

# Adult Programs

We offer Adult programs September - June.

*Al Ritchie Community Membership  
\$5 per family per year.*

*Follow our website or facebook  
for updates!*

## Workshops & Training Sessions

Watch our Facebook page for information about our upcoming workshops

## ART NITE

We are looking to add some creative evenings to our programming line up for adults 21yrs+. Let us know if you are interested!

arcaprograms@sasktel.net

## HULA HOOPIN'

Join us for some exercise while having a blast with our resident fitness instructor Naomi.

**\$35/10 week sessions plus membership pre-register**  
check calendar for dates

## COMMUNITY PATROL

Would you like to give back to the community and make it a safer place?

We are a group of volunteers who walk the streets of the Al Ritchie community on the weekend evenings.

Orientation & training. Non-combative. We watch, listen and pick up any unsafe items.

Please email  
arcaprograms@sasktel.net  
if you are interested in helping out.

## COMMUNITY GARDENS

Do you love to garden but don't have the space at home? ARCA has 2 Community Gardens that operate from Spring to Fall (weather permitting)

Registration beginning of March. Check our Facebook or alritchie.ca for more info

## GENTLE YOGA

Meet up for health & wellness in a supportive environment as our resident fitness instructor helps us develop our mental and physical potential! 1 hour.

Al Ritchie Community Centre - upstairs  
**\$35/10 week sessions plus membership pre-register**  
Thursdays 7pm  
Evening class, 12yrs +  
check calendar for dates

## COMMUNITY KITCHEN

We cook a meal together and then take home our work!

Learn new skills, nutrition, basic recipes & ingredients, safety in the kitchen while supporting each other and having a blast!

**Coming Soon**

## NEW PROGRAMS

Do you have ideas or requests for Adult programming?

Email ideas to  
arcaprograms@sasktel.net



**CHECK WEBSITE CALENDAR FOR DATES & TIMES**

**Pre-register:** 2250 Lindsay St, 306.522-3930 or arcaprograms@sasktel.net