

# COMMUNITY LEAGUE NEWS SOUTH

Serving the community leagues of  
Argyll, Hazeldean, Ritchie and Strathcona



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## Strathcona Winterfest and Rink activities



Our annual Winterfest will take place Sunday, February 25th from 2:00 PM - 5:00 PM at the Strathcona Community League Hall located at 10139 - 87 Avenue. This free event will feature: sleigh rides, penny carnival games, crafts, skating, crokicurl, fire pit, BBQ, hot beverages, and a cookie cook off. This is a family-friendly event open to all community league members. Be sure to bring your skates and warm clothing, along with homemade cookies for your chance to win the cookie cook off. All varieties of cookies are welcome. We are seeking volunteers to help with prep prior to the event, at the event, and with clean up. If you are interested in being part of the Winterfest volunteer team, please contact Emily at [social@strathconacommunity.ca](mailto:social@strathconacommunity.ca).

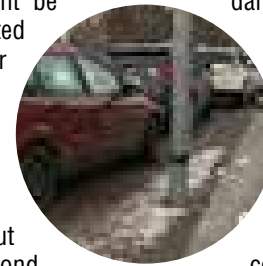
The Strathcona Community League thanks community members for attending the 2nd Annual Helen Gillespie Rink Celebration on February 4th featuring a DJ, pizza, snacks and beverages courtesy of a contest award from EPCOR for raising awareness of safe skating and staying off stormwater facilities during the winter.

The opening of the ice rinks will depend on weather conditions and maintenance. A schedule is posted at the league website <https://strathconacommunity.ca/rink-hours/> and hall for the hours of open skating, parent/children hockey, adult hockey and special events. The rinks will be closed when the temperature, including wind chill, is -23 C or colder. For the safety of little skaters; no sticks and no pucks will be allowed on the small rink.

## Argyll Parking Issues

If you are experiencing any parking issues related to non-resident visitors to our neighbourhood we recommend, you call 311 (or use the handy "Edmonton 311" app on your phone) to notify them of a problem. The problem might be related to parking in a prohibited zone, blocking access to your property, or parking on public parkland. A picture can also be posted through the 311 app, showing the problem.

A Bylaw Officer may respond to your complaint, but it is more likely they will respond to multiple complaints from the same area. If there is a large event being held in the area then reports of poor parking choices, or bad public behaviour, (such as alcohol consumption or littering) will bring officers to the event more quickly. The city's Bylaw Officers do monitor the number of concerns reported for many areas of the city and these reports will highlight our area as needing more patrols.



It is not recommended to call the Edmonton Police Service for parking issues. It's not their jurisdiction. However, if there appears to be an unsafe parking situation, physical violence or threat of violence, or damage to public or private property, then calling the Police complaint line (780.423.4567 -or- #377 on a mobile phone) is the best action to take (unless it is a critical emergency involving bodily harm; then use 911).

Argyll Community League continues to communicate the concerns of its residents to the City of Edmonton's Parking Services department but recognizes that we share this public space with the entire population as consequence of choosing to live in such a lovely part of the City. Our situation is not unique and will continue to be a concern for residents well into the future. A little history around Argyll's parking situation appears on the "Issues" page of our web site.

## Hazeldean Lantern Parade

Get ready for a light show that'll make the aurora borealis jealous! On Feb. 17, the Hazeldean Lantern Parade is taking over the night. Starting at 5:30 p.m., join the brigade with your decorated milk jugs, pop bottles, and clear containers. Supplies are on the house, and the parade kicks off at 6 p.m. Warm up with free hot chocolate, apple cider, and donuts from Hazeldean Bakery. It's a parade so bright you might need sunglasses!

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· Wills and Estates

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## EXECUTIVE & COMMITTEE CHAIRS

President	Nathan Carroll president@strathconacommunity.ca
Vice-President	Sally Hammell vicepresident@strathconacommunity.ca
Treasurer	John de Haan treasurer@strathconacommunity.ca
Secretary	Katie Krause secretary@strathconacommunity.ca
Membership	Bernie Roessler membership@strathconacommunity.ca
Communication	Sally Hammell communication@strathconacommunity.ca
Programs	Donna Fong programs@strathconacommunity.ca
Social	Emily Graca Farhana Nurani social@strathconacommunity.ca
Sport and Fitness	Dakota Hanson sport@strathconacommunity.ca
Civics and Planning	Maureen Duguay civics2@strathconacommunity.ca
Building and Grounds	Roger Tassie grounds@strathconacommunity.ca
Green Initiatives Co-directors	Darcy Stevens Jason Unger green@strathconacommunity.ca
Community Garden	Jacquie Devlin garden_co@strathconacommunity.ca
Hall Use Committee	Jeanie McDonnell hall@strathconacommunity.ca
Diversity and Inclusion Co-directors	Amy Gainer Lauren Lutic-Muusse diversity@strathconacommunity.ca
Community Wellness and Gord Lacey Safety	safety@strathconacommunity.ca
Community Hall	Scott Wright rentals@strathconacommunity.ca

Information info@strathconacommunity.ca

Address: 10139 – 87 Avenue, Edmonton, Alberta T6E 2P3

Community League website: [www.strathconacommunity.ca](http://www.strathconacommunity.ca)

EFCL website: [www.efcl.org](http://www.efcl.org)

Community Leagues...where neighbours meet and great things happen!

Board meetings are usually held on the second Monday of each month, September to June, at 7:00 p.m. All community league members are welcome to attend. For more information, e-mail [president@strathconacommunity.ca](mailto:president@strathconacommunity.ca)

The Strathcona Centre Community League is on Facebook <https://www.facebook.com/StrathconaCL/>. Follow on Twitter @StrathconaCL Instagram @strathconaleague

The copy deadline for the April-May 2024 issue of Community League News South is March 25, 2024. Please contact Donna Fong, Newsletter Editor, at 780-433-5702, or by e-mail at [donna.fong@shaw.ca](mailto:donna.fong@shaw.ca).

## Community Safety Data Portal

The Edmonton Police Service (EPS) has an information sharing platform designed to increase transparency, facilitate community engagement, and support the safety of citizens and the city. The Com-

munity Safety Data Portal offers access to comprehensive data including crime statistics and trends occurring in Edmonton. Visit <https://communitysafetydataportal.edmontonpolice.ca>

## Move for Mental Health Challenge

The Strathcona Community League is encouraging all community members to get moving for this year's Move for Mental Health Challenge!

The challenge is simple: get moving between January 18 - February 29! Any kind of movement counts: biking, walking, running, yoga-ing, dancing, etc. Join this Strava group Move for Mental Health - 2024 or email your movement minutes to [Dakota.Hanson.sport@strathconacom-](mailto:Dakota.Hanson.sport@strathconacom-)

munity.ca to count for our weekly totals.

Anyone who records a total of 15+ hours of activity during the challenge will be entered into a draw! We have some \$25-50 gift cards and a new SCCL toque to give away.

Thanks to the participants of the league's Winter Walk Day on February 7th. Your minutes walked that day can be applied to the Move for Mental Health Challenge.

## Movie Nights

The Strathcona Community League will be pleased to stream Sing 2, an animated musical comedy film, on Friday, February 16th, 6:30 p.m., in the main hall, 2nd floor. Community members are encouraged to bring their own nut-free snacks, and blankets and pillows for the kids to sit on. Free admission.

Movie nights for participating community leagues are made possible through the Edmonton Federation of Community League's license with Audio Cinema Films. Our

league hope to stream at least one film each month, subject to the availability of the hall and volunteers to set up and clean up. For more information, contact Emily, Social Director, at [social@strathconacommunity.ca](mailto:social@strathconacommunity.ca). Watch social media posts for future movie nights.

Thanks to 12 people including five children who braved the -35° C weather on January 12th on their journey to the hall for the screening of Frozen. It was a magical evening!

## Pub Nights

Pub nights are held on one Friday a month (the specific Friday changes each month, as it changes depending on school holidays). We meet in the Lounge of the community hall building, 10139 87 Avenue.

Friday, February 23, 8:00 p.m.

Friday, March 15, 8:00 p.m.

Pub nights are for community league members and guests. Memberships available on site, or through our website <https://strathconacommunity.ca/membership> or in person at pub night. Cash, credit and debit are accepted. Subscribe to our mailing list or watch our social media for details as the dates get closer.

Thanks to Farhana Nurani for her service



(2021-2023) as Social Director in creating a lively space for our community members at pub nights, Winterfest, and Family Day BBQ. We welcome Emily Graca, Social Director, who collaborates with the Hall Use Director and a committee of volunteers.

Volunteers are needed to help run on-monthly pub nights. It's fun, and a great way to meet people. If you can help (occasionally or on a regular basis), contact [hall@strathconacommunity.ca](mailto:hall@strathconacommunity.ca).

## Civics and Planning Report

The Strathcona Community League maintains a database of building developments, planning and transportation issues, urban design projects, and community initiatives. When the City sends notices to the League announcing appeals to the Subdivision and Development Appeal Board (SDAB), or informing applications for rezoning, or outlining variances that

are being requested by a property owner, the committee investigates. To learn more about issues and proposed development projects, please contact Maureen Duguay at [civics2@strathconacommunity.ca](mailto:civics2@strathconacommunity.ca). For the latest news on Civics and reference documents, visit the website <https://strathconacommunity.ca/latest-news-civics/>



## League Programs

New programs will be announced on the league website, social media, and e-newsletter. Adult programs are held in the main hall on the 2nd floor of Strathcona Community League, 10139 87 Avenue (up the ramp on the north side of the building).

Are you interested in any of these potential new programs this spring?

Memoir writing workshop

Paint Night (Teen and Adult)

Drama Classes for Preschoolers (Age 3-5 years old)

Zumba (Teen and Adult)

Please email Donna Fong, Programs Director, at [programs@strathconacommunity.ca](mailto:programs@strathconacommunity.ca). A minimum number of participants are required in order to launch a new program.

Fees for winter registered programs and single classes are to be paid online (credit card or debit) at the league's website (Programs tab) <https://strathconacommunity.ca/>

### Exhale Fitness Sculpt and Tone Barre with Tiffini Fedoruk

Mondays, March 25-June 3

8 classes; Evening: 7:30 - 8:30 p.m.

Fee: \$102.00 per session

Single (or multiples): \$15.00 per class

Fridays, April 5-May 31

8 classes; 9:30 - 10:30 a.m.

Fee: \$102.00 per session

Single (or multiples): \$15.00 per class  
Register and pay online.

Requirements: Community league membership (any league). Bring your yoga mat, a water bottle, grip socks, and a set of 1-5 pound weights.

Instructor: Tiffini Fedoruk Email: [tiffernini@shaw.ca](mailto:tiffernini@shaw.ca)

Website: <https://www.exhalefit.ca/>

### Unlock your Body with Essentrics® with Lynn Bohuch

Mondays, March 4-April 29

8 classes; 10:30 - 11:30 a.m.

Fee: \$102.00 for complete session

Single class (or multiples): \$15.00 per class

Requirement: Valid Community League membership (any league).

Register and pay online.

Instructor: Lynn Bohuch is a fully certified Essentrics® Instructor and also certified with AFLCA. For more information, contact Lynn Bohuch at [essentricsworkoutswithlynn@gmail.com](mailto:essentricsworkoutswithlynn@gmail.com)

### Yoga Programs with Corinne McNally

#### Gentle Yoga

Mondays, March 4-April 29

8 classes; 6:00 - 7:15 p.m.

Fee: \$102.00 for complete session

Single class (or multiples): \$15.00 per class

Register and pay online.

#### Hatha Flow Yoga

Thursdays, March 7-April 25

8 classes; 9:30 - 10:45 a.m.

Fee: \$102.00 for complete session

Single (or multiples): \$15.00 per class

Register and pay online.

\$184.00 combined rate for both Gentle and Hatha Flow programs.

#### Chair Yoga

Wednesdays, March 6-April 24

8 classes; 11:00 a.m.-Noon

Fee: \$102.00 for complete session

Register and pay online.

Chair Yoga is suited for those who prefer not to be down on the floor. All yoga postures will be done seated on a chair or standing, using the chair to help with support and balance. This class offers a well-rounded variety of modified yoga poses, breathing techniques, and relaxation.

#### Yoga for Tweens

Wednesdays, March 6-April 24

7 classes; 4:45 - 5:45 p.m.

No class on March 27.

Fee: \$90.00 for complete session

Register and pay online.

Tweens (ages 10-14) learn to stretch, breathe, and relax in a playful way, creating a lifelong foundation for well-being.

Other benefits include building strong, limber, and healthy bodies, improving social interaction, and developing focus, concentration, and attention span.

All yoga programs are taught by Certified Yoga instructor Corinne McNally. For more info, email [corinne@lotusmoon-yoga.ca](mailto:corinne@lotusmoon-yoga.ca). Website: <https://www.lotusmoon-yoga.ca/>

### Gentle Hatha Yoga with Laura Harvey

Tuesdays, April 16-June 4

8 classes

Fee: \$102.00 for complete session

Single class (or multiples): \$15.00 per class

Requirements: Community league membership (any league). Bring your own yoga mat.

Register and pay online.

For more information, contact Certified Yoga instructor Laura at [coachlharvey@gmail.com](mailto:coachlharvey@gmail.com)

### Kids Art at the Hall

Art programs for children will be resume in April 2024 (TBA). For more information, please contact instructor Berna Ponich at [berna@telus.net](mailto:berna@telus.net).

10:00 am – 11:30 am – Ages 6 and up  
11:30 am – 1:00 pm – Grade 6 (age 10) and up

## Strathcona Community BANNED Book Club

Hosted by SCCL members Jesse Erns Power & Cheryl West-Hicks

Your Community BANNED Book Club hosts discussions approximately four-five times per year in the lounge of the Strathcona Community League. Our aim is to offer a variety of genres with an emphasis on diverse voices.

Over the last couple of years, we've heard that books are being challenged and banned at an unprecedented rate not only in the United States, but also in Canada. Check out the graphic from the U.S.: 2022 Censorship by the Numbers. The majority of these books are written from historically marginalized communities.

We've also heard that sometimes the challenged books haven't even been read by those asking for their removal! So, we thought that it would be great to challenge our community to read banned/challenged books, talk about what we've read, and form our own opinions!

As many of these titles are YA (Young Adult) (this censorship movement is targeting both school libraries and public libraries) the Community BANNED Book Club may attract more youth in our neigh-

bourhood too - we love it when youth attend these discussions!

Community BANNED Book Club titles can be borrowed at Edmonton Public Library or can be purchased with a 15% discount from Glass Bookshop (use the code BOOKCLUB15). Sometimes these titles will be available as an EPL Kit. In those instances, we will be able to supply you with a book from the kit.

Please contact Jesse at [jessenns@gmail.com](mailto:jessenns@gmail.com) for more information and to be added to the Community BANNED Book Club email mailing list!

Community BANNED Book Club 2024 Schedule - Dates & Times TBA

Friday, February 16, 7:00 p.m. The Colour Purple, Alice Walker. YA Fiction (No EPL kit)

April: Maus: A Survivor's Tale, Art Spiegelman. Non-Fiction, Graphic Novel (No EPL kit)

June: The Perks of Being a Wallflower, Stephen Chbosky. YA Fiction (EPL Kit)

September: The Marrow Thieves, Cherie Dimaline. YA Sci-Fi (EPL Kit)

November: The Bluest Eye, Toni Morrison. YA Fiction (No EPL kit)

## Community Wellness and Safety

The Director of Community Wellness and Safety is an advocate for those aspects that make our neighbourhood welcoming, secure and desirable to residents and visitors.

This includes attention given to matters of crime prevention, but also extends to other aspects of neighbourhood wellness such as accessibility, safety around roadways and care for our community's most

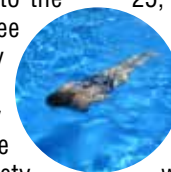
vulnerable. The Director attends monthly meetings of the Old Strathcona Area Community Collaborative including our league, the Edmonton Public Library, Edmonton Police Service, Old Strathcona Business Association, YESS, and others. Director Gord Lacey can be reached at [safety@strathconacommunity.ca](mailto:safety@strathconacommunity.ca). Gord is a member of the Hall and Grounds Renewal Committee.

## Community Swim Program

The Strathcona Community League is pleased to offer free swim time at the Commonwealth Community Recreation Centre. Just show your current membership card (digital or printed) to the attendant at the facility for free entrance during the community league swim time.

Participants in the Community Swim Program should review the Use of Premises and Pool Safety Rules

<https://strathconacommunity.ca/community-swim/community-swim-use-of-premises-and-safety-rules/>



provided by the City of Edmonton as part of its agreement with the Strathcona Centre Community League.

Sundays, September 24, 2023 - August 25, 2024 1:00 p.m. – 3:00 p.m.

Commonwealth Community Recreation Centre - 11000 Stadium Rd  
The Recreation Centre has a 4-lane fitness pool, leisure salt water pool with spray features, water slide, aquatic climbing wall, whirlpool, gymnasium and steam room.

Community league members may use the pools as well as the fitness centre and gymnasium during the booked time.

## Board Games Meet Up

Join community members at the Hall to play board games! Keep an eye on our digital newsletter or social media for the 2024 dates and start times. No experience necessary, bring a game to play. Open to members of any community league and their guests. You can buy your Strathcona Community League membership here <https://strathconacommunity.ca/league/>



membership/ If this presents a barrier for you, please contact us at [info@strathconacommunity.ca](mailto:info@strathconacommunity.ca) for options.

## How to become a member?

The SCCL is working hard to make our community a great place to live so please help us out by purchasing your 2023-2024 membership. Please visit the website <https://strathconacommunity.ca/league/membership/>

If you have any questions, email [membership@strathconacommunity.ca](mailto:membership@strathconacommunity.ca), or leave a voice message at the hall at 780-439-1501.

More about a membership

A membership year starts September 1st and ends August 31, and is for those living within our boundaries. The cost is:

Family \$20 – A family is any group residing in one household, acting as a family unit, with a maximum of two votes per household.

Single \$15

Senior \$5 An individual of 65 years or older.

Student \$5

Benefits of a Membership:

Why be a SCCL member? There are many reasons:

A voice on issues in our community

(transportation, zoning, housing, etc.)

A connection to news and events in the community (e-mail list, website, newsletter, Facebook, Twitter, Instagram)

Social events like Winterfest, Mini Folk Fest, BBQs, Trivia Night, pub nights

Free skating at our two top-notch rinks

Free access to Community Swim Program at Commonwealth Community Recreation Centre

Up to 20% discount at City of Edmonton Recreation facilities (e.g., Kinsmen Sports Centre)

Discounts on hall rental

Children's soccer and skating

Access to Programs such as Barre, Escentrics, Yoga, Art, and more

Free one-year Membership at the Edmonton Tool Library

10% discount Pressd Sandwich Shop, 10377 78 Avenue

10% discount Global Pet Foods, 7904 104 Street

Be a community league member and help make our community a better place to live.

## Community League Wellness Program

By becoming a member of your Community League, you have demonstrated your commitment to your community. To honour your commitment and support your families' health and well-being, the Edmonton Federation of Community Leagues has teamed up with the City of Edmonton to form the Community League Wellness Program. Current Community League members receive admission incentives to enjoy the City's world-class sports and recreation facilities.

Present your valid Edmonton Community League membership card, showing expiry date (payment receipts will not be accepted) at any one of the City of Edmonton's sports and fitness facilities. Choose from the following Community League Wellness Products:

Annual Pass\* - 20% discount on Adult, Family, Child, and Youth/Senior Annual Passes

Multi Admission Pass\* - 15% discount on our already discounted multi admission pass (5+ visits)

Continuous Monthly Pass - 20% discount off an on-going monthly membership pass using our convenient Pre-Authorized Debit Program.

Community league members who purchase one of the above passes will be issued a photo access card to be swiped at each admission.

\* Applies to new purchases only.

Facilities and amenities include swimming pools, whirlpools, fitness studios, cardio areas, weight rooms, racquetball, squash, badminton and tennis courts, indoor running tracks, gymnasiums, cafeterias and pro shops. Hours of operation are from 5:30 a.m. to midnight (hours vary according to facility). For more information, please call 311 or visit <http://www.edmonton.ca/wellness>

## Playgroup at the Hall

The Strathcona Community League hosts a parent-led playgroup once a week in the main hall, 10139 – 87 Avenue, up the ramp on the north side of the building. Thanks to the parent volunteers who launched the start of the playgroup on October 26th for the little kiddos!

Day/time: Every Thursday, 2:00-4:00 p.m. until June 2024 (TBD). Cost: Free

Requirement: Community League membership required (any league). To join Strathcona, purchase at

<https://strathconacommunity.ca/league/membership/>

Register: Not required – just drop in when you can!



The playgroup is open to parents/caregivers, babies and children for unstructured play and socializing. Toys, ride-on vehicles, books, and tables are available to use at the hall. Bring your own peanut-free snacks and refreshments. A coffee maker and kettle are available for use in the kitchen. To check if the playgroup is running each Wednesday, please contact Saralyn at [sriddell@ualberta.ca](mailto:sriddell@ualberta.ca).

## Hall Rentals

**Main Hall;** Capacity 105

Seats 60 to 80 depending on table arrangement. Amenities include hardwood floors, balcony, stage, bar, full kitchen, dishes and cutlery, tables and chairs.

**Lounge;** Capacity 60

Seats 30-35 depending on table arrangement. Amenities include a bar, fireplace, piano, tables and chairs.

**Concession/Small Meeting Room**

Seats 8 to 10

Amenities include kitchen.

To check availability and for a virtual tour, visit the website

[https://strathconacommunity.ca/hall-rent-](https://strathconacommunity.ca/hall-rent-als/)

als/

To make a booking or for more information contact Scott at [rentals@strathconacommunity.ca](mailto:rentals@strathconacommunity.ca) or 780-439-1501.

Additional charges apply for set-up or clean-up day, and kitchen use by caterer.

Discounts may be available for multiple bookings.

All renters must purchase third party liability insurance.

Kids' birthday party rate for members of at least 6 months, Sundays 1pm to 5pm: \$50

Members of at least 6 months and non-profit groups receive a 25% discount on rates A/V equipment available to rent.

## Discounts on Hall Rentals


Rental deals - another benefit of membership! Did you know that members of at least 6 months are eligible for a discount on hall rentals?

And we are now providing the option to pay with a credit card. In addition, we

have implemented a special kids' birthday party rate of \$50 on Sunday afternoons. (Note that renters for any event must obtain third party liability insurance.) Check out our rental info on our website, or call 780-439-1501.

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## Community League Wellness Program

The Edmonton Federation of Community Leagues has teamed up with the City to offer the Community League Wellness Program. Current Community League members receive admission incentives to enjoy the City's recreation facilities.

Present your valid Edmonton Community League membership card, showing expiry date at any of the City's sports and fitness facilities. Choose from the following Community League Wellness Products:

- Annual Pass - 20% discount on Adult, Family, Child, and Youth/Senior Annual Passes
  - Multi Admission Pass\*- 15% discount on our already discounted multi admission pass (5+ visits)
  - Continuous Monthly Pass - 20% discount off an on-going monthly membership pass using our convenient Pre-Authorized Debit Program.
- Passes will be issued with a photo access card to be swiped at each admission.



## Argyll Memberships

Watch for a new (2024) membership card in your mailbox soon. We deliver one to every household in Argyll, so you need to keep an eye out for it among all your usual mail and brochures. We offer Family Memberships at no charge so you

don't need to sign up for anything or pay any fees. For sports sign ups you can use these cards and if you lose one some time through the year, you can get a replacement by e-mailing: [president@argyllcl.ab.ca](mailto:president@argyllcl.ab.ca).

## Yoga has returned for another Season

Wednesdays between 5:30 and 6:45 PM.  
Cost is \$120.00 to register for a 13-week term  
Drop-ins are welcome, if space allows.  
\$15.00  
Hatha yoga poses and flow sequences to

improve your postural alignment, mobilize your joints, stretch all the major muscle groups and build strength. We will endeavor to start easy and build gradually. To register – or with questions – call/text René at 780-903-1911.

## Argyll Neighbourhood Babysitting

Argyll has a babysitting “registry”. Qualified local teens are ready to babysit kids within the neighbourhood. We are pleased to offer this service as a way for families & teens to connect. We are not responsible for matchmaking or interviewing.

A list of our qualified sitters can be acquired by sending an e-mail to: [argyllsocial@gmail.com](mailto:argyllsocial@gmail.com) with your home address and e-mail address. If you know of any other sitters seeking work, please e-mail their contact information so they could be added to the list.

## Community League Family Swimming

Commonwealth Community Recreation Centre is where to find our Community Swimming this year. Each Saturday, from 3:00:PM – 5:00:PM, members of Argyll community can swim in the pool.

This is a free swimming opportunity for Argyll families to have a regular two-hour period of pool use exclusively for Community League Members.

Of course, you must present your family membership card to the pool staff for entry. There will be some health restrictions posted and the usual behavioral rules will apply for being in the pool area. There are restrictions about what you can bring with



you. If you contact the venue in advance they can explain what is allowed.

Argyll Community League is pleased to be able to offer this to our residents and families and we hope it is useful to you through the winter and into summer.



**Rachel Notley**  
MLA, Edmonton-Strathcona  
**Constituency Office**  
Suite 101 10328 - 81 Avenue NW  
Edmonton, AB T6E 1X2

(780) 414-0702  
[edmonton.strathcona@assembly.ab.ca](mailto:edmonton.strathcona@assembly.ab.ca)  
@RachelNotley

## Events to look for this Spring

Our events group have been working on their list of events for the coming year. Look for something on the toboggan hill in early spring, our annual summer BBQ and a possible return of the sidewalk sale. Things

are still being organized so keep an eye on our Facebook page as well as sign up for the electronic newsletter in order to stay current and make room on your family's calendar. Contact: [argyll.social@gmail.com](mailto:argyll.social@gmail.com)

## Argyll Community Garden Survey

Thank you to everyone who returned their survey or who took the time to fill out the online version. We really appreciate all the comments as well. This information will be used to inform our decisions in the near future as we make plans to establish a Community Garden in the Argyll neighbourhood. Watch for more developments as they come forward from the



Garden Group. contact: [garden.group@argyllcl.ab.ca](mailto:garden.group@argyllcl.ab.ca)

## Argyll Online

Check-in weekly to see what's changed on our web site. Send us things you think the community would be interested in through our Contact page. Look for it the next time you visit our site.

Our web site address is:

[www.argyllcl.ab.ca](http://www.argyllcl.ab.ca)

If you wish to be added to our EVENTS e-mail distribution list get your name into [argyll.social@gmail.com](mailto:argyll.social@gmail.com).

Look for current events on our Facebook page as well.



# Heather McPherson

Member of Parliament  
Edmonton Strathcona

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**Some apartment and condo residents will soon be sorting their waste into food scraps, recycling and garbage.**

Find out when this change is coming to your neighbourhood. Check out the rollout map at [edmonton.ca/ApartmentAndCondoCollection](http://edmonton.ca/ApartmentAndCondoCollection).

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## Making the most of your Doctor's Appointment

Working closely with your doctor is one of the most important things you can do to help you get – and stay – as healthy as you can.

Have you ever caught yourself saying the following things ...

• “Doctors are so busy. I don’t want to bother them.”

• “The doctor’s the expert, not me. I just listen.”

• “I’m afraid of saying something that isn’t right.”

• “I’m actually a little scared of my doctor. He intimidates me.”

Partnering with your doctor shouldn’t have to be a struggle. Doctors are experts on medical care but you are the expert on yourself. And, together, you can find a solution that best fits your values, beliefs, and lifestyle.

Things to do before visiting your doctor

- Be prepared. Write down what you want to say, how you feel, and any symptoms you are having.

- You can also write down the three most important questions you have; what means the most to you.

- Don’t be afraid to say what you think.

- Bring someone with you, especially if you have trouble remembering or would

like some support

- Always asks questions to ensure you understand. Some examples of questions you can ask when talking with your doctor about treatments and tests are:

- o What is the name of the test, medicine, surgery, or other treatment?

- o Why is it needed?

- o What are the risks?

- o What are potential side effects?





## Ice, Ice, baby! It's back!

Get ready to channel your inner figure skater because winter is making a comeback! That's after an unusually warm and brown December.

Anthony Baydosa, our volunteer extraordinaire, has transformed our outdoor ice-skating rink into a frozen wonderland.

Thanks to an \$800 grant from EPCOR, we've turned water into ice faster than Elsa can conjure a snowstorm. If you've got a spare snow shovel, toss it our way. We're looking for a hero to keep our rink clear—cape optional. Drop us a line at [hazeldeanleague@hazedean.org](mailto:hazeldeanleague@hazedean.org).

## Sand For Your Sidewalks

Who wants to turn their sidewalk into an unintentional ice-skating rink? Not us! If you're battling the frozen aftermath of January's chilly escapade, head to the west side of Hazeldean Community League Hall.

We've got sand that says, "Ice, ice, baby, not today!" If the sand is MIA, dial 311 and let the city know. You can also snag some traction sand at Firehall #15, just a hop, skip, and a slip away at 5120 97 St.

## Mark Your Calendars for These Upcoming Events in Hazeldean

### The Hazeldean Artisan Market in February

Need a winter pick-me-up? Join us at the Hazeldean Community Artisan Market Feb. 10 and 11. It's the perfect blend of art, crafts, local food, and tunes that'll make you want to dance like nobody's watching. Check out [hazeldeancommunitymarket.ca](http://hazeldeancommunitymarket.ca) for more deets. See you there! (MORE EVENTS NEEDED)

## Shake Your Shamrock Shaker

March 16 is your date with destiny—or at least with our Hazeldean Shamrock Shaker. A pre-St. Patrick's Day bash that's more fun than a leprechaun's gold stash. Last year's party had it all: live entertainment, a DJ, craft beer from Omen

Brewing, and potatoes bigger than your dreams. Keep an eye on our Facebook for ticket info.

Thanks to the City of Edmonton for helping cover the food cost—because we all know leprechauns don't take IOUs.

## Take Advantage of Your Community Membership

Fun fact: Your community league membership isn't just a card in your wallet; it's a ticket to savings! Save 20% on City of Edmonton sports and fitness facilities. It's like having a coupon for fun. Memberships are a steal at \$20



a year for families and \$10 for individuals. Grab yours at Hazeldean Drug Mart or Dairy Queen on 99 Street.

For more info, email Kristy at [memberships@hazedean.org](mailto:memberships@hazedean.org). Get ready to flex those savings muscles!

## Are You Book Club Curious?

Book clubs are like literary parties, and some Hazeldeaners are thinking of throwing one! Imagine bonding over stories, laughter, and the occasional friendly debate. If you're curious and ready for some bookish fun, shoot us an email at [hazeldeanleague@hazedean.org](mailto:hazeldeanleague@hazedean.org).

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 Hall Manager: [inquiries@ritchie-league.com](mailto:inquiries@ritchie-league.com)  
 (780) 433-7137  
 Stay informed! Do you want more

timely info about the events and programs happening in our League? Sign up for our email newsletter! We send 2 to 3 editions every month of only the best news and info that you need to have fun in Ritchie!

## Rent Ritchie Hall!

Looking for a great venue for your next event? Ritchie hall has it all! We have 2 rental spaces within the building, and the court area outside. Accommodating up to 150 guests, we've hosted birthday par-

ties, weddings, and markets. Whatever your rental needs, we'd love to chat about how Ritchie can help you out! Contact our amazing Hall Manager Jil to get started. [inquiries@ritchie-league.com](mailto:inquiries@ritchie-league.com)

## Volunteer with us on Sundays!

Our drop-in hours at the hall have changed this year. Come hang out with your Ritchie pals every Sunday from 12:30 to 2pm.

We use this time to get to know our great community members and work on

various projects. Some of our past tasks have included Christmas decorating, changing the hall's large outdoor sign, organizing hall resources, event planning, and more. Drop in to see what we're up to this week at the Ritchie Volunteer Meetup!

## Upcoming Workshops and Presentations

Last year, the Ritchie Community League board created our Workshops and Presentations program with the intention to share expert knowledge, connect neighbours, and explore meaningful topics. For 2024, we've put together some amazing community resources to share with you! Our guest speakers and instructors will equip you with the tools and knowledge to be more awesome—from boosting your mental well-being to learning a new skill or hobby.

Here are some upcoming workshops and presentations that might interest you! Brian Sawyer of Edmonton Men's Sheds is presenting an informational and interactive talk on Men's Sheds in February. The CPTED (Crime Prevention Through Environmental Design) workshop in March is expected to draw a crowd as we learn



about ways we can all use design to increase our community safety. And in April we are screening a fun and important documentary about the importance of clubs. Everyone is welcome to attend. Register on our website (if applicable).

## Events/Programming

### Current Programs

**Ballet and Jazz** 6-wk Program (ages 6-11), Mondays at 5:15  
**Fit for Life**, Mondays at 10:30 am  
**Improv 101** (18+): Mondays, 6-8 pm  
**Start to Play** Tuesdays 6 pm (age 6-7), 7 pm (age 8-9), 8 pm (age 10-12)  
**4th Edmonton Sparks** (ages 5-6) Girl Guides, Wednesdays at 6:15-7:15 pm  
**2nd Edmonton Embers** (ages 7-8) Girl Guides, Wednesdays at 6:15-7:30 pm  
**2nd Edmonton Pathfinders** (ages 12-14) Girl Guides, Wednesdays at 7-9 pm  
**Ballet With Your Neighbour**, Thursdays at 7:15 pm  
**RCL Bridge**, Fridays doors open at 11 am, games start at 12 pm  
**Skateboarding Club**, Fridays, 6-9pm  
**Brazilian Jiu/Jitsu/Self Defence** (ages 11+), Fridays, 6:45-8pm  
**Men's Shed**, Saturdays at 10 am  
**Ritchie Volunteer Meetup**, Sundays, 12:30-

2 pm

**Acting for Kids** (ages 9-12): Sundays, 11:15am-12:45 pm  
**Drama Discovery 3** (ages 12-15): Sundays, 9:30-11 am  
**Events are at Ritchie Hall unless otherwise noted**  
 Brewery Tour at Longroof Brewing Co. February 3  
 Afternoon! with Not Ladylike Community, February 11  
 RCL Presents: Men's Shed with Brian Sawyer, February 15  
 RCL Workshop: Collage and Vision Board, February 18  
 Board Meeting, March 7  
 RCL Workshop: Crime Prevention Through Environmental Design (CPTED), March 17  
 RCL Presents: Join or Die! Documentary Screening, April 18

## Monthly Potluck

Thanks again to the Ritchie members who came out in the January cold for our first potluck of 2024! We're at it again in February and can't wait to eat all that tasty tasty food! And meet our neighbours, of course. Due to AHS regulations, this event

is FOR RITCHIE MEMBERS ONLY. You can confirm your membership in advance, or purchase one at the door. Friday, February 16 from 6 to 9 pm at the Ritchie Hall. Sign up online.



## Checking in with Anxiety

It's normal to feel worried or anxious at times within your daily life. Mild to moderate anxiety can help you focus your attention, energy, and motivation. But when these feelings become severe and out of balance, causing you to feel helpless, confused, or very worried, it may be a symptom of an anxiety disorder or a more serious problem such as depression.

Anxiety can cause physical and emotional symptoms. A specific situation or fear can cause some or all of these symptoms for a short time. When the situation passes, the symptoms usually go away.

What is an Anxiety Disorder?

Anxiety disorders occur when people have both physical and emotional symptoms. These disorders interfere with how a person gets along with others. They also affect daily activities.

Often the cause of anxiety disorders isn't known. Many people who have them say that they've felt nervous and anxious all their lives. This problem can occur at any age. Children who have at least one parent with the diagnosis of depression are more than twice as likely to have an anxiety disorder than other children.

Did you know? Women are twice as likely as men to have problems with anxiety disorders.

Anxiety disorders often occur with other problems, such as:

- Mental health problems, like depression.
- Substance use problems.
- A physical problem, like heart or lung disease. A complete medical checkup may be needed before an anxiety disorder can be diagnosed.

When you have generalized anxiety disorder, you feel worried and stressed

about many everyday events and activities. But it could result in more serious outcomes like panic attacks and phobias.

What is a panic attack?

Panic attacks are sudden feelings of extreme anxiety or an intense fear without a clear cause or when there is no danger. While common, panic attacks sometimes occur in otherwise healthy people. They usually only last a few minutes but can last longer. For some, anxiety can worsen quickly during the attack.

Symptoms include:

- Feeling like you're dying or losing control of yourself
- Rapid breathing (hyperventilation)
- Numbness or tingling of the hands or lips.

- A racing heart. You may feel dizzy, sweaty, or shaky
- Trouble breathing, chest pain or tightness, and an irregular heartbeat. These symptoms come on suddenly and without warning.

Sometimes symptoms of a panic attack are so intense that you may fear that you're having a heart attack. Many of the symptoms of a panic attack can occur with other illnesses, such as hyperthyroidism, coronary artery disease, or COPD. A complete medical checkup may be needed before an anxiety disorder can be diagnosed.

People who have repeated unexpected panic attacks and worry about the attacks are said to have a panic disorder.

What is a phobia?

Phobias are extreme and irrational fears that interfere with daily life. While phobias are common, they can present as fears that are out of proportion to real danger. Some individuals with severe phobias are unable to control their fears and can occur with other conditions, such as panic disorder or Tourette's disorder.



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## Burns and Scalds



Emergency Medical Services routinely respond to emergencies involving children who have sustained burns or scalds. These incidents often occur inside the child's own home. Common causes include a child accidentally tipping hot liquids onto themselves, touching hot surfaces (stove, iron), or making contact with electrical outlets. Fortunately, incidents such as these can be avoided by taking preventative measures.

### Degrees of burn

- **1°:** Affects only the top layers of the skin; appears red like a sun burn; discomfort is generally tolerable;
- **2°:** Deeper and much more painful than 1° burns; broken skin or blisters commonly develop;
- **3°:** Severe: the deepest layers of skin and tissue are injured; may appear charred or leathery.

### First Aid for burns

- Skin may continue to burn if not cooled. Immediately douse burns with large amounts of cold water.
- Cover the burn with a sterile dressing, or at least clean material to protect infection;
- Over the counter medications may be used for pain. Adhere to directions given on the label;
- Seek further medical attention, as required.

### Prevention of burns

- Check the temperature of your hot water tank. Temperatures as high as 60°C / 140°F will scald a child in just seconds;
- Use placemats instead of tablecloths. Tablecloths can be yanked downward causing hot drinks or food to spill on a child;
- Turn pot handles to the back of the stove and ensure cords from kettles, slow cookers, and other electrical appliances cannot be reached;
- Avoid picking up a child while holding any hot liquids;
- Ensure electrical outlets are made secure by installing commercially available safety devices which prohibit access, if not already built in;
- Keep children away from areas where appliances are in use (kettles, irons, hot stoves).

[www.albertahealthservices.ca](http://www.albertahealthservices.ca)

Most people deal with phobias by avoiding the situation or object that causes them to feel panic. This is called avoidance behaviour. A phobic disorder occurs when the avoidance behaviour becomes so extreme that it interferes with your daily activities.

There are three main types of phobic disorders:

- Agoraphobia: fear of being alone or in public places

where help might not be available or escape is impossible

- Social Phobia: fear of situations where you might be exposed to criticism by others

- Specific Phobia: fear of specific things

Phobias can be treated to help reduce feelings of fear and anxiety.

Paying attention to Anxiety

Life is full of ups and downs which can cause shifts in your anxiety from time to time. It's important to check in with yourself, finding time each day to take notes or monitor how you are feeling in certain situations. Documenting these moments of anxiety can help you process and work through those issues, but it can also help you determine a baseline. This can help

make it clear when things are going well or if you need to check in with your doctor and develop a plan to address your anxiety.

Anxiety can be treated through cognitive-behavioural therapy, relaxation therapy, anxiety reduction classes, medicines, or a combination of methods. Talk to your doctor and ask questions if you think you are struggling with anxiety.



## Understanding Eating Disorders



Eating disorders affect people of all genders, sexual orientations, ages, socioeconomic class, abilities, race, and ethnic backgrounds. They are serious mental illnesses that can be life-threatening, regardless of body size or weight.

While people may be concerned about their body image and aware of these thoughts, serious obsessions with food, body weight and/or shape may be signs of an eating disorder.

Eating Disorder Awareness Week runs from Feb. 1 to 7 in Canada, national week dedicated to action and education of the public regarding eating disorders.

### What is an Eating Disorder?

Eating disorders are illnesses that affect the brain, which influences judgement and emotions. There are several different kinds of eating disorders, but the most well-known are anorexia nervosa, bulimia nervosa, and binge eating nervosa. All eating disorders can be associated with serious medical and psychological complications and early detection and intervention are important.

### Who do Eating Disorders affect?

Misconceptions that eating disorders are a lifestyle choice or only affect certain people continue to be common. Despite these misconceptions, anyone can develop an eating disorder. They do not discriminate and can be seen in all genders, ethnicities, sexual orientations and socioeconomic backgrounds.

While eating disorders are most commonly seen in teens and young adults, they can also develop in children or later in life. There are studies that show people over the age of 60 can experience eating disorders, however this age group needs more research. In Alberta, up to 15 per cent of females and eight per cent of males between ages 15 to 71, report symptoms

that may warrant an eating disorder diagnosis or treatment.

### Signs of an Eating Disorder

Individuals with eating disorders may not show obvious signs that they are ill and healthcare providers and loved ones may miss the warning signs. One cannot confirm an eating disorder based on physical appearance.

Changes in weight are not the only sign. The majority of those with eating disorders are not visibly underweight. People who are low, average, or higher in weight can have eating disorder symptoms and individuals at any weight may be malnourished.

There are numerous signs to watch for. Generally, if the way one eats or thinks about food interferes with life and prevents one from enjoying life, that may be a sign to reach out to a talk to someone.

Eating disorders can also worsen medical symptoms from other diagnoses such as irritable bowel syndrome, migraines, and diabetes. Many people with eating disorders may not recognize the seriousness of their illness and may hesitate to seek treatment because of embarrassment, shame, guilt and feeling self-conscious about their eating behaviours.

### What to do if you recognize signs of an Eating Disorder?

If you feel like you, or someone you care about, may have an eating disorder, you are not alone and help is available. Full recovery from an eating disorder is possible.

Reach out to your healthcare provider or call the AHS Mental Health Help Line at 1-877-303-2642.

For more information about eating disorders and Eating Disorder Awareness Week, visit the Eating Disorder Support Network of Alberta at [edsna.ca](http://edsna.ca) or National Eating Disorder Information Centre at [nedic.ca](http://nedic.ca)

# FOR ALL AGES



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Edmonton

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Property assessment notices were mailed to all Edmonton property owners in January. The assessed value of your property represents its market value as of July 1, 2023 and is used to determine your share of provincial education and municipal property taxes. Provincial education taxes are collected by the City of Edmonton on behalf of the Government of Alberta to fund public education, while municipal taxes are used to fund City programs and services such as transit, road maintenance, fire rescue services, recreation centres, libraries and more.

### When you receive your property assessment notice:

- + **Review** the details on your assessment notice. Accurate information ensures you only pay your fair share of property taxes – no more, no less.
- + **Check** what makes up your property's assessment value and **compare** it with similar properties in your neighbourhood using the tools on [edmonton.ca/assessment](http://edmonton.ca/assessment).
- + **Contact** the City, if you have any questions. Call 311 for one-on-one support. Our staff can answer most assessment-related questions with no formal complaint fees required.

More online tools are available at [myproperty.edmonton.ca](http://myproperty.edmonton.ca), including the assessment and tax history of your property and the ability to sign up for electronic notices. Use the individual code on your paper notice to register for your MyProperty account.

For more information, call 311 or visit [edmonton.ca/assessment](http://edmonton.ca/assessment).



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