



The Canadian Paraplegic Association of Nova Scotia | Newsletter

October 2024

Canadian Paraplegic Association Nova Scotia Peer Events



Peer Support Group

Date: October 7th, 2024

Time: 6:00 PM

Where: Virtual (Zoom)

Whether you've been actively involved with CPANS or haven't been engaged for a while, you're always welcome to join peer support! Please reach out to our peer coordinator, Chris Rice for more details on how to join.

Peer Support Group Dinner to take place this month at on October 21st. All are welcome. Please note, dinner is *pay your own way*. If this is a barrier to you attending, please contact Chris or Deanna.

When: Monday, October 21st

Where: Boston Pizza (710 Sackville Dr #100, Lower Sackville, N.S.)

Time: 6:00 PM

Registration Link: <https://forms.gle/Xpp3uGNw5lgW2BRT9>

Contact: Chris Rice (crice2312@gmail.com or 1-902-309-4911)



Community and Other Events



The Disabled Not Dead Society is putting on a **wheelchair skills group** Oct.6th on the Dalhousie Campus. This will be open to all manual & power chair users. This is a peer skills group where participants will work through skills and obstacles together.

When: October 6th, 2024

Where: Collaborative Health Education Building (Dalhousie University Campus)

Time: 5:00 PM - 7:00 PM

Registration link: <https://form.jotform.com/241687308678067>

Contact: RJ Roggeveen (902-989-0613)

All abilities **wheelchair basketball** is taking place every Monday night from September 16th onward in New Minas. If you are interested in participating, please contact Steve Sampson ahead of time to be fitted for a wheelchair.

When: Monday Evenings (Ongoing)

Where: Louis Millett Community Complex (9489 Commercial Street, New Minas, N.S.)

Time: 7:00PM - 9:00PM

Contact: Steve Sampson 902-802-1642 (call or text) or email stevesampson@filsonite.com



Spinal Cord Injury PEI is pleased to announce that **breathing classes are back!**

When: Every Wednesday and Friday until December 6th, 2024

Where: Virtual (Zoom)

Time: 1:00PM - 2:00PM

Join Zoom Link: [https://us06web.zoom.us/j/87997369248?](https://us06web.zoom.us/j/87997369248?pwd=FCQbiPbqG7vbmJyHUEJHMosO2LkErG.1)

[pwd=FCQbiPbqG7vbmJyHUEJHMosO2LkErG.1](https://us06web.zoom.us/j/87997369248?pwd=FCQbiPbqG7vbmJyHUEJHMosO2LkErG.1)

Contact: Please reach out to Glenn Flood (gfflood@sci-pe.ca) or Peggy Doughan (admin@sci-pe.ca) to let them know you'll be attending.

Spinal Cord Injury PEI is also offering **zoom-based seated fitness program** run by Ivy Le with Kamala Yoga. Please note, there is overlap between the breathing sessions and the seated fitness program as they are scheduled to take place at the same times.

When: Wednesday and Fridays until end of November

Where: Virtual (Zoom)

Time: 1:00PM - 2:00PM

Contact: Please reach out to Glenn Flood (gfflood@sci-pe.ca) or Peggy Doughan (admin@sci-pe.ca) to let them know you are interested in attending.



Nova Scotia **Wheelchair Curling** is starting up this month in Lower Sakville.

When: Saturday, October 5th, 2024

Where: Lakeshore Curling Club

Time: 2:30 PM - 4:30 PM

Contact: Anyone interested can call the club at 902-869-2875 or contact the Nova Scotia Wheelchair Curling facebook page here: <https://www.facebook.com/trycurling/>

