



The Canadian Paraplegic Association of Nova Scotia | Newsletter

April 2024

CPA (NS) Peer Events



CPA Peer Support Zoom Calls:

April 1st @ 6pm and April 15th @ 6pm

CPA Peer Dinner:

When: April 22nd @ 6pm

Where: Boston Pizza, 710 Sackville Drive

Please note that this dinner is pay-your-own way. If this is a barrier to you, please email Chris or Deanna.

RSVP to Chris about the dinner by April 15th for the reservation. Contact Chris to join the peer support Zoom calls if you don't already have the link. His email is crice2312@gmail.com

Other Upcoming Community Events

Coach Jodi Langley is hosting a Try It event for individuals interested in trying **para athletics throwing events**! They will also be joined by Katie Pegg, who is heading off to Japan in May to compete at World Parathletics in F46 Shotput! Please register through email athleticsprograms@sportnovascotia.ca! Open to all skills and abilities!

When: April 3rd at 7:30PM – 10:00PM

Where: St. Mary's University Community Room (Homburg Center), 920 Tower Road, Halifax

Squash NS is hosting a Para Squash 57 program at Cole Harbour Place this spring, the very first para squash program in Nova Scotia and one of the first in the country! They are organizing two free "try-it" sessions on April 8th and April 15th at Cole Harbour Place – all equipment provided. For those interested in continuing, they are offering a free 4-week program April 22nd – May 13th for participants to develop their Squash 57 skills. All sessions will run 7-8pm, have no cost to participate, and are open to anyone living with a physical disability (seated AND standing participants). **Please contact amorris@sportnovascotia.ca to register and for more information.**

Tennis Nova Scotia would like to invite you to a series of Wheelchair Try Tennis sessions. Interested individuals are welcome, whether they have participated in any wheelchair tennis sessions or none at all. They request that players commit when they can attend at least 4 of the 8 weekly sessions offered.

When: Tuesdays from April 16th to June 4th, 2024 from 4:30-6pm

Where: Sobeys Atlantic Tennis Centre – 50 Verdi Drive, Bedford

Queries: mollypineau@tennisnovascotia.com

Register Here: <https://satc.clubautomation.com/calendar/event-info?%20id=60441&style=0&isFrame=0>

Participation is FREE OF CHARGE for both players and volunteers/coaches but registration is required via the above link. Registration deadline: 8 pm April 9th, 2024. Tennis Nova Scotia will provide wheelchairs, racquets and balls. Coaches and players who would need to travel 1 hour or more to attend sessions can apply for a travel grant by contacting Molly Pineau: mollypineau@tennisnovascotia.com

