage for the Holidays

As we grow closer to the holidays we will be highlighting businesses in Heritage to promote supporting the local business in the community while purchasing gift for you loved ones for the holiday.

If you wish to have your business highlighted, contact admin@heritagecommunityassociation.com with any information you wish to provide in these highlights!



HARVEST MOON FESTIVAL

Connection. Culture. Community | 2022
Artist Bios

On August 20th, we held our 13th annual Harvest Moon festival. The festival is a way to connect with community members, artists, and local businesses to celebrate arts and culture within the community. Our theme this year was 'Connections. Culture. Community' which saw us partnering with local businesses and artists to amplify BIPOC voices. We offered door prizes, a 50/50, and a raffle for a signed Pats jersey. We would like to thank our artists, volunteers, and summer staff for their hard work at making Harvest Moon as memorable as it was!

If you are a local artist, stay tuned to our social media in the spring when we put out our call for the 14th annual Harvest Moon Festival!

Congrats!

SHERRY V.

Signed Pats Jersey

Congrats!

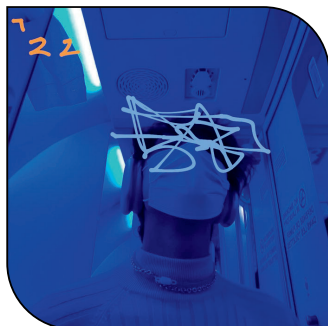
**CHARLIE
WEENIE**

Harvest Moon 50/50



JOHNATHAN WHITESTAR

He is of Cree/Saulteaux descent from the Piapot F.N. He is a residential school survivor, a devoted husband and father. He has worked with youth for over 20 years through multiple programs and agencies. He is a strong believer in his culture and teachings and shares them with whomever would listen. He strives to show and teach his own children the importance of culture and uses his love of dancing as a tool in sharing the knowledge he has obtained.



DJ PASQUA BEATS

Coming from Pasqua Reservation, Based in Vancouver. Femmebot named Daria explores gender identity and hot sexy music.



ANGEL WHITESTAR

Who is Cree, Assiniboine, and Sioux from Oceanman First Nation residing on Piapot First Nation with her children and husband, a dancer for over 30 years travelling all across turtle island throughout the years. Graduating this year from First Nation University for Indigenous Social Work.



ARNOLD AKACHUK

Who is Cree and Sioux from Oceanman First Nation, a fancy bustle dancer and hoop dancer most of his life has lived in Kelowna area for over 20 years. Travelled to Hawaii, Germany, all across the states and Canada sharing his stories throughout hoop dancing and bustle dancing.

HARVEST MOON FESTIVAL

Connection. Culture. Community | 2022
Artist Bios



AFRO-MENTORSHIP INITIATIVE

Culturally responsive program that meets the social-emotional needs of children by increasing their cultural wellness. We create safe spaces where mentees can begin to engage in effective dialogue and creative activities, which include Afrocentric dance. Here they can begin to address issues that are continuously experienced within early-and-middle childhood such as low self-esteem, body shaming, bullying which results in anxiety and depression. In doing so, we build cultural trust and recognition. We also work to bridge the gap between Black and non-black communities through partnerships and collaborations.



DESMOND MCALLISTER

Is a Steel Pannist hailing from Regina, SK. His involvement with Steel Pan started at the age of 8 and has grown into a full-blown passion for the instrument. Desmond draws much of his talent from his rich & diverse cultural background - specifically that of his Mother's Birthplace, Trinidad & Tobago, the Island Nation where the Steel Pan was invented. He plays a mix of Calypso, Soca, Chutney, Reggae, R&B & Pop Music - and always willing to expand his repertoire. Desmond is also the Director, Arranger and Founder of Regina's Pacesetters Steel Orchestra.



HUEN KUNG LION DANCERS

The Lion Dance can be traced to the Han Dynasty. Legend says that long ago there was a beast that looked like a lion with a sharp horn that could be used to attack its prey called Nian. While it primarily lived at the bottom of the sea, it enjoyed terrorizing villagers on the last day of the lunar year until a lion came and defeated Nian. Since then, villagers began dressing as the lion to keep Nian away. This is why red is worn along with the use of drums, firecrackers, and fireworks to make loud noises. If you notice, these elements are used during the Lion Dance.



NATYA SUDHA DANCE ACADEMY

We believe that Indian dancing is a passion. We know that it's not just a hobby—it's a way to connect with your culture and build confidence while staying physically fit. We offer classes in a variety of styles throughout the week, So you can choose the class that best fits your child's interests and learning style. Our group is passionate about sharing their love of dance with kids from all walks of life, and we will help your child find the joy in learning new skills and performing for others. Natya Sudha has been performing for the past 20 years... Growing and building a loving community!

Become an HCA Member !

Support Your Community!

The Heritage Community Association (HCA) is the organization responsible for representing the residents, businesses, and service organizations of the Heritage neighbourhood. Located in the historic Old No. 1 Fire Hall on 11th Avenue, HCA offers a range of programs and services that focus on community engagement, children and youth, and arts and culture.

Becoming a member of the Heritage Community Association is a great way to support the association and stay informed about HCA programs and events. In lieu of a membership fee, we ask for a minimum \$5 tax deductible donation. Donations can be made online or in person (this requirement can be waived by contacting us, financial considerations are available). Your membership donation goes a long way in allowing us to continue delivering programming that accurately reflects the needs of the Heritage Community!

Resident Member:

A Resident Member is any individual, 16 years or older, whose current primary residence is within the Heritage Neighbourhood, and who makes a donation of minimum \$5 within the 12 months preceding the annual Meeting of Members.

Non-Resident Member:

A Non-Resident Member is any individual, 16 years or older, whose current primary residence is outside of the Heritage Neighbourhood, and who makes a donation of minimum \$20 within the 12 months preceding the annual Meeting of Members.



If you prefer to complete your Membership form online, visit
heritagecommunityassociation.com/membership

HCA Membership Form

To become an HCA Member, please fill out this form and mail it to the Heritage Community Association, 100-1654 11th Avenue Regina, SK. S4P 0H4

Please check one

I will enclose my minimum \$5 Donation: ____

I will make my donation online by visiting heritagecommunityassociation.com/donation: ____

Name: _____

Address: _____

Email: _____ Phone: _____

Do you want to receive a monthly e-newsletter from HCA? Y / N



HCA Community Survey

We would like your feedback on the types of activities you would like to see offered in our community! All participants would be entered to win a door prize.

Draw will be made October 31st!

Name: _____

Phone Number: _____

Address: _____

Which of our programs have you used before? (Please circle)

Let's Move Meal Kits Snow Angels Foodbank referral Gardens None

Other (Please specify) _____

What did you like about the program(s)? _____

What did you dislike about the program(s)? _____

What kinds of programs would you like to see? (Please circle)

Cooking for 1 or 2	Seed exchange	Alcoholics Anonymous
Community Kitchens (all ages)	Plant exchange	Grief support groups
Eating for a healthy weight	Gardening group	Self help
Raising healthy eaters	Sports / Fitness Program	Self care
babysitting Course	Gentle stretching	Diabetes support group
1st Aid / CPR	Yoga	Learning to cope with stress
Knitting	Dad's / Mom's groups	Flea Markets
Beading	Men's / Women's Groups	Trade/ Craft show
Crafts	Any other suggestions?	Parent Classes

Send this form to 100-1654 11th Avenue, Regina, SK S4P0H4 or email it to
admin@heritagecommunityassociation.com

Scan the QR code to do the survey online ----->



Heritage Community Gardens!



Fall 2020



Spring 2021



Spring 2022

The Heritage Community Garden has grown to include a total of 13 raised garden boxes, numerous growbags, large garden pots, raspberries, strawberries and rhubarb, along with Fence Art Gallery by students from Thomson Community School, Heritage Voices, as well as 2 benches and our produce pantry!

The Heritage Community Garden started as part of our initiative to address food insecurity but has turned out to serve as so much more. As our community emerges from the pandemic and seeks to reconnect, the gardens provide a safe space for Heritage residents to build connections and strengthen the culture of mutual care in our community. The gardens continue to provide resident with learning opportunities, fresh produce, and a wonderful space to just be.

Along with installing, moving lots of soil, planting, watering, weeding, more watering, harvesting - We also have the following activities:



Every Bite Matters Meeting



Kindness Rock Garden



Heritage Community Art Gallery



HCA 2nd Annual Garden Tour



RHS Walk Talk & Gawk Tour



Seedy Saturday
Sharon handed out Grow Kits to our community!



Seeding Party with Meaghan NCCA

Art Park: Urban Food Forest

Revitalizing and growing a community from branch to petal



You may have seen on our social media that we have been hard at work revitalizing Art Park. We couldn't have done this without the help from Nature Regina and WILD Outside. Both of these groups of volunteers have been helping us plant trees, utilize the space we have in Art Park, and help us get started on our dream of having an edible food forest right here in Heritage.

We thank Phil Johnson, Nature Regina, WILD Outside, and all the volunteers who have been involved in this project to help us combat food insecurity. We appreciate being presented with the Every Bite Matters award that allowed us to start making our dream a reality.

A message from Phil: "This season, our volunteer gardeners and your summer staff got together every couple of weeks to remove invasive weeds and overgrown shrubs, prune out dead wood, dig planting beds, plant trees, shrubs, and flowers, and water it all by hand. It was a great effort and people have told me how much they learned along the way, and how important they think the work is for the community. So far we've planted three apple trees and about ten saskatoon, five haskap, three gooseberry and five raspberry shrubs. We planted one pollinator bed and filled it with plants attractive to bees and people alike. We dug and planted a small herb garden. While clearing away invasive quack grass and absinthe, we discovered some of the flowers planted years ago, and gave them some water and some space to grow. We've made a lot of progress in the Art Park this season, but there is still much to do. "

If you are interested in seeing the different plants for yourself, you can check out Art Park at the corner of 11th Avenue and Halifax street! We look forward to continuing this project Spring 2023!

Municipal Justice Building Update

The Heritage Community Space is Taking Shape

The planned redevelopment of the Municipal Justice Building (MJB) into a neighbourhood community centre is well underway. Located at 1770 Halifax Street, the building will house the offices and programs of the Heritage Community Association, as well as space for community gatherings, sport and recreation, and a multi-purpose gymnasium. The building will also accommodate dedicated space for RPS training and fitness facilities, which will be accessed through a separate entrance.



Heritage Community Association was fortunate to receive Co-op's "Community Spaces" grant which will assist in creating a Food Education Centre at MJB, providing a teaching kitchen and classroom for delivering food education programming. !

When completed, the Municipal Justice Building will offer a much-needed community building space to the Heritage Community. Completion is still underway to be ready for early 2023.

Please fill out our survey on Page 3 for potential programing in our new space

Theatre in the Park

HCA welcomes free professional live theatre show on tour across Saskatchewan.

In June, HCA was pleased to support Sum Theatre and Common Weal Community Arts in bringing their Theatre in the Park production to Thomson Community School in the Heritage Neighbourhood.

Theatre in the Park shows travels across Saskatchewan every summer, bringing together community and inspiring conversation and dialogue for audiences far and wide, young and old. Past shows have been about Indigenous and Non-Indigenous Relations, Newcomers, Disability, Climate Change, and Race Relations.

This year, we saw *wâhkôhtowin* which is about the kinship between all things. With our theme of Connections. Culture. Community. for Harvest Moon we were thankful to have Sum Theatre return to share the importance of connections in our community especially as we continue to see the impacts that the Covid-19 pandemic had on our family, friends, and the world around us.



2022 Community Cleanup

Thank you volunteers, sponsors, and partners!

HCA would like to extend a huge thank-you to all of the volunteers and sponsors who participated in this year's Heritage Community Cleanup! Thanks to your hard work and generous donations, we were able to clean up every single alley in the Heritage Neighbourhood!

This event would not have been possible without a tremendous amount of community support. Volunteer community members from all walks of life came together for a beautiful day of community building and collective action while collecting almost 4 tons of garbage from the community. Take pride in your neighbourhood, Heritage!

We'd also like to thank the City of Regina for their extended help and other local agencies for hold mini clean ups prior to and continuing efforts following!



12th Avenue Community Fridge

Community Fridge in the Heritage Neighbourhood!

In 2021, the Heritage Community became the home of Regina's 3rd community fridge. The fridge is part of many programs in the Heritage Neighbourhood designed to address the food insecurity brought about by the COVID-19 pandemic. Similar to the Heritage Mini Pantries, community fridges run on a 'take what you need and leave what you can' principle. The fridge is located next to Carmichael Outreach at 1510 12th Avenue, and is accessible 24/7 for anyone who needs to use it.

The spirit of mutual aid in the Heritage community is strong -- we have witnessed the fridge filled and accessed multiple times per day since its beginning.

Donations can be left directly in the fridge, or arranged to be picked up via the FlashFood app (see @heritagecommunityfridgeregina on Instagram for more information)!



Have 20 Minutes?

Sign up to clean the fridge!

To sign up, visit the fridge's website at linktr.ee/reginafridge12ave



A-OKAY:

Fresh/Frozen Fruit
Fresh/Frozen Vegetables
Ready Made Meals
(Must be prepared in food safe certified establishment with description clearly labeled)
Single Serve Snacks
(Granola bars, Fruit Snacks)
-With Best Before Date-
Breads & Pastries
Fresh Eggs
Dairy Products
reginacommunityfridge@gmail.com

NOT OKAY:

Spoiled Food
Dented Cans
Alcohol
Home-Cooked Meals
Leftovers
Expired Food
Raw Meat/Seafood

OTHER DONATIONS:

Help the community keep our fridge clean!
Email us to sign up for our cleaning schedule!
Donate to our GoFundMe!
Search "Regina Community Fridge"

The Al Ritchie Heritage Community Health Centre hosts the

FOOD 4 LIFE

Community Store



1550—14th Ave

(main floor - Halifax St. doors)

Everyone is welcome to shop here!

We can take orders at the door or you can pre-order and pick up by calling (306) 766-6320.

Updated food lists are posted every Monday on Facebook—search **Food 4 Life Store** and give it a "like"!

Fresh Farm eggs
& chickens

Open Mondays
10:00– 4:00

Ground beef &
smokies

Tuesday-Friday

Bread

8:30-12 & 12:30-4:15

Dairy products

Fresh Produce

Heritage Free Mini Pantries

"Take what you need, Leave what you can."

Heritage residents are great at supporting each other, and our Free Mini Pantries are proof of that! The program is part of our Food Security Initiative and was founded in direct response to the COVID-19 Pandemic.

The pandemic has seen the longstanding, major issue of food insecurity become even more visible in the Heritage community. The pantries continue to offer a way to ease some of those effects for Heritage residents.

HCA would like to extend a huge thank you to the homeowners who graciously volunteer to stock the pantries, and to anyone who has ever donated!

If you have extra groceries or garden produce to share with your community, please consider donating.

Donations can be dropped off directly in the pantries, or you can make an appointment to drop them off at our office by calling 306-757- 9952.



FREE MINI PANTRIES WISH LIST

More information about the pantries or donating
Email programs@heritagecommunityassociation.com

Pantry Locations:

- 2035 Montreal St.
- 2300 Halifax St.
- 1827 Ottawa St. (Back alley)
- Art Park (Corner of Halifax & 11th Ave.)
- 1654 11th Avenue (HCA Community Gardens)



Heritage Community Association

MINI FOOD PANTRIES

TAKE WHAT YOU NEED. LEAVE WHAT YOU CAN.

WISH LIST

- GIFT CARDS FOR RESTAURANTS / TIMS / CORE COFFEE
- BUS TICKETS
- DRIED FRUIT/FRUIT CUPS
- BOOST DRINKS
- INDIVIDUAL KLEENEX / PERSONAL HYGIENE PRODUCTS
- DRY PACKAGE GRAINS / RICE
- GRANOLA BARS / PROTEIN BARS
- TRAIL MIX / NUTS / JERKY
- SNACK PACKS / TUNA/ HUMMUS
- PULL RING CANNED ITEMS
- SNACK CRACKERS
- JUICE BOXES / WATER/ GATORADE
- MITTS / TOUQUES / SOCKS/ HOT POCKET WARMERS

ONLY NEW ITEMS

ALL FOOD ITEMS SHOULD BE IN ORIGINAL PACKAGE AND NOT EXPIRED

Community Resources

Al Ritchie Heritage Community Health Centre

1550 14th Ave. | 306-766-6320 | 8-12 & 12:30-4:30
Food 4 Life low-cost grocery store, free coffee to go, free store, Baby's Best, family baskets from REACH, free bread.

Carmichael Outreach

510 12th Ave. | 306-757-2235
Free to-go meals 1-3pm, housing program, free boutique, housing supports, public showers, laundry services available.

Regina Sexual Assault Centre

306-352-0434 (crisis line)
reginasexualassaultcentre.ca
Free support available 24/7.

Trinity Evangelical Lutheran Church

1909 Ottawa St. | 306-757-7729
TLC free pantry - individual bags of food handed out Mon-Fri at 1pm.

Mobile Crisis Services

1646 11th Ave.
Crisis helpline 306-757-0127,
Suicide helpline 306-525-5333,
Child abuse line 306-569-2724,
Problem gambling line 1-800-306-6789.
All free and available anytime.

Queen City Wellness Pharmacy

1725 11th Avenue | (306) 522 2266
Naloxone, peer supports, and more

Newo-Yotina Friendship Centre

1631 11th Avenue | (306) 525 5042 | 9am-4pm
Housing support, Harm reduction programming, Indigenous language and arts programming, and support groups.

Marian Centre

1835 Halifax Street | (306) 757-0073
Men's support services such as clothing and warm meals along with a spiritual library.

City of Regina Lead Services Program

The City's Lead Service Connection Management Program provides residents with support to effectively reduce the potential for lead in tap water. The program is for residents who have a lead water service connection or have higher lead levels than Health Canada's maximum acceptable concentration.

In April 2021, City Council approved the change from one-time water filter to an annual water filter program for residents affected by lead water service connections.

Visit [Regina.ca/lead-service](https://regina.ca/lead-service) to learn more about where lead service connections exist in the city and steps to reduce exposure to lead in drinking water.

Have questions? Call Service Regina at 306-777-7000.



**Own a home
built before
1960?**

The City is conducting random testing to assess lead levels in homes built before 1960 and properties in areas that are known to have lead water service connections.

City staff test and collect water samples from homes for analysis, determine the internal plumbing material inside the house, where the water service line enters the house and what, if any, water treatments are in the home.

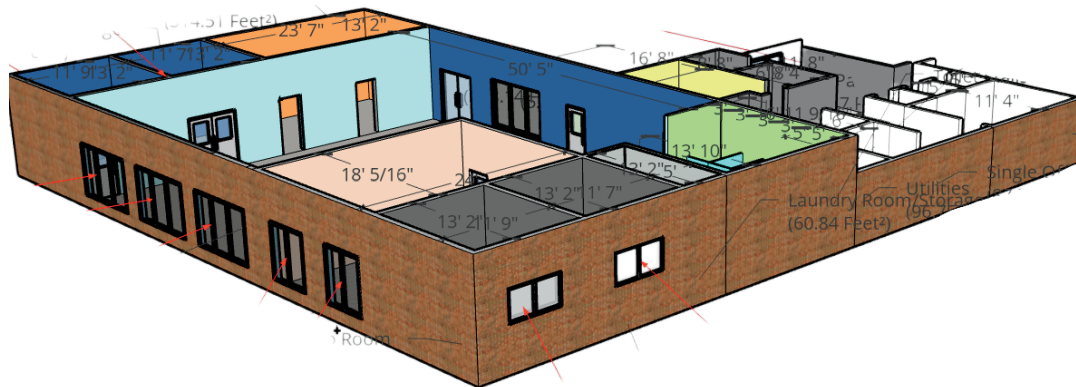
Testing takes about an hour. The bulk of the time is due to a 30-minute stagnation period where no water can run in the house.

All program participants will be provided with results for their home.

For more details, or to participate, visit bit.ly/3wLX28o

Lilium Village update

A Letter from Maybell



Maybell Developments is a small charity operating out of Trinity Lutheran Church and bringing exciting new opportunities to the Heritage community. We are overjoyed to share the work that has been completed since our last article in the community newsletter. At our last update work had just begun on fulfilling our dream of a safe, supportive, social housing community focused on empowering single mothers toward self-sufficiency for themselves and their families.

Our housing development, Lilium Village, was unanimously approved by the Regina Planning Commission on January 11th and by City Council on January 19th, 2022. Our hope was to begin construction on the 12 units this past spring but a combination of funding requirements and a delay in the finalized design have pushed the construction of this much needed social housing back to spring 2023. Lilium is the biological term for a lily flower which symbolizes strength and restoration, everything that we envision for the families that will be living at Lilium Village, and we cannot wait to begin serving these well-deserving people!

In November 2021 we received full funding approval from the Saskatchewan government for Lilium Village Childcare which will provide a 50-space childcare centre to infants through age 5 in the Heritage community which currently has no other licensed childcare available. We are currently under construction and are aiming for an official open date of December 1st!

Our Faith and Finances financial education program runs twice a year in spring and fall, and we've continued to do this throughout construction thanks to Trinity Lutheran Church for the use of their space. Since fall 2021 we have had six graduates. The course runs one night a week for 12 weeks and has small class sizes to encourage meaningful conversations. Graduates receive a certificate at the graduation ceremony and have the opportunity to earn up to \$250 through our Savings Match Program. For more information or to sign up for the fall session email scott.aspinall@maybelldevolutions.com.

We are thankful for the opportunity to serve the people of the Heritage community and look forward to making some big leaps forward this coming year!

Blessings,
Victoria Aspinall
Board President
Maybell Developments



Voices of Heritage

I'm Still Human by Billy Francis

I'm still human, even though you don't treat me as such....

I too am a father, mother, brother, sister, auntie and uncle...!

It's just that you don't recognize me anymore....

*My once smiling face and glowing skin has turned to a frown,
and sores and scratches have taken over my body...*

*I too once held a good job and was able to provide for my
family....*

*But that is all gone now, I either shot it up my arm or
smoked it all away...*

*This once proud man or woman has traded a life of happiness
for a life of pain...*

*Always searching for that next fix and forever chasing that
darn ole dragon.*

*As I wander the streets in my raggy clothes and dirty hands,
you no longer see me as a human being...*

But let me tell you this my friend,

I'M STILL HUMAN.



Voices of Heritage is part of our community gardens where residents and those passing by can share their thoughts. We only share publicly what we are given permission to do so.

Can you unscramble these words to find our friends?

RUTESEASR CEKSA _____

HTE BOORM LCTESO _____

MTNAPHO HBU _____

HRAEMCIALC _____

WNIOANTYOE _____

USLEO RMA T _____

TTYNIIR NULHEATR _____

MTHNOSO _____

Answer key:

Treasure's bakery
The Broom Closet
Hampton Hub
Carmichael
Newo Yotina
Seoul Mart
Trinity Lutheran
Thomson



Do you have a background in:

- Human Resources
- Urban Planning & Development
- Financial Management
- Public Health
- Board Development
- IT

Join our board of directors!
Help **shape the future** of the neighbourhood!
Build **meaningful relationships** with fellow community members
Take **tangible action** toward positive change for your neighbourhood

Email
director@heritagecommunityassociation.com
to apply!




Want to help feed families in your community? Help contribute to Heritage Community's food security programming. How? Simply take your cans and bottles to your nearest SARCAN and ask to donate to 'Heritage Heroes'.



Snow Angels

During this winter season, Heritage Community Association is putting together a snow shoveling program called Snow Angel Program. Volunteers help those who are in need of assistance due to age, disability, or other barriers in shoveling snow from their sidewalks and driveways while coming together during the winter months while following a common goal, keeping the Heritage community safe and accessible during the winter months. We provide all necessary equipment to be involved in this program, also all volunteers will be entered to win one of 4 \$250 gift cards for a local heritage business.

Contact Katlyn to register or for more information
Registration is also available on our website under the Snow Angels tab.

Call: 306-757-9952 (leave a message with your name, address and phone number)

Email: admin@heritagecommunityassociation.com

Also, check out Heritage Community Association on our Instagram page @heritage_comm on how to get involved.

All the best and thank you for being a part of the Heritage Community!



Snow Angels

NEIGHBOURS HELPING NEIGHBOURS

VOLUNTEERS NEEDED

Lend a hand to your neighbours this winter, join the *Heritage Snow Angels*!

Volunteers will be responsible for clearing another Heritage Community member's sidewalk, after each snowfall.

At the end of the season, all volunteers will be entered to win 1 of 5 \$250 gift cards!

Volunteers will be provided with all necessary resources including shovels, deicer, hot pockets, etc.

To register, or for more information:

(306) 757-9952 / admin@heritagecommunityassociation.com

heritagecommunityassociation.com/snow-angels



Queen City Wellness Pharmacy

We are excited that the Queen City Wellness Pharmacy has relocated to be even closer to us. They are now located at 1725 11th Avenue making them one of neighbours! We hope this new location serves them well and wish them the best of luck in their future within this community! See their hours below:

Monday	9am to 6pm
Tuesday	9am to 6pm
Wednesday	9am to 6pm
Thursday	9am to 6pm
Friday	9am to 6pm
Saturday	10am to 3pm
Sunday	Closed



WE ARE MOVING!

COME VISIT US IN OUR NEW, LARGER SPACE!
#100 - 1725 11TH AVE
 (306) 522 2266

- Same great team
- Same great service
- Free parking beside building
- Free delivery

STILL SPECIALIZING IN YOU!



Newo-Yotina Friendship Centre



Newo-Yotina Friendship Centre is a safe consumption site, a cooling/warming station, offers breakfast daily, does a weekly breakfast program, and is able to provide some housing supports. If you are in need of a place to use a phone, print a document, or fax something they are more than willing to help!

NYFC also offers Indigenous language classes along with a variety of other programs. To find out more about their offerings check out their facebook page or their website at newoyotina.ca



Ehrlo Sport Venture

Address: 2730 5th Avenue • Hours: Tuesday-Friday 1pm to 5pm

Sports Equipment Library

Ehrlo Sport Venture Library is just like a library for books - only we lend out sports equipment!



ehrllo.com/sport-venture • sportventure@ranchehrlo.ca • 306.751.2411



FADADANCE

REGISTER NOW!

www.FadaDance.ca

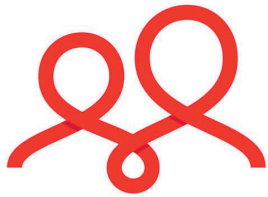


Access Communications

Children's Fund



REGINA

DOORN'S
GREENHOUSEPetro-Canada
CareMakers
Foundation™Fondation
proches aimant:
Petro-Canada™

Supporting Community, National and Global Projects

Funding provided by
Saskatchewan Lotteries

Thank you!!

SASK LOTTERIES
NGOC VAN

CELEBRATE FRESH

Vietnamese-Chinese
House of Noodles

New Crop Nuts & Dried Fruit



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