

Victoria Hills Neighbourhood Association

10 CHOPIN DR, KITCHENER, ON N2M 2G2 -519-741-2717



SPRING 2023



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Victoria Hills Community Centre REGISTRATION

Registration for all VHNA Spring 2023 programs will begin

**Tuesday March 7, 2023
starting at 8:30 a.m.**

Register in person or
online at www.kitchener.ca/activenet

Phone: 519-741-2717

Visit our website: www.vhna.ca

Email: programming@vhna.ca

See page 4 for more information on ACTIVE Net.

Spring Message from the VHNA Board of Directors

After a long winter it is exciting to be able to welcome the return of Spring. For the Victoria Hills Neighbourhood Association (V.H.N.A.), Spring is a time to roll out some new programs and to find ways to connect with and give back to the community. We're a non-profit organization mandated to provide recreational and educational opportunities to the Victoria Hills community, and we seek to connect with all members of our diverse and growing community. Here is some of some upcoming activities and events planned for the coming season.

- Make sure to check out the Spring programming that we're offering at the Victoria Hills Community Centre. You can find out about the different programs we offer through our newsletter, or on the Active Kitchener website. We have programs for all ages and demographics, and we also offer various Youth Drop-In opportunities for active young people. You can always ask at the front desk of the VHCC if you have any questions.
- We will be doing our annual Gzowski Park Clean-up activity on Saturday May 13th, from 10:00 A.M. to 12:00 noon, meeting up in the parking lot of the Victoria Hills Community Centre. Working in small groups and families, we're aiming to help get the park (and the surrounding area) clean and ready for a busy Spring season. Bags and gloves will be provided, and it's been a great opportunity to lend a helping hand while getting to know some of your neighbours. FYI High school students can use the time towards their mandated volunteer hours.
- We are working towards hosting several special events in and around the Victoria Hills Community Centre during the Spring season. To keep updated, feel free to visit our group's website at vhna.ca, or you can find us on our Facebook page. Details will be posted as they become available, and you can contact us as well - we'd love to hear from you!
- We will be hosting our Annual General Meeting on Wednesday June 7th, from 7:00 - 8:00. All members of the community are invited and welcome to attend. If you have any available time and would like to get involved in your community with some friendly and like-minded neighbours then we might be a group you'd like to be involved with. We're always looking for new members, and no experience is necessary. Our regular Board meetings take place on the first Wednesday of each month from 6:30-8:00 pm.

If you'd like to know more about our group and what we do, please feel to contact us through vhna.ca. I wish you a happy and healthy Spring season, and I hope that we have a chance to connect as neighbours during the coming months.

Sincerely,
Dave Hayes,
President, V.H.N.A.



A Word From Your Councillor



Happy Spring Victoria Hills Neighbours!

There are a few things we can do around our homes to avoid issues caused by rapid ice melting, and localized flooding during spring melt. Keep your foundation and window wells clear of snow buildup, cycle your sump pump once a month, keep storm water drains clear of blockages and ensure your downspouts drain at least 1 metre away from your foundation to your lawn or garden, not the sidewalk or street. Find more info and tips at: kitchener.ca, keyword search 'Stormwater management'.

Join me at my next "Meet with Margaret" for an informal chat at the Victoria Hills Community Centre on Wednesday, March 8 from 6-7pm.

Your Victoria Hills Neighbourhood Association (VHNA) has been working hard to bring fun and exciting new programs to the Victoria Hills Community Centre (VHCC) this spring! A great big 'thank you' to the members and volunteers for making these programs possible. To register for programs online visit ActiveNET or call the registration line at: 519-741-2382.

Watch for the VHNA's Annual Community Clean-up Day coming this spring. Garbage bags and gloves will be provided. Round up your family, friends and join the Vic Hills team to help keep our neighbourhood clean and beautiful!

Please contact me with any questions or concerns you may have at: councillor.johnston@kitchener.ca, or call me at 519-741-2796.

Sincerely,

Councillor Margaret Johnston - Ward 8



Neighbours Day

Saturday June 17, 2023

Neighbours Day events happening all across the city!
For an up-to-date listing of activities visit here in the spring:
www.kitchener.ca/en/things-to-do/neighbours-day

We would like to acknowledge this community centre is situated on land that is the traditional home of the Haudenosaunee (Ho-deh-no-show-nee), Anishinaabe (Ah-nish-nah-bay) and Neutral People.

We recognize and deeply appreciate their historic connection to this place. We also recognize the contributions Indigenous peoples have made in shaping and strengthening this community. We are grateful for the opportunity to meet here and re-affirm our collective commitment to make the promise and the challenge of Truth and Reconciliation real in our community.



REGISTRATION FOR SPRING 2023

Registration for all Victoria Hills Community Centre Spring Programs will begin Tuesday, March 7, 2023 starting at 8:30am

ACTIVE Net Online Program Registration

Existing Accounts	New Customers
<p>Step 1: Go to www.kitchener.ca/activenet</p> <p>Step 2: Click on 'Sign In'</p> <p>Step 3: (First time only) Click on 'Forgot Password' and enter your email address to have your login information sent to you.</p> <p>If you have an account but it's not accepting your email, please call 519-741-2200 x2907</p>	<p>If you've never registered for a City of Kitchener program (or it's been longer than three years) you'll need to create a new account:</p> <p>Step 1: Go to www.kitchener.ca/activenet</p> <p>Step 2: Click on sign in/ up</p> <p>Step 3: Complete your information</p>
<p>In order to register you will need login information (email and password), the course code for the activity you wish to register in (it is also possible to search for the activity), and your credit card number and expiry date.</p>	

Refunds and Withdrawals:
 A 100% refund will be given if you withdraw from the program more than 7 days before the first day of the program
 Refunds will only be given in the same form as the original payment
 Cash refunds over \$20 will be refunded by cheque
 Please note: If credit is left on an account, the credit will expire after three years
 NO REFUND will be given if a request to withdraw is made less than 7 days prior to the first day of the program

Programming Changes:
 Programming, pricing, and instructors may be subject to change. For the most up-to-date information please call the Community Centre.

Spectators:
 To ensure safety and program quality, spectators are not permitted in the program rooms.

Inclement Weather Policy:
 If the center is closed, all programs are canceled for the entire day. A school closure may also cancel most programs. Check your local radio stations or visit www.kitchener.ca for updates. There are no refunds or replacement classes offered when programming is canceled due to inclement weather.

Leisure Access:
 The City of Kitchener Leisure Access Fee Assistance offers financial support for residents of Kitchener with low income. The assistance is specific to City-run programs (swimming pools, neighborhood camps). Applications can be picked up at any Community Centre, Indoor Pool, City Hall, or online at www.kitchener.ca/feeassistance

VHNA fee Assistance : ***The VHNA will provide some fee assistance to those that have current Leisure Access Fee Assistance. A \$10 or \$5 fee subsidy will be provided for 1 program per session. To know more email: programming@vhna.ca*

NEIGHBOURHOOD ASSOCIATION PROGRAMS

CHILD & YOUTH PROGRAMS



VHNA Child and Youth Music Programs

**Music: Learn to play piano in small group classes.
No prior experience necessary. Piano provided.**

Level	Ages	Cost & Weeks	Day & Time	Dates	Course Code
Piano for Kids	5-8Y	\$105.00/10Wks	Mon 4:30-5:15pm	Apr 17-June 26	109260
	5-8Y	\$105.00/10Wks	Mon 5:30-6:15pm	Apr 17-June 26	109261
	6-11Y	\$105.00/10Wks	Mon 6:30-7:15pm	Apr 17-June 26	109262
	12-17Y	\$105.00/10Wks	Mon 7:30-8:15pm	Apr 17-June 26	109263
	5-8Y	\$105.00/10Wks	Tue 4:30-5:15pm	Apr 18-June 20	109264
	5-8 Y	\$105.00/10Wks	Tue 5:30-6:15Pm	Apr 18-June 20	109434
	6-11 Y	\$105.00/10Wks	Fri 3:45-4:30 Pm	Apr 21-June 23	109964
	6-11 Y	\$105.00/10Wks	Fri 4:45-5:30 Pm	Apr 21-June 23	109965
	6-11 Y	\$105.00/10Wks	Fri 5:45-6:30 Pm	Apr 21-June 23	109966
	6-11 Y	\$105.00/10Wks	Fri 6:45-7:30 pm	Apr 21-June 23	109967

CHILD & YOUTH PROGRAMS



VHNA Child and Youth Sports

**Sports: Learn team-building and skill development.
Have fun and make new friends.**

Program	Ages	Cost & Weeks	Day & Time	Dates	Course Code
Multisport	4-6 Y	\$80.00/10wks	Wed 4:00-4:45 pm	Apr 19-Jun 21	109949
Basketball	7-8Y	\$80.00/10wks	Wed 5:00-6:00 pm	Apr 19-Jun 21	109950
	9-11Y	\$80.00/10wks	Wed 6:15-7:15 pm	Apr 19-Jun 21	109951
	12-17Y	\$80.00/10wks	Wed 7:15-8:15 pm	Apr 19-Jun 21	109953
Soccer	6-8Y	\$80.00/10wks	Fri 4:00-5:00 pm	Apr 21-Jun 23	109954
	9-11Y	\$80.00/10wks	Fri 5:00-6:00 pm	Apr 21-Jun 23	109955
	6-8Y	\$80.00/10wks	Fri 4:00-5:00 pm	Apr 21-Jun 23	109957
	9-11Y	\$80.00/10wks	Fri 5:00-6:00 pm	Apr 21-Jun 23	109958
Outdoor Soccer Skills	8-13 Y	\$120.00/10wks	Wed 5:00-6:30Pm	May 3-Jun 21	109919
Family Multisport	2-6Y	\$80.00/10wks	Sat 9:30-10:30 am	Apr 22-Jun 24	109959

NEIGHBOURHOOD ASSOCIATION PROGRAMS



VHNA Children's Dance Classes

Ballet/Jazz: a weekly class that incorporates ballet and jazz improving rhythm and coordination. Ballet or soft soled shoes are recommended

Ages	Cost & Weeks	Day & Time	Dates	Course Code
6-8Y	\$80.00/10wks	Thu 6:30 - 7:15 pm	Apr 20– Jun 22	109961
30M-3Y	\$80.00/10wks	Sat 9:30-10:00 am	Apr 22-Jun 24	109968

Ballet: an introduction to basic Ballet techniques. Improve your rhythm, develop grace, poise, and discipline. Ballet or soft soled shoes are recommended

Ages	Cost & Weeks	Day & Time	Dates	Course Code
4-5Y	\$80.00/10wks	Wed 5:30-6:15 pm	Apr 19-Jun 21	109256
6-8Y	\$80.00/10wks	Thu 5:30 - 6:15 pm	Apr 20-Jun 22	109960
4-5Y	\$80.00/10wks	Sat 10:15-10:45am	Apr 22-Jun 24	109969

NEW! BollyHop

Enjoy a weekly dance class that incorporates Bollywood and Hip-hop Fusion

Ages	Cost & Weeks	Day & Time	Dates	Course Code
5-8Y	\$80.00/10wks	Sat 9:00-9:45 am	Apr 22-Jun 24	109971
9-12 Y	\$80.00/10wks	Sat 10:-00-10:45 am	Apr 22-Jun 24	109972
13-16Y	\$80.00/10wks	Sat 11:00-11:45 am	Apr 22-Jun 24	109973

CHILD & YOUTH PROGRAMS

VHNA Children's Dance

HipHop : Learn cool hip hop moves and improve rhythm and coordination
Zumba for Teens: join this fun fitness dance party to Latin inspired dance moves!

Age	Cost Weeks	Day& Time	Dates	Course Code
Hip-Hop 6-8Y	\$80.00/10wks	Wed 6:30-7:15 pm	Apr 19– Jun 21	109257
Hip-Hop 9-11Y	\$80.00/10wks	Wed 7:30-8:15 pm	Apr 19– Jun 21	109258
Hip Hop 6-8Y	\$80.00/10wks	Sat 11:00-11:30 am	Apr 22-Jun 24	109970
Zumba for Teens 12-17Y	\$80.00/10wks	Wed 8:15-9:00 pm	Apr 19-Jun 21	109762



VHNA Children's Robotics: STEMOTICS

Learn robotics with LEGO education WeDo. Students are taught engineering basics with an emphasis on exploration and trial and error field-testing

Program	Age	Cost weeks	Day & Time	Dates	Course Code
Lego WeDo 2.0 Robotics Fix & Code	4-6Y	\$55.00/4Wks	Sat 9:30-10:25 Am	Apr 8-Apr 29	109489
Lego WeDo 2.0Robotics Space Journey	6-8Y	\$55.00/4Wks	Sat 10:30-11:25 Am	Apr 8-Apr 29	109486
Lego Spike Essentials Amusement Park	4-6 Y	\$55.00/4Wks	Sat 9:30-10:25 Am	May 6-May 27	109479
Lego Spike Essentials Quirky Creations	6-8Y	\$55.00/4Wks	Sat 10:30-11:25 Am	May 6-May 27	109492

NEIGHBOURHOOD ASSOCIATION PROGRAMS



VHNA Youth Basketball

Please register in person

No cost to participate

Program	Age	Cost weeks	Day & Time	Dates	Course Code
Youth Basketball Jr.	9-12Y	No cost	Fri 6:30-7:30 pm	Apr 21-Jun 23	110145
Youth Basketball Jr.	9-12Y	No cost	Fri 7:30-8:30 pm	Apr 21-Jun 23	110146
Youth Basketball Sr.	13-17Y	No cost	Fri 8-9:00 pm	Apr 21-Jun 23	110147

Free VHNA Youth Art



A youth-led arts based program. Be creative and have fun!

No cost to participate

Youth Art	7-12 Y	No cost	Fri 6:30-8:30 pm	Apr 21-Jun 23	110149
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level up



VHNA Youth Programs

The objective of Level Up is to provide fun, engaging and enlightening experiences to kids aged 9-12 years in a small group format on topics crucial to deepening critical awareness and cultivating a social justice practice.

Families are involved through at-home activities and discussions.

Program	Age	Cost weeks	Day & Time	Dates	Course Code
Level Up	9-12Y	pay-what-you-can \$50-120 8wks	Thu 6:30-8:00 pm	Apr 20-Jun 8	109962

CHILD & YOUTH PROGRAMS



VHNA Children and Youth Sports

Karate: Learn combinations of fundamental karate techniques such as blocking; striking; kicking. Uniforms are available from instructor but not required.

Program	Ages	Cost & Weeks	Day & Time	Dates	Course Code
Karate Kids (white Belt) Competitive *Includes test	4-7 Y	\$125.00/10wks	Mon 4:45-5:30 pm	Apr17-June 26	109255
Karate Kids (white Belt) Non-competitive *No test	4-7 Y	\$80.00/10wwks	Mon 5:45-6:30 pm	Apr17-June 26	109259
Karate Kids (white & red Belt) Competitive *Includes test	4-15Y	\$125.00/10wks	Mon 6:45-7:30 pm	Apr17-June 26	110177

VHNA Children and Youth Science Programs

New! Science With T.T.

Science is Fun! Learn experiments from a chemist. Discover what things are made of through this interactive science based program. All materials provided.

Program	Ages	Cost & Weeks	Day & Time	Dates	Course Code
Science with T.T.	7-9Y	\$75.00/5wks	Sat 9:00-10:00 am	Apr 22-May 20	109974
	10-12 Y	\$120.00/8wks	Sat 10:45-11:45am	Apr 22-June 10	109975
	7-9 Y	\$75.00/5wks	Sat 9:00-10:00	May 27-Jun 24	109977

NEIGHBOURHOOD ASSOCIATION PROGRAMS

VHNA Children's Cooking

Cooking Creations: Join us in the kitchen to create simple and yummy dishes. Supplies included.



Program	Ages	Cost & Weeks	Day & Time		CODE
Kids Cooking Creations	5-7 Y	\$60.00/5wks	Wed 4:30-6:00 pm	Apr 19 May 17	109777
	8-11 Y	\$60.00/5wks	Wed 6:00-7:30 pm	Apr 19 May 17	109926
	5-7 Y	\$60.00/5wks	Wed 4:30-6:00 pm	May 24– Jun 21	109930
	8-11 Y	\$60.00/5wks	Wed 6:00-7:30 pm	May 24– Jun 21	109931
Kids Cooking Creations	5-7 Y	\$60.00/5wks	Thu 4:30-6:00 pm	Apr 20-may 18	109932
	8-11 Y	\$60.00/5wks	Thu 6:00-7:30 pm	Apr 20-may 18	109934
	5-7 Y	\$60.00/5wks	Thu 4:30-6:00 pm	May 25– Jun 22	109942
	8-11 Y	\$60.00/5wks	Thu 6:00-7:30 pm	May 25-Jun 22	109943
Kids Cooking Creations	5-7 Y	\$60.00/5wks	Fri 4:30-6:00 pm	Apr 21– May 19	109945
	8-11 Y	\$60.00/5wks	Fri 6:00-7:30 pm	Apr 21-May 19	109946
	5-7 Y	\$60.00/5wks	Fri 4:30-6:00 pm	May 26– Jun 23	109947
	8-11 Y	\$60.00/5wks	Fri 6:00-7:30 pm	May 26– Jun 23	109948

ADULT PROGRAMS



VHNA Adult Programs

Sports: Enjoy game play and skill development

Program	Ages	Cost & Weeks	Day & Time	Dates	Course Code
Basketball	18Y+	\$80.00/10wks	Mon 7:30-9:00 pm	Apr 17-Jun 26	110139
Basketball	18Y+	\$80.00/10wks	Thu 7:35-9:00 pm	Apr 20-Jun 22	110143
Volleyball	18Y+	\$80.00/10wks	Wed 7:30-9:00 pm	Apr 19-Jun 21	110142

Fitness: Heighten your mind and body awareness *bring your own mat

Program	Ages	Cost & Weeks	Day & Time	Dates	Course Code
Yoga	16Y+	\$150.00/10wks	Tue 6:30-7:30 pm	Apr 18-Jun 20	110140
	16Y+	\$150.00/10wks	Tue 7:30-8:30 pm	Apr 18-Jun 20	110141
Yoga for All	16Y+	\$100.00/10wks	Wed 6-7 pm	Apr 19-Jun 21	110536
Pilates	16Y+	\$150.00/10wks	Thu 6:30-7:30 pm	Apr 20- Jun 22	110144

Drop-In: Knitting program Tuesdays 1-3pm

Good conversation and fun! Come join us! Free Program

CITY OF KITCHENER PROGRAMS



Nominate Now for Kitchener's Senior of the Year!
Do you know a Kitchener resident aged 65+ who is making a difference in the community? Consider nominating them to be Kitchener's 2023 Senior of the Year!

Visit www.kitchener.ca/senioroftheyear for award details and to submit a nomination. Deadline is March 2023

Adult Piano

Learn to play the piano in this small group setting.



Program	Age	Fee	Date/Time	Dates	Course code
Adult Beginner Piano Lessons	18+	\$112.68/12wks 18-54 Y \$92.28/12wks 55+ Y	Tue 6:30-7:25 pm	Apr 4-Jun 20	108542
Adult Continuing Piano Lessons	18+	\$112.68/12wks 18-54 Y \$92.28/12 wks 55+ Y	Tue 7:30-8:25 pm	Apr 4-Jun 20	108543

Adult Oil Painting

Learn the basics and more of oil painting.

No experience required.

Materials are extra.

Supply list available at the office.



Program	Age	Fee	Date/Time	Dates	Course code
Oil Painting For Beginners	18+	\$84.51 /6 wks. 18-54 Y \$69.21/6 wks. 55+ Y	Wed 1:00-2:30 pm	Apr5-May10	108367
Oil Painting For Beginners	18+	\$84.51 /6 wks. 18-54 Y \$69.21/6wks 55+ Y	Wed 1:00-2:30 pm	May 17-Jun 21	108370



No cost to participate

Program	Ages	Day & Time	Dates
Early ON- Drop In	0-6 Y	Friday 9:30 - 11:00 am	April 7– June 23
Breastfeeding Buddies Playgroup	0+	Second Monday of each month 12:30– 1:30 pm	April 10, May 8, June 12
CARIZON– YEAHH Newcomer Youth Group	Youth	Tuesday 3:30- 5:30 pm	April 25– June 13
House of Friendship - Tutoring Program	Grades 1 to 8 Age 6-13 Y	Mon 4:00– 5:30 pm <i>*limited spots available</i>	April 3– June 12
AFRO Empowering Girls	13-16 Y	Wednesday 5– 7pm	April 5– June 21
AFRO Basketball Club	Youth	Tuesday 6-8pm	April 4– June 20
CARIZON– Highschool Tutoring	Highschool students	Tuesday 5:00-7:30pm	April 4– June 27
Learn English Make Friends online and in-person	-	Tue 10-11:30 am (in-person) Thu 7-8:30 pm (in-person)	April 4– May 25
Coalition of Muslim Women Let’s Chat	18+	Mon/Wed/Fri 10-11am	April 3– June 20
Newcomer Seniors Program	55+	Tuesday 10:30-12pm	April 11– June 6
Gentle Exercise Community Support Connections	55+	Tues 9:30-10:30 am Thurs 9:30-10:30 am	April 4– June 29
AFRO Parent School Knowledge Initiative	18+	Friday 4:30-6pm	April 7– June 23
AFRO Support Through The Generations	55+	Tuesday 6-8pm	April 4– June 20

COMMUNITY CENTRE SERVICES

Need help? Service in more than 200 language

City staff can help you in your language. Ask us!

Besoin d'aide? Nous pouvons vous aider dans votre langue. Il suffit d'en faire la demande.

للمساعدة؟ يمكننا التحدث بلغتكم لمساعدتكم. ما هو طلبكم

Caawimo ma rabtaa? Waxan kugu caawin karnaa luqadaada. Na weydii!

እርዳታ ይፈልጋሉ? በቋንቋዎ ልንረዳዎ እንችላለን። ተይቁን!

ሓገዝ ትደልዩ? ብቋንቋኹም ክንሕግዘኩም ንኸእል። ሕተቱና!

کمک نیاز دارید؟ ما می توانیم به زبان خودتان به شما کمک کنیم. از ما پرسید

¿Necesita ayuda? Le podemos ayudar en su idioma. ¡Pregúntenos!



House of Friendship Services

Family Outreach worker

Nazy Pazoki Zadeh

Call for an appt: 519-742-8327 ext.248

Cell: 519-498-7468

Email: nazyp@houseoffriendship.org



Neighborhood Food Program

Victoria Hills Community Centre

Mondays from 12:30 p.m. to 3:30 p.m.

Marwa Eid

Call for an appointment: 519-404-2276



Women's Crisis Services
OF WATERLOO REGION



Women's Crisis Services

Outreach Support Worker

Hiyab Tafere

Phone: 519-504-3616



**BETTER
TOGETHER**



Settlement Worker

Yibabie Ghebrehiwet

T: 519-579-9622 ext. 264; Cell: 519-404-6734

Email: yibbie.ghebrehiwet@ytr.ymca.ca

COMMUNITY CENTRE SERVICES

Leisure Access

If program fees are preventing you or a member of your family from joining a City Program, fee assistance may be available.

You could qualify for \$400 per family member

You can apply online at:

<https://www.kitchener.ca/en/recreation-and-sports/leisure-access-fee-assistance.aspx>

Paper applications are available at any community centre.

For more details please call any community centre.

Inclusion Support

If you or your child has a disability and needs support to join any of our programs, you can apply for an inclusion membership. We will work with you to find the best accommodation, through these methods:

- ◆ Program adaptations
- ◆ 1:1 support
- ◆ Other means of assistance

We also welcome support through personal support workers and our personal attendant for leisure (PAL) program.



Apply online at: <https://www.kitchener.ca/en/recreation-and-sports/inclusion-support.aspx>

FACILITY RENTALS

The Victoria Hills Community Centre gymnasium is a great location for: meetings, parties (large or small), cultural events, church get-togethers and meetings, sporting events, receptions, anniversaries and family events, as well as special events.

We also have warming kitchens in two of our larger rooms make them ideal for catered and uncatered events.

Our Centre is fully accessible and caters to individuals of all ages and abilities.

For more information about rental opportunities at the Victoria Hills Community Centre, please call **519-741-2717** or visit kitchener.ca/book

Book A Community Room

You can book a time to use a room at Victoria Hills Community Centre for meetings.



Book A Gym

You can book a time to use a community center gym for physical activity. Please bring your own equipment



Book free space at your local community centre!