

# Winter Newsletter

## January 2026



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### Winter 2026 Programs Registration

In person at Rosemont School, Tuesday  
January 13th from 7:00-8:00 pm  
Residents who come can enter to win a  
Cozy Winter Gift Basket!

Online at [www.rmrca.com](http://www.rmrca.com) beginning  
January 1<sup>st</sup>, 2026.

Register for all RMRCA & affiliate group  
programs. Details on page 5-7.

RMRCA membership cards will be  
available for purchase.

# *A Message from RMRCA*

Welcome 2026, glad you're here!! Although for some of us it's still a head-scratcher as to how you got here so fast! So many things have been happening in the community. Obvious things like the ongoing water/sewer infrastructure work from 1st Ave to Dewdney Ave, and beyond. House sales and new housing popping up in the community; updated community playgrounds; further building at the community business hub and new businesses opening in the area; just to name a few. Not to mention all the not so obvious things, like our Snow Angels Program; Summer movies in the park; seasonal clean up; Fall Makers Market; fundraising campaigns; outdoor ice shack supervision; school backpack campaign; and so much more! All of these support our Rosemont and Mount Royal Communities.

As a community association we continue to improve the way you can take part in the community activities. We launched an online registration platform, "Amilia", where you can easily obtain your Community Membership Card and register for any programs and events offered. We will continue to hold the in-person registration night January 13th because we love to see you, but we know Amilia will be an option to many.

We are most pleased to welcome another community business, Moon Creative Art Shop (6354 Dewdney Ave W)...a wonderful shop full of local makers products, not to mention a whole host of available artistic workshops. A collaboration with Hannah and her team at Moon Creative is part our program line up in 2026. Be sure to stop by the shop and watch for upcoming workshops on RMRCA E-News publication (sign up if you're not getting our weekly E-news updates) and through our programs (adult/teens/kids programs available). And as always, a very big thank you to all of the businesses that go above and beyond to support the community in so many ways.

As we approached the end of 2025 we as a Community were included in the City of Regina's proposed budget changes which had the potential to eliminate funding for community associations, such as the RMRCA, and many of its community-based programs. These financial supports help keep neighbourhoods connected, safe, welcoming, and active — and they make so many local events and services possible. All residents were encouraged to write to their councillor and the mayor about this matter, and we thank you for telling the city why your community matters to you. It cannot be stressed enough that the community investments grant is needed and supports social development, culture, sport/recreation, and ongoing community initiatives. Luckily, the City agrees and has made provisions to continue funding community associations like RMRCA, and the livelihood of the communities they represent. This is great news!

As always, we are grateful for our wonderful community and its people. We love to hear from you too...come to a meeting or email us at [mail@rmrca.com](mailto:mail@rmrca.com) and be sure to follow us on Facebook, through E-News and our website to stay up to date on news and events.

We wish you and your families all the very best for 2026.

**RMRCA Board of Directors**

## **RMRCA Newsletter Distribution Update**

The RMRCA Newsletter has transitioned to online delivery! Due to recent Canada Post route delivery changes, house mail distribution is no longer a viable option for RMRCA. Now, you can find the RMRCA Newsletter posted on our website at [www.rmrca.com](http://www.rmrca.com) as well, hard copies of the newsletter are still available for pickup at various business locations in the community (Tim Horton's; Juliana's Pizza; Paul's Convenience Store; KFC; Rosemont Hardware, and more!) plus you can email [mail@rmrca.com](mailto:mail@rmrca.com) and a copy can be mailed, picked up, or dropped off to you.

## ***RMRCA Volunteer Scholarships***

The Rosemont Mount Royal Community Association is pleased to be able to offer these Scholarships to two deserving students, who live in the Rosemont Mount Royal Community and who have shown exceptional volunteer efforts through their School, Community, and throughout this City. This Scholarship is unique, as emphasis is on volunteer involvement and not on academics.

Two students who currently live in our in the Rosemont Mount Royal Community may be eligible to receive \$1000 each, to be used towards their first year of Post-Secondary education.

Interested applicants should provide their resume by May 15th, 2026. This resume should include all of their Volunteer involvement in their School, Community and throughout this City. It should also include at least 2 volunteer references. Note that special consideration for this scholarship is given to students that have also provided their assistance to this Community Association.

This Community Association would like to thank all students who live in our community for their volunteer involvement!

**Resumes are to be submitted by May 15th, 2026 to mail@rmrca.com**

\*\* The Recipient of this award will be required to provide proof of registration with their first year Post-Secondary Institution to the Rosemont Mount Royal Community Association.



# Evan's Delivery



Evan's Delivery Ltd. is a full-service commercial freight company trusted for exceptional, on-time deliveries throughout Regina and Saskatchewan. Specializing in local and Provincial deliveries; Hot Shot; and Freight & Cargo Transport with focus on excellent customer service!

**Located in Rosemont...family owned and operated for over 22 years!**

Email: evansdelivery@sasktel.net

Phone: (306) 535-1978

Find us on Facebook: Evan's Delivery Ltd.

## *Annual General Meeting*

Save the date! The RMRCA Annual General Meeting is happening Thursday, March 19th at 7:00 pm. Whether you prefer to join us in person at the Rosemont School gym or tune in via Teams, we want to see you there!

We'll be reviewing important updates to our Constitution (check our website for the proposal beforehand). Keep an eye on our Facebook and E-news for the final link and any schedule updates as we get closer to the date.

# **Buy a Membership Card - Support Your Community**

Access the events you love...support the Community you believe in!

\$5 per year, per household, keeps your family connected to programs and events.

What it does - A Community membership with RMRCA gives you access to, and supports, a variety of programs, classes, and free events in your community.

Participate in:

- RMRCA events and programs
- Programs in most other community associations

Why it matters - Your \$5 per year helps bring your neighbourhood to life and supports:

- Free family events
- Free or low cost programs
- Scholarships for local students
- Donations that support community schools and charities

Not a resident of our area? You are still welcome to take part with your own community card or by purchasing one of RMRCA's. Please note: Rosemont and Mount Royal residents have priority in programs if space is limited.

Memberships are purchased through our website, [www.rmrca.com/memberships](http://www.rmrca.com/memberships) utilizing the Amilia registration system. This system is also linked to our programs registration. If you have trouble with the Amilia system or our website, you can email us at [mail@rmrca.com](mailto:mail@rmrca.com)



**SHANNON ORELL-BAST** BSW, RSW  
Registered Social Worker / Clinical Therapist

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# **RMRCA Winter 2026 Programs**

Registration for Winter 2026 programs will be held in person on January 13th at Rosemont School from 7:00 to 8:00 pm and also online beginning January 1st, at [www.rmrca.com/programs](http://www.rmrca.com/programs). Registrations will remain open until programs begin. Late registrations may be accepted if class size permits, please email us at [mail@rmrca.com](mailto:mail@rmrca.com) to inquire about availability.

To register for RMRCA programs this winter, visit [www.rmrca.com/programs](http://www.rmrca.com/programs) to fill out the online form or come see us on Registration Night at Rosemont School, 841 Horace Street. Residents who come to in-person registration night will be entered to win a Cozy Winter Gift Basket!

## **Payment Options**

- Online by credit card
- E-transfer to [payments@RMRCA.com](mailto:payments@RMRCA.com)
- Cash or cheque, call Helen at 306-543-9152 to arrange. Make cheques payable to:  
Rosemont Mount Royal Community Association

Community Membership Card is required to participate in programs; \$5.00 per household. Membership Card is valid from September 1st, 2025—August 31st, 2026.

Membership Cards are available to purchase at our in-person registration nights, or at any time on our website [www.rmrca.com/memberships](http://www.rmrca.com/memberships)

Need help? Anyone requiring financial assistance in order to register for any RMRCA programs should submit their request in writing by email to [mail@rmrca.com](mailto:mail@rmrca.com)

## **Youth & Teen Programs**

### **Basketball Skills**

Dates: Wednesdays, January 21st - April 1st  
(no class February 18th)  
Ages 7-10: 6:30-7:30pm  
Ages 11-14: 7:45-8:45pm  
Location: Walker School gym  
Cost: \$50  
Youth can improve their fundamentals in a fun, focused, and energetic environment.



### **Kids Watercolour Paint Class**

Presented by Moon Creative Art Shop  
Dates: Saturdays, January 24<sup>th</sup>, 31<sup>st</sup> & February 7<sup>th</sup>  
Ages 7-10  
Time: 1:30-2:45 pm  
Location: Jack Hamilton Arena Multi-purpose Room  
Cost: \$50  
Learn to paint and experiment with colour & shapes in a fun environment!

### **Exploring Creativity Art Workshop**

Presented by Moon Creative Art Shop  
Dates: Saturdays, January 24<sup>th</sup>, 31<sup>st</sup> & February 7<sup>th</sup>  
Ages 11-15  
Time: 3:00-4:30 pm  
Location: Jack Hamilton Arena Multi-purpose Room  
Cost: \$50  
Learn to use watercolour, make your own prints & create your own pins!

# RMRCA Winter 2026 Programs

## Adult Programs

Instructors will contact registered participants with details for online Zoom classes. Please ensure you have sufficient space in your home to participate.

### **Zumba, 18+ years**

Dates: Mondays, January 19th - March 2nd  
(no class February 16th)  
Time: 6:00-6:45 pm  
Location: Walker School gym  
Cost: \$30  
Dance to great music, with great people, and burn a ton of calories without even realizing it. For all levels, all ages.

### **Yoga, 18+ years**

Dates: Mondays, January 19th - March 2nd  
(no class February 16th)  
Time: 7:00-7:45 pm  
Location: Walker School gym  
Cost: \$30  
Enhance your physical, mental and emotional well being while celebrating all body types, levels and abilities.

### **Fire & Flow Fitness, 18+ years**

Dates: Tuesdays, January 20th - March 31st  
Time: 7:00-8:00 pm  
Location: Walker School gym  
Cost: \$50  
A fitness class with a mixture body strength & cardio, finishing off with a vinyasa style gentle flow yoga.

### **Water Colour Paint Class, 18+ years**

Presented by Moon Creative Art Shop  
Date: Saturday, February 7th  
Time: 6:00-8:00 pm  
Location: Jack Hamilton Arena Multi-purpose Room  
Cost: \$50  
Water colour paint night with artist Hand to heART. All levels welcome.

### **Forever in Motion, 55+ years**

Dates: Mondays, Wednesdays & Fridays, January - June 2026  
Time: 10:00-11:00 am  
Location: Heritage United Church  
Cost: Free with membership card  
A free, drop-in physical activity class for older adults, focusing on strength, balance, endurance, and flexibility.

### **Tai Chi / Chair Tai Chi, 55+ years**

Dates: Tuesdays, January 20th - June 9th  
Time: 9:00-10:00 am  
Location: Online, Zoom  
Cost: Free with membership card  
Discover a peaceful path to better health with simple flowing exercises that enhance concentration, reduce joint stiffness, and promote a sense of calm.

### **Chair Yoga, 55+ years**

Dates: Thursdays, January 22nd - June 11th  
Time: 9:00-10:00 am  
Location: Online, Zoom  
Cost: Free with membership card  
Enjoy all the benefits of yoga from the comfort and safety of a chair! This gentle class is designed to increase flexibility, improve posture, and boost overall mobility.



# **West Zone Board Winter 2026 Programs**

For information regarding West Zone Board programs, please visit their website [www.westzoneboard.ca](http://www.westzoneboard.ca)  
Online registration opens on December 15th, 2025. Participants must have valid Community Membership Card which can be purchased at time of registration.

## **Learn to Skate, Ages 3-5**

Saturdays: January 17th - March 7th, 9:30-10:05 am - Kinsmen Arena; Cost \$70  
Sundays: January 18th - March 15th, 3:45-4:20 pm - Doug Wickenheiser Arena; Cost \$80

## **Learn to Skate, Ages 6-12**

Saturdays: January 17th - March 7th, 10:10-10:50 am - Kinsmen Arena; Cost \$70  
Sundays: January 18th - March 15th, 4:25-5:05 pm - Doug Wickenheiser Arena; Cost \$80

## **Little Stars Academy Hockey Camp, Ages 4-7**

Sundays: January 18th - March 15th, 5:05-5:45 pm - Doug Wickenheiser Arena  
Cost: \$110  
PREREQUISITE REQUIREMENT: Learn to Skate

## **Learn Magic for Kids!, Ages 5-13**

Tuesdays: January 20th - February 24th, 7:00-8:00 pm - Doug Wickenheiser Arena  
Cost: \$200

## **First Aid, 18+ years**

Standard First Aid - Sunday, January 25th or March 22nd, 8:30-5:00 pm - Location TBD, Cost: \$120/session  
Psychological First Aid - Saturday, January 24<sup>th</sup> or March 21<sup>st</sup>, 8:30-5:00 pm - Location TBD, Cost \$120/session

## **Creative Food Budgeting & Meal Planning for Families and Singles 101**

Saturdays: January 3<sup>rd</sup> - January 10<sup>th</sup>, 2:00-5:00 pm - Location TBD  
Cost \$25

## **Creative Kitchen Skills 201**

Saturdays: January 24<sup>th</sup> - January 31<sup>st</sup>, 2:00-5:00 pm - Location TBD  
Cost \$25

## **Ehrlo Outdoor Hockey League**

All skill levels welcome! Register online at  
[www.ehrlo.com/sport-venture](http://www.ehrlo.com/sport-venture) or email  
[sportventure@ranchehrlo.ca](mailto:sportventure@ranchehrlo.ca) for more information.

Wednesdays, Rosemont School Rink, 6:00pm  
January 15th to March 5th  
Ages 8-16



# Outdoor Rinks

Rosemont Mount Royal area has two supervised outdoor ice rinks which are open from December to February every year. Supervision of the ice shacks is provided by Rosemont Mount Royal Community Association. Visit our website for the supervision hours for each, weather permitting (shacks are not open when temperatures are below -25°). [www.rmrca.com/outdoor-ice](http://www.rmrca.com/outdoor-ice)



## RMRCA Current Board Members

To contact the RMRCA, please email us at [mail@rmrca.com](mailto:mail@rmrca.com)

### Executive

Chair - Alex Tkach  
Vice Chair - Andrew Nestor  
Secretary - Emma Trobiak  
Treasurer - Helen Adams

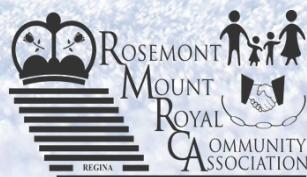
### Coordinators & Members-At-Large

Brent Tiefenbach  
Chrystal Kish  
Cindy Mantei  
Courtney Phillips  
Dan Riess  
Elaine Dittmann  
Jessica Riess  
Kayla Essex  
Maria Krznar  
Melissa Wieb  
Shannon Orell-Bast  
Theresa McQuoid

## Community Contacts

|  |                            |              |  |
|--|----------------------------|--------------|--|
| Regina Lewvan - Member of Parliament                           | Warren Steinley            | 306-790-4747 | <a href="mailto:warren.steinley@parl.gc.ca">warren.steinley@parl.gc.ca</a>                           |
| Regina Mount Royal - Member of the Legislative Assembly        | Trent Wotherspoon          | 306-565-2444 | <a href="mailto:reginamountroyal@ndpcaucus.sk.ca">reginamountroyal@ndpcaucus.sk.ca</a>               |
| Regina Elphinstone-Centre - Member of the Legislative Assembly | Meara Conway               | 306-352-2002 | <a href="mailto:reginaelphinstonecentre@ndpcaucus.sk.ca">reginaelphinstonecentre@ndpcaucus.sk.ca</a> |
| City Councillor - Ward 8                                       | Shanon Zachidniak          | 306-552-5932 | <a href="mailto:szachidn@regina.ca">szachidn@regina.ca</a>   |
| Regina Public School Board Trustee                             | Sarah Cummings-Truszkowski | 306-540-4714 | <a href="mailto:Sarah.CummingsTruszkowski@rbe.sk.ca">Sarah.CummingsTruszkowski@rbe.sk.ca</a>         |

The Rosemont Mount Royal Community Association would like to thank the City of Regina for being our Program Partner and helping us bring our Community great programs for the whole family. ~ Thank you!



Stay In Touch  
Email: [mail@rmrca.com](mailto:mail@rmrca.com)  
Website: [www.rmrca.com](http://www.rmrca.com)