



The Canadian Paraplegic Association of Nova Scotia | Newsletter

September 2024

Canadian Paraplegic Association Nova Scotia Peer Events



Peer Support Group

Date: September 2nd and September 16th

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.

Email: crice2312@gmail.com

Call or Text: 1-902-309-4911

Community and Other Events

Halifax Boccia has partnered with Sport NS and Halifax's Sport & Recreation to offer two eight-week **Boccia programs** on Saturday afternoons at the LeBrun Centre. Boccia is a co-ed sport, similar to curling or lawn bowling, that can be played by anyone with a physical disability or mobility challenge.

When: Saturdays at 3:15 PM – 4:15PM

Where: LeBrun Recreational Centre (36 Hollis Avenue, Bedford)

Ages: 18 and up

Cost: Free!

Registration link: <https://www.halifax.ca/parks-recreation/programs-activities>

Register by Phone: 902-490-6666 (program code: 00091996)



Come join the **Dartmouth Crossing Speed Skating Club** to **try speed skating or sledge racing!** This is your chance to get out and try an emerging sport available for all ability levels here in Dartmouth. We have skates and sledges to borrow but please bring a helmet to participate on the ice. Please come 1 hour before the event (2PM) to get skates or sledges fitted.

When: Saturday, September 7th, 14th, 21st, 28th at 3:00PM – 4:00PM

Where: RBC Centre, Commodore Drive, Dartmouth, N.S.

Email: dcspeedskate@gmail.com

Registration link: <https://icereg.ca/>

2024 Paris Paralympic Games

Date: August 28th – September 8th, 2024

Some 4,400 athletes are expected to compete for 549 medals, across 22 sports over 11 days! A team of 126 athletes will represent Canada across 18 sports



Survey on Women's Experiences with Spinal Cord Injuries

Teri Thorson is preparing a presentation on women's experiences with spinal cord injuries for the ISCOS Conference in Belgium this September. She has asked us to share a brief survey to gather insights from women with SCI.

Who Can Participate?: Anyone identifying as a woman with SCI, anywhere in the world.

Survey Link: <https://forms.office.com/r/7tRqYURemY>

Deadline: September 10th

A new **accessible, local grocery delivery** service called **Delivico** has just launched, and it's designed to meet the needs of those who may find traditional grocery shopping challenging. Place an order by phone—no tech skills required. Delivico offers flexible, personalized delivery. Website: <https://delivico.ca/>

Get your groceries in 3 simple steps:

1. Call Delivico at (902) 536-3404 to share your grocery list—no apps or tech required!
2. They carefully hand-pick fresh, quality items for you.
3. Your groceries are delivered quickly and safely, however you need them.

