

# RIVER HEIGHTS



## COMMUNITY ASSOCIATION

### OPEN RHCA POSITIONS

VICE PRESIDENT:  
PROGRAM COORDINATOR  
WEBSITE COORDINATOR  
RIVER HEIGHTS SCHOOL LIAISON  
MEMBER AT LARGE

+ MANY OTHER WAYS TO GET INVOLVED WITH  
SPORTS, SOCIAL EVENTS AND OUR COMMUNITY!

### CURRENT RHCA MEMBERS

PRESIDENT: Derrell Hrynchyshyn  
TREASURER: Sheila Kavanagh  
SECRETARY: Wendy Benson  
PROGRAM COORDINATOR 1: Hali Drewlo  
PROGRAM COORDINATOR 2: Andrea Neufeldt-Rodda  
BASKETBALL COORDINATOR 1: Wendy Benson  
SOCCER COORDINATOR: Drew Lockwood  
COMMUNICATIONS COORDINATOR: Natasha Just  
ST. ANNE'S SCHOOL LIAISON: Erica England  
MEMBER AT LARGE: Kenzie Bergeron  
COMMUNITY CONSULTANT: Heidi Estrada

### JOIN YOUR RIVER HEIGHTS COMMUNITY ASSOCIATION AT OUR ANNUAL GENERAL MEETING

On September 25 at 7:00 PM in the River Heights School library, please join your River Heights Community Association for our Annual General Meeting!

We would love to see new faces from our community that are interested in potentially taking a position on our association! We will review the roles and responsibilities of all vacant positions, introduce you to the existing committee, and vote in all new members at this time. We also welcome all members of the community that have questions, concerns, or great new ideas for our community to bring them to this meeting for discussion.

River Heights Community Association Inc. is a Saskatchewan non-profit corporation which is operated by a group of volunteers who donate their time to represent and improve the River Heights neighbourhood.

#### QUESTIONS ABOUT OUR AGM?

Still have questions about this meeting? Email [president@riverheights.sk.ca](mailto:president@riverheights.sk.ca).

### RIVER HEIGHTS TRAFFIC REVIEW

A second Traffic Review Meeting will be held October 11, 2018 at Saint Anne's School. The city has reviewed all the concerns and followed up with data collection, and will present their resulting Draft Traffic Plan for our neighbourhood at this time.

The first meeting was held in April 11, 2018 at St. Anne's School. The minutes from this meeting can be found on the City of Saskatoon website by searching 2018 Neighbourhood Traffic reviews.

### THANK YOU

The RHCA would like to extend a big THANK YOU on behalf of the River Heights Community to Derrick Rosenfelt. His company, Green Grass Co. has mowed our rink area for free all summer long!



### CONTACT US

**River Heights Website:**  
[www.riverheights.sk.ca](http://www.riverheights.sk.ca)

**Feedback Form:**  
[www.riverheights.sk.ca/feedback-form/](http://www.riverheights.sk.ca/feedback-form/)

**Subscribe for e-news:**  
[www.riverheights.sk.ca/subscribe](http://www.riverheights.sk.ca/subscribe)

**Facebook:**  
[@RiverHeightsCommunityAssociation](https://www.facebook.com/RiverHeightsCommunityAssociation)

**Questions about programming?**  
Contact one of our program coordinators:

Hali ([halidrewlo@gmail.com](mailto:halidrewlo@gmail.com)) OR  
Andrea ([aneufeldtrodda@gmail.com](mailto:aneufeldtrodda@gmail.com))

# FALL 2018 PROGRAMMING AND REGISTRATION DETAILS

	Class	Age	Time	Instructor	Dates	Location	Cost
Mon	Advanced Yoga	18+	6:30 - 8:00 PM	Sarah Junkin	Sept. 17 - Nov. 26 - No class: Oct. 8, Nov. 12	RHS Small Gym	\$95
	Gentle Flow & More Yoga*	18+	8:15 - 9:15 PM	Lisa Leis	Sept. 17 - Nov. 26 - No class: Oct. 8, Nov. 12	RHS Small Gym	\$65
	Co-ed Badminton	16+	9:15- 10:15 PM	Self-instructed	Sept. 17 - Nov. 26 - No class: Oct 8., Nov. 12	RHS Large Gym	\$20
	Family Tae Kwon Do	4+	6:00 - 7:00 PM	Jim Daley	Sept. 17 - Nov. 26- No class: Oct. 8, Nov. 12	St. Anne's Gym	\$65 includes 1 parent, 2 kids
	Puppet Making Class*	10+	7:00 - 8:00 PM	Allison Ewart	Sept. 17 - Oct. 29 - No class: Oct. 8	RHS Art Room	\$65
Tues	Yin yoga*	18+	6:00 - 7:00 PM	Natasha Just	Sept. 18 - Nov. 6	RHS Small Gym	\$65
	Zumba	18+	7:00 - 8:00 PM	Heather McDonald	Oct. 16 - Dec. 4	RHS Small Gym	\$35
	Move & Groove with Me*	2-6	5:30 - 6:15 PM	Kenzie Bergeron	Sept. 18 - Nov. 20	St. Anne's Gym	\$25
Wed	HST Quilting*		7:00 - 8:30 PM	Natasha Just	Sept. 19 - Oct. 24	RHS Art Room	\$65
	Pilates 1.0	18+	7:00 - 8:00 PM	Diane Hein	Sept. 19 - Nov. 21	RHS Small Gym	\$65
Thurs	Zumba	18+	7:00 - 8:00 PM	Heather McDonald	Oct. 18 - Dec. 6	RHS Small Gym	\$35
	Watercolours: Paint for Fun	16+	7:00 - 8:00 PM	Crystal Rassi	Sept. 20 - Oct. 25	RHS Art Room	\$65
Fri	Floor Hockey	4-6	6:30 - 7:15 PM	TBD	Sept. 21 - Nov. 30 - No class: Oct. 5, Nov. 9	RHS Small Gym	\$20
	Floor Hockey	7-9	7:15 - 8:00 PM	TBD	Sept. 21 - Nov. 30 - No class: Oct. 5, Nov. 9	RHS Small Gym	\$20

## REGISTRATION DETAILS

**ONLINE:** AUGUST 21 THROUGH TO SEPTEMBER 3 at [www.riverheights.sk.ca](http://www.riverheights.sk.ca)

**IN-PERSON:** SEPTEMBER 5 FROM 6:00 PM TO 7:00 PM in River Heights School Library

## BASKETBALL AND SOCCER

**REGISTRATION:** Watch our website and Facebook page for registration dates!

We honour all community association memberships. Annual Memberships may be purchased at a cost of \$10, if needed.

## \*NEW CLASS DESCRIPTIONS

### Gentle Flow & More Yoga

A "flow" style yoga class for beginners. Instructor, Lisa, will teach the fundamentals of the flow style yoga and pose transition.

### Puppet Making Class

Design and create a glove puppet with Allison from Very Happy Toys. In this class we will use papier mache to make the puppet

head and learn basic sewing skills to make the body. Materials included. Please bring a shirt that can get messy. Ages 10-adult.

### Move & Groove With Me

A chance for young children to get together and learn beginner dance moves. Jazz and Hip Hop inspired.

### Yin yoga

Yin yoga for flexibility, mindfulness and relaxation. Vinyasa yoga for strength, fitness and flow. Each class will include dynamic active sequences for the muscles, blood and skin, as well as static passive poses for the joints, bones and connective tissues. By bringing both Yin and Yang aspects in each class we can experience the benefits of both styles of yoga. Beginning your yoga practice with Yin can help clear the mind before bringing your attention to the body during Vinyasa. Ending your yoga practice with Yin can help calm the nervous system and release tension in preparation for Savasana. This class is accessible to beginners as well as experienced yogis. We can all benefit from finding some balance. Yinyasa instructor, Natasha Just, is a fresh new yoga teacher with certification in YogaFit Level 1 and Prenatal training.

### HST Quilting

Do you have some sewing experience and want to learn to quilt but don't know how to begin? Are you a quilter who's interested in learning new techniques? This class is suitable for beginners because no quilting experience is required, but quilters of any experience level can benefit from learning new techniques. This class will cover all aspects quilting, from fabric choices to quilt block assembly, top stitching, and binding. In the first 3 weeks, we will explore several half square triangle (HST) methods and variations. These techniques are used to create quilt blocks that look complicated but are actually very easy. You will provide your own sewing machine in good working condition, equipped with white or grey thread. Some practice materials will be provided. In the last 3 weeks, you will use these techniques to create your own quilted project. You will provide the materials for your project (that way you can choose fabrics that you love). At the end of this class, you will take home a completed quilted project and will have gained general quilting knowledge to apply to future projects.

# RIVER HEIGHTS COMMUNITY ASSOCIATION SOCIAL EVENTS 2018 RECAP

## MOVIE NIGHT

On April 13th, the RHCA hosted its first family movie night at École River Heights. The large gym was packed with families cuddled on blankets with popcorn, candy and juice. Much laughter erupted throughout the film, Ferdinand. It was an enjoyable way to spend a Friday evening in the springtime. We hope to make this an annual event.



## GARAGE SALE

On May 26th, the RHCA hosted a community-wide garage sale. Over 40 households participated in this sale. The weather was beautiful, creating a lovely day to bike throughout our community on the hunt for new-to-you, pre-loved treasures. We look forward to next year's!



## SUM THEATRE

On July 29th, the RHCA sponsored Theatre in the Park at Robert Hunter West. SUM Theatre Saskatoon performed Queen Seraphina & The Land of Vertebraat. Many families braved the heat to enjoy this wonderful event and Michael's Independent sponsored food and beverages. This event has become a yearly summertime ritual for members of the River Heights community.