



Summer Jam '11

Are you between the ages of 4 and 12 and looking for a way to keep busy and active this summer with games and crafts? Do you live in the AI Ritchie Community area? If so, then we would love to have you attend our Summer Jam program! An exciting summer has been planned and we look forward to having you be apart of our jam packed summer.

Where? Cochrane High School
When? July 5th - August 5th
Time? 9:30 - 12:00 and 1:00 - 3:30

Hope to see you there!



Clothing Bank Volunteers Needed!



Come visit our FREE clothing bank! This service provides those in need with an opportunity to access free clothing and household items.

We are in need of volunteers to help sort the donations that come in because we want to make sure that our shelves stay as full as possible! The clothing bank is open Tuesday, Wednesday, and Thursday from 1:00-5:00 and is located in the main office, at 2250 Lindsay Street. Please consider coming in to help with the upkeep of this great service!



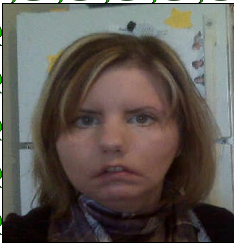
**Greetings from the
Program Director!**
Gloria Patrick
306-522-3930
arca99@sasktel.net

As spring has quickly sprung upon us, so too have many fun activities and programs within the community! From our Summer Jam program, to our Roast & Round Up's- this summer you will have several opportunities to engage with your neighbours! We certainly are lucky to have such an active community, and we want to take this opportunity to invite you to participate further by joining the AI Ritchie Community Association Board of Directors. The AI Ritchie Community Association is run by a volunteer board, and as a member, you have direct input into what goes on in your community, from helping to plan events to developing community goals and objectives. If you're interested, please join as at our Annual General Meeting on June 28th. We would love to see you there!

The AI Ritchie Community Association purposefully works towards increasing opportunities for its residents. We continually explore new program ideas that residents deem necessary or have shown an interest in. We value the diverse voices this community has and hope to hear all of the members.

I look forward to meeting many of you around the community over the summer months. Please come and introduce yourself because I am eager to chat, and always willing to listen to you!

Please visit our website at www.alritchie.com



Project Coordinator
Christa Trelenberg
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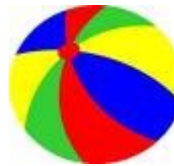
The Al Ritchie Family Wellness Project is a drop in centre that offers a wide variety of free family programming and services for those who live in our community. Our Centre offers various programs and activities primarily for parents and their children aged 0-6 years. The Centre is a safe and friendly environment for your children to play in while you visit or use our clothing bank service. Staff can also assist you in placing or giving referrals for the Food Bank and other services.

As a non-profit organization, this project is funded by the Public Health Agency of Canada's Community Action Program For Children (CAPC). With these dollars, our project aspires to offer children's programming that aids in the mental development and physical growth of children within our community. We also seek to empower parents by offering parenting classes that address such issues as family violence, nutrition, and self esteem. We understand that in our society there are several challenges and barriers for some families in our community and hope that our work can offset some of those effects.



Time Out For Parents
Monday's - 1:00

Do you want to improve your parenting skills while making new friends? If so, then we invite you to join us for our *Time out for Parents* classes. In these classes we explore who we are as parents and how to bring out the best in our children. This class runs in sessions on Monday afternoons. Preregistration is required.



Parent & Preschooler Jungle Gym- Monday's - 9:30

Come and join us at the Core Ritchie Neighbourhood Centre Monday mornings as we have fun playing cooperative games. Children will also have access to the balls, giant cars, skipping ropes, parachute and balance beams. Parents are expected to stay with their children to ensure their safety in the gym.



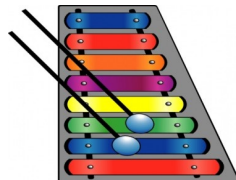
Creative Kids- Thursday's - 9:30

We invite children to come and use their imaginations to create arts and crafts. Children will have the opportunity to participate in creating various projects using different mediums.



Music & Movement- Tuesday's - 9:30

If moving and shaking makes you smile then we need you at our Music & Movement program Tuesday mornings! Instructors will guide children through a variety of songs and interactive play using numerous instruments! A healthy snack is also provided!



Family Fun Reading- Wednesday's- 9:30

Learning and growing together as a family is the primary goal of this program. Parents are able to learn about the importance of literacy and how to incorporate reading into their daily lives.





Silver Threads Senior's Program



Project Coordinator

Wendy Miller

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We welcome Spring with enthusiasm and hope for good things to come with

the warm weather! My name is Wendy Miller, and I am the Project Coordinator for the Silver Threads program. This project is sponsored by the Al Ritchie Community Association and our funding is graciously received through the Community Initiatives Fund! We are so thankful to be able to continue to offer programs and services to the seniors in Regina, and look forward to developing and expanding our services!

I am very thankful for the opportunity to run this program last year and for having the chance to meet so many wonderful people through Silver Threads. This year, I look forward to meeting more of you during our activities and at our events. If you would like to be added to our Silver Threads contact list or want to join in on our Steering Committee, or have any other questions or suggestions, please call me directly at 522-3930.

We have a few Silver Threads Cookbooks still available that are on sale for \$5 per book. These cookbooks are a wonderful addition to your cookbook collection, or a great gift idea.

Hope to see you soon!



Silver Thumbs Gardening Group

We are putting together a gardening group! If you are interested in joining, we would encourage you to contact the main office at 522-3930. You can help to provide ideas on what we should plant in our garden plots. This group is open to all seniors in our community and is offered free of charge. Come out and enjoy gardening with a group and harvest so many benefits!

Coffee Row & Swap



Silver Threads will be hosting **Coffee Row and Magazine Swap every other Thursday morning from 10am-11:30am** in the Entrance Hallway at the Core Ritchie Neighbourhood Centre. Please stop in for a bottomless cup of coffee and snacks while enjoying some chit chat with others. During this time we will also have a magazine and jigsaw puzzle swap, if you have any magazines or puzzles you are finished with and would like to recycle them we would love to have them to add to the swap.

Walking Group

**Tuesday's, Wednesday's,
Thursday's
10-12**



Drop-in Walking Group is held on Tuesday's, Wednesday's, and Thursday's from 10am-12pm in the gym at the Core Ritchie Neighbourhood Centre. Everyone is welcome to stop in and get moving! Walking runs until the end of June and will start again in the Fall.



Community Association Annual General Meeting

Are you interested in contributing to your community?
Would you like to meet and socialize with your neighbours?
If so, please consider joining our Board of Directors.

The Al Ritchie Community Association is holding their **Annual General Meeting on June 28th, 2011 at 7:00**. The meeting will take place at the Core Ritchie Neighbourhood Centre located at 445-14th Avenue. Come out and learn more about your community and let your name stand for the Board of Directors! Any resident who has an interest in making our community a stronger and more vibrant place to live is invited to come out and run for a position on our board. The time commitment is on average a few hours a month.



Roast + Round Up ...in the Al Ritchie

Where: Gockie Park
(just off of Edgar Street and 14th Ave.)
When: July 14th, 21st, 28th

- ◆ family entertainment
- ◆ delicious barbeques
- ◆ children's activities



Al Ritchie Community BBQ!



Where? Cochrane High School
1069 14th Ave. East
When? June 24th - 5:00pm - 7:00pm
Why? For free food and fun!

We invite you to come out and meet the Association staff, board members and your neighbours!

Please call 522-3930 for more information.



The Al Ritchie Community Association
wishes to thank our partners!



Connect • Engage • Thrive

