

COMMUNITY VIEWS

Serving the community leagues of
Blue Quill, Twin Brooks & Yellowbird



Feb/Mar 2018

Published by Calder Publications. For advertising please call 780-434-9732 or email info@communityleagueneews.com

Message From SWAC - South West Area Council President

Hi Everyone,
Congratulations! Another very successful Ski fest last Saturday. Thank you VP Kent McMullin, Pres. Monte Nelson and the Ermineskin community league for sponsoring their facilities and volunteers. Thank you to all the volunteers and City of Edmonton River Valley program team for all their equipment, expertise and personnel. A quick shout out to Ron F. and Monte N. for their extraordinary ski trail making skills in just two days from the first snowfall... again, no snow until two days before the event then snow vortex!! A

special mention to Shauna R., Michael G. and Kim R. for their hard work preparing the event permits, the events teams, the chilli contestants and the judges. A huge Thank you to our esteemed panel of judges recruited from the who's who in the political south west scene; MP Matt Jeneroux, The Right Honourable MLA Richard Feehan, MLA Bob Turner, MLA Thomas Dang, Cllr. Michael Walters, Cllr. Tim Cartmell. We couldn't have done it with out you! And finally Congratulations to Mike Lanteigne and Natasha Mi-

trovic of the Twin Brooks community for winning the first ever Chilli cook-off. For their expertise and winning performance their League receives an all expense paid trip... Just kidding...They do receive \$500 prepaid Swac membership dues for 2018!! On behalf of the Southwest area council thank you all for making this event a huge success. We are looking forward to next year.

Sincerely,
Michael Karpow
President
Southwest area council

Blue Quill Sports needs help!



BQ is looking for a few people to help run their soccer program, including a new soccer coordinator, equipment manager, field liner, wind up BBQ organizer and jersey manager. The positions are busy during

the outdoor soccer season (April - June) and are rewarding as you make friends in the community. Please contact Janice Quinn at sports@bqcl.org for more information.

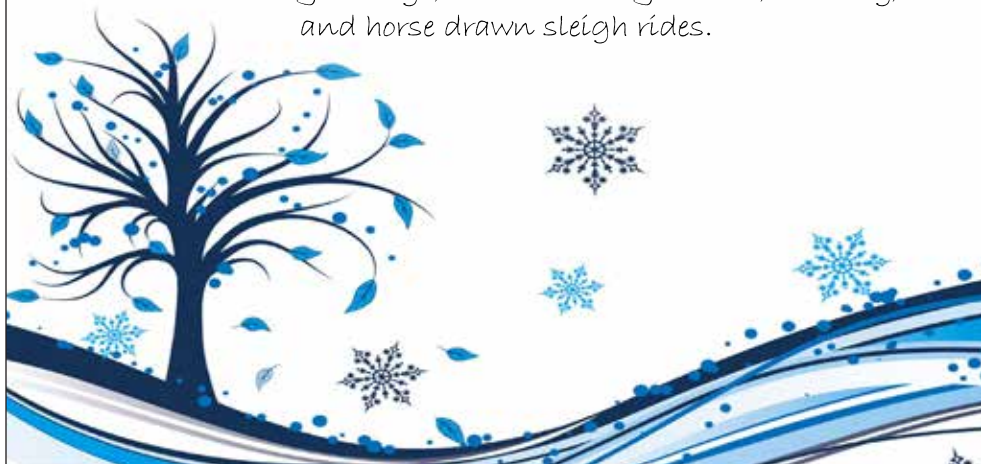
YELLOWBIRD COMMUNITY LEAGUE Free Family Fun Day!

Chili Hotdogs Sleigh rides Skating Hot chocolate Outdoor fun



February 19, 2018 from 12-4pm
Yellowbird Community Hall
10710-19 Avenue

Join your friends and neighbours for food and activities, such as chili & hotdogs, hot chocolate & cookies, skating, and horse drawn sleigh rides.



OPEN TO ALL SOUTHWEST AREA COMMUNITY MEMBERS

FREE FAMILY FUN DAY SPONSORED IN PART BY SOUTHWEST AREA COUNCIL

Twin Brooks SIF Programs



Re: Program & Monthly events Friday evenings & Sundays
January - April 30, 2018
NEW ! Fridays 6:00 - 9:00 p.m. beginning Jan 19, 2018
Location: GPN School Library
Chess games & instruction
Other Family Board & table games
All ages- Parents invited to accompany their kids & brings games of their choice.
Choice. Note: No programs on Fridays when school is closed because of Professional development days Contact : SIF@twinbrooks.ca AndrewLiu007@gmail.com Cheryl- idealfirm@telusplanet.net Ida

irichardsco@hotmail.com
Phone :780-989-5431
February 11* - 2-6:00 p.m. Chinese Lunar New Year & Black History Month
April 8* 2-5:00 p.m Annual " All things garden share & swap"
Sunday events take place @ Community Hall 11341- 12 Ave N.W
SIF (Seniors Innovation Fund) cordially invites ideas, donations & volunteer tasks such as Teaching a master-class , a lecture, a hobby.
Contact: irichardsco@hotmail.com
Phone 780-989-5431
WEChat 31521736 SIF@twinbrooks.ca



Blue Quill Community League

Serving Blue Quill, Blue Quill Estates, Skyrattler & Sweetgrass

The BQCL Community Hall is located at 11304 - 25 Avenue, Edmonton, AB, T6J 5B1 (780)438-3366

BQCL Board Members

POSITION	NAME/EMAIL
President	Travis Ball president@bqcl.org
Vice-President	VACANT vicepresident@bqcl.org
Treasurer	Andrew Happer treasurer@bqcl.org
Secretary	Tim Battle secretary@bqcl.org
Past President	VACANT pastpres@bqcl.org
Civics	VACANT civics@bqcl.org
Facilities	Fahad Mughal facilities@bqcl.org
Fundraising	Richard Hughes fundraising@bqcl.org
Memberships	Linda Loudon membership@bqcl.org
Programs	VACANT programs@bqcl.org
Publicity	Ray Bessel publicity@bqcl.org
Social	Felice Bassie social@bqcl.org
Sports	Janice Quinn sports@bqcl.org



BQCL Memberships



The Blue Quill Community League serves the neighborhoods of Blue Quill, Blue Quill Estates, Sweet Grass and Skyrattler. Anyone living in one of these areas is welcome and encouraged to become a member.

Your BQCL membership benefits include:

- Eligibility to enroll in any of our programs such as soccer, martial arts, basketball, playschool, tennis (program fees are required for each program)
- Reduced rental rates at the BQCL hall
- Use of the BQCL tennis courts
- Free skating on any outdoor community league rink (always take along your skate tags)
- Free indoor skating at Confederation, Kinsmen, Millwoods, Southside & Tipton arenas
- Free Swimming at Confederation Pool (Saturdays and Sundays from 16:00 - 17:30 year round).

Membership fees are \$35 per family, \$25 single, and free for seniors. You can purchase memberships in person at the hall, or call (780)438-3366 for more information.

YOGA



RUTH'S HATHA YOGA AT BLUE QUILL - Hatha yoga class 9-10 Wednesday mornings is suitable for beginners and those more experienced with yoga. Come discover the rhythms of breath and calmness of mind through yoga.

RUTH'S CHAIR YOGA AT BLUE QUILL - Join this gentle yoga class 10:15-11:15 Wednesday mornings. This class is designed for seniors or those with mobility issues. We will use chairs to keep the body aligned while gently stretching.

BOTH CLASSES Blue Quill Members \$80 for 8 week class. Non-members \$95.00 for 8 week class. Seniors Community membership is free. Call Ruth for more information and to pre-registration 780-237-6730 or ruthes.sjoberg@gmail.com Hope to see you there.

Blue Quill Hall Rentals



One of the largest in the City, the Blue Quill Community Hall is available for functions on Friday evenings, Saturdays and Sundays.

There's a large main hall, complete with a full-sized kitchen, that can hold up to 205 people for events that are licensed or have food present. The capacity of this room is larger for events without food or drink - please inquire. Three smaller rooms are also available - upstairs loft and two in the basement.

Located in South Edmonton just off of Saddleback Road and 25 Avenue, the BQCL Hall is easily accessible from 111 Street or 23 Ave. We have PLENTY of parking.

The Main Hall and Kitchen can be rented for \$525 per day, or \$90 per hour. **BQCL members receive discounted rates of \$425 per day and \$60 per hour!**

The upstairs loft at BQCL is an ideal meeting space as it can accommodate up to 60 seated and has tables, chairs, a sink and full A/V services (projector, screen, laptop video/audio hook-ups, satellite, blu-ray player).

This space can be rented on a weekday evening for \$85 (non-member) or \$75 (member). Weekend rental rates are the same as other rooms in the hall (\$75 per hour for non members and \$40 per hour for members).

The outdoor rink can be rented by BQCL members only. A rental fee of \$50 per hour applies for a minimum of 2 hours. An extra \$50 fee applies if the ice needs to be cleaned/flooded beforehand.

The flooding will need to be coordinated with the schedule of the rink attendant.

Smaller rooms can be rented for \$90 per hour. **BQCL members receive discounted rates of \$60.00 per hour!**

To rent the hall, send an email to rentals@bqcl.org or call (780) 438-3366, and leave a message telling us when you'd like to rent the hall (think of giving us 2 preferred dates) and where/when we can get in touch with you.

If interested, you can arrange a viewing with the BQCL Hall Representative.



BQCL Casino
June 6th and 7th, 2018
VOLUNTEERS NEEDED!
Contact
bqcladmin@bqcl.org
or 780-438-3366

PHYSIOTHERAPY

We are accepting new patients Walk-ins welcome

Rutherford
Physical Therapy and
Sports Injury Clinic
11472-17 Ave SW
Phone: 780-435-8887



Twin Brooks
Physical Therapy and
Sports Injury Clinic
11045-9Ave NW
Phone: 780-433-8833

MASSAGE

- Same day WCB & MVA assessment • No doctors referral required
- 17 years of dry needling experience • Chronic pain management
- Motor vehicle accident provider
- WCB authorized provider • Sports injury management
- Tension headache management • Vestibular (dizziness & balance) rehab
- Pre & post-op rehab (ACL reconstruction, rotator cuff repair, ORIF, total hip/knee/shoulder replacements) • Shock wave therapy
- Direct billing available • Three massage therapists available

Now offering Incontinence Management & Shockwave therapy

www.rutherfordphysiotherapy.ca
Info@rutherfordphysiotherapy.ca

Mon-Fri: 8:30am-6:45pm
Saturday: 8am-12pm
Sunday: Closed

www.twinbrooksphysiotherapy.ca
Info@twinbrooksphysiotherapy.ca


Mon-Fri: 8:00am-7:00pm
Saturday: 8am-12pm
Sunday: Closed

ACUPUNCTURE

IMS

BLUE QUILL Shito-Ryu Itosu-Kai

KARATE



*"Teaching Traditional Karate
in Edmonton since 1979"*

and SELF-DEFENCE

for

Children, Teens and Adults

Our instructors are among a select few in Canada who have received their BLACK BELT certification from Japan and are currently registered with the FEDERATION OF ALL JAPAN KARATE-DOH ORGANIZATIONS (F.A.J.K.O.). This is the only governing body for Karate recognized by the Japanese Government.

- 12-class Semester is only \$100 for BQCL members (*non-member rate available*)
- Winter semester January 10 - March 28
- A great class for beginners, adults, kids and families

**We welcome beginners and returning students,
Adults, Children and Families**

www.bqcl.org/karate.php
AlbertaKarate.com

LET THE MUSIC MOVE YOU

Cardio Kickboxing Bootcamp

Tuesdays 6:45-7:45pm
January 23 - March 27, 2018 (10 sessions)

Try out this heart pounding workout combining mixed martial arts upper body and lower body movements using a bootcamp format and cardio drills to make this the ultimate total body workout. Beginners welcome. Don't worry! There's no actual fighting involved!

What to Bring: water bottle, towel, yoga mat, running shoes, heart ready to have fun!!

Barre Core Fusion

Tuesdays 8:00-9:00pm
January 23 - March 27, 2018
(10 sessions)

Barre core fusion is a class that fuses together fundamental core exercises from Pilates, yoga, ballet, and muscle endurance training that teaches you how to activate your core and target specific muscle groups. This will help you gain results faster while you experience a low impact, total body workout. Beginners welcome.

What to bring: towel, yoga mat, water and socks or barre shoes.



**Classes are \$100 for Blue Quill Community League members -
\$118.75 for non-members**

For more information, contact:

Lisa van Vliet p. 780.935.3058
e. lisawelcomesyou@shaw.ca
f. www.facebook.com/movewithLisa

To register, contact:

Blue Quill Community League
p. 780.438.3366
w. bqcl.org

TWO-STEP LESSONS



Image source: <http://danceclassesindianapolis.com/wp-content/uploads/main/dance-1q/cw2step.png>

Want to learn a fun social dance?

Two-step is a great partner dance that has many different variations. In this **6-week lesson series**, you'll learn the basics of a **traditional two-step** that will get you started on any social dance floor.

- All ages and levels welcome
- No partner required (though it makes a great date night!)
- We'll cover fundamental dance technique that's transferable to other styles too!

What to bring:

- Clean comfortable shoes with smooth soles – socks work too!
- Water

Come ready to have a good time!

Tuesdays 6:30-7:30pm
January 16 - February 20
11304 - 25 Avenue
\$60 members/\$75 non-members

TO REGISTER, CONTACT:
Blue Quill Community League
780-438-3366 | www.bqcl.org



ANGIE MUSCA
has been dancing for 10+ years, and teaching a variety of partner dances with Dance

Evolution for 4 years. Her favourite styles include blues, country swing, two-step, west coast swing, and fusion. Any chance to share what she has learned through the years about dance technique and the nuances of different styles, she'll take it with open arms and a huge smile on her face!

Playschool Open House
Thurs. Feb 15, 7:00-9:00 pm
(12015 - 39 A Ave)

The Little Aspen Playschool Society has been running in the southwest community of Aspen Gardens for over 25 years. It is a play-oriented program with 3hr classes and no parent duty days.



Online Registration
6:00 am Tues. February 20-23
littleaspenplayschool.com



Volunteers Needed

We are currently looking for people like YOU to volunteer and help plan the 2018 Walk in your community to allow us to do even more in the years to come. Under the guidance of Ovarian Cancer Canada staff, Walk committees design, implement and host their community Walk.

This opportunity is great for individuals who are dedicated, looking for something new, enjoy planning events, want to gain leadership experience and meet new people in their community.

If this sounds like you or someone you know, please email Carrie Mahuran, Walk of Hope Coordinator, at cmahuran@ovariancanada.org or give her a call at 1-877-413-7970 x236. We would love to have you as part of the team!

www.ovariancanada.org

Talk it out for your mental health

It can help to talk with someone about how you're feeling. They can listen to you or help you look at things differently. They might also be able to help you figure out why you feel like you do.

Talking about things can be helpful in itself. Sharing can make you feel less alone and help relieve the stress of coping by yourself. The other person may be able to offer reassurance, support, information, or help you connect with services.

When choosing someone to talk to, look for someone you're comfortable with and trust—will respect your privacy, will take you seriously, and will be understanding and accepting.

Things to think about before the conversation:

What Kind of Help do I Want From

Them?

- Just to talk
- To find out where you can get more info
- Help finding services such as counselling

- How Do I Want to Communicate?
- Face-to-face
- Phone
- Online
- Email

Starting the Conversation

- Let them know you have something you want to talk about. You might want to write down what you want to say.

- Start by explaining that you need some help with a problem. Think of some examples from your life as this may help them to better understand what's going on.

- If you're not sure how the person will react, try "testing the waters". For example, talk about a story you read in the news and see how the person reacts. This will give you an idea of their views and whether they're likely to be sympathetic.

- You could also start conversation more generally—talk about how you've not been feeling great, rather than saying you're feeling depressed, anxious, or stressed.

Be prepared for a range of different reactions. Remember that someone's first reaction won't be the same as their reaction when they've had time to process what you've said. Life's full of ups and downs, and sharing our experiences with the people who care about us is natural and healthy.



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STUDENTS FOR OUR FOUR YEAR OLD CLASS

www.bluequillplayschool.ca
 email registrar@bluequillplayschool.ca

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HONG PARK



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SUPERDAYCARE17@GMAIL.COM

9159-25AVE NW (HONG PARK TAE KWON DO)

TAE KWON DO IS INCLUDED

www.facebook.com/superdaycare17



@super_heroes_daycare





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Class is taught in both
English & German.
NO previous knowledge of
German needed. Subsidy
available for eligible families.

OPEN HOUSES

FEB.15, 6-8 pm Rio Terrace School 7608-154 St.	FEB.22, 5:30-7:30 pm German Club 8310 Roper Rd.	MAR.15, 5:30-7:30 pm Forest Heights School 10304-81 St.
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DKKplayschool.org  **DieKleineKinderschule**

TD Canada Trust

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on making
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Carrie Booker
Manager, Mobile Mortgage Specialist
Tel: 780 909 7210
E: carrie.booker@td.com





PURCHASE YOUR 18/19 SEASON PASS
AND RIDE THE REST OF THIS SEASON
FREE!



RISEN LORD LUTHERAN CHURCH

located in
Ermineskin Community Centre
10709 32A Avenue NW
780.440.6476

We invite you to gather with us for worship on
Ash Wednesday
February 14th at 7:00 pm *
and during



Holy Week

Palm Sunday – March 25th at 10:00 am
Maundy Thursday – March 29th at 7:00 pm *
Good Friday – March 30th at 10:00 am
Easter Sunday – April 1st at 10:00 am

* services held at St. Joseph Auxiliary Hospital Chapel
10707 29 Avenue NW, Edmonton

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www.progressiveacademy.ca/mas
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We are located inside the
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TWIN BROOKS Community League

CHECK OUT ALL THE LATEST NEWS
AND INFO ON OUR COMMUNITY AT
TWINBROOKS.CA

Twin Brooks Board

President: Mike Lanteigne
Vice President: Nate Dechoretz
Secretary: Gonzalo Zambrano-Narvaez
Treasurer: Irma Cooper
Membership: Kelly Casault
Facilities: Vacant
Sports: David Murray
Sports Assistant: Vacant
Programs: Alex Kandathil
Social: Monika Langer
Communications: Natasha Mitrovic
Communications Assistant: Deana DeRoche
Volunteer: Shauna Nichols
Fundraising Coordinator: Vacant
Casino Volunteer Coordinator: Jamie Popowich

MEETINGS:

Meetings held monthly September through June. Contact volunteer@twinbrooks.ca for times and locations.

Twin Brooks Community League
11341-12 Ave NW
Edmonton, AB T6J 6W8

Message from S I F Twin Brooks Seniors Group



TBCL - S.I.F.: Family Night -

Who: Residents of all ages

What: Board Games, including chess. Children under 10 are encouraged to bring board games of their choice. Adult supervision provided where needed.

When: Friday nights - 6:00 pm to 9:00 pm starting January 26th until June 22nd (except on Professional Development Days - school is closed)

Where: GPN School Library - Bring indoor shoes (Winter boots left at front door.)

Cost: \$2.00 per attendee per session. Family discount can be arranged.

CONTACT: irichardsco@hotmail.com or phone 780-89-5431 or

TEXT Gongchen Li 587-982-2503 for further details.

Twin Brooks Report

Happy New Year! I don't know about you but it took me several weeks to overcome the holiday hangover. With all the activities leading up to the holidays, during the holidays and post holidays, EXHAUSTED, I think I'm finally over it. Time now to reflect on the past year, look at the new year ahead and decide what's next. Easier said than done? What if you don't exactly know what's next?... One of my personal goals for 2018 is to find a better balance. Whatever your balance in 2018 looks like, whatever your goals, and whatever your journey, make sure you are taking care of yourself first, so that you can continue to give to those around you, kids, spouse, family, friends, community etc.

As you read this, you are probably thinking about all the other things, you know, that never ending list... For those of us that were raised to put others before ourselves, yup that's me, yup I learned that, yup, check! I'm doing that. Somewhere along that journey a big point was forgotten or missed altogether, make sure YOU are ok first. Like on a plane you know?, You board, you listen and watch the flight team show you what to do in the event of

an emergency, mask on YOU first, then help others. Simple right? Well that makes complete sense! Shoot I can help not just myself but someone else, and someone else, and the never ending help list begins...

Maybe this year we can all make a commitment and goal to take better care of ourselves first, so that we have more to give without feeling like it's just one more thing. I think maybe secretly, we dare not tell anyone but maybe we even become a little resentful. Secure your ME time, it's scared time, whether you are a mom, dad, grandparent, uncle, aunt, brother, sister, I think you get what I'm saying. The list will always keep going on...

With that being said look at what we are doing and planning in the comforts of our neighbourhood and maybe there is something there to fill your ME bucket! Black History month, Chinese New Year, Year of the Dog, Fitness Programs, Outdoor Soccer, it's not just for the kids, have you ever dreamed of coaching? Then why not? That's a ME bucket fill for sure! Check it all out while you contemplate what's next....

Natasha Mitrovic

Twin Brooks Communications Director

Message from the President

Thank you to the team at the South West Area Council and the dignitaries whom served as adjudicators of over 15 versions of chilli: Matt Jeneroux, MP Edmonton Riverbend, Dr Bob Turner, MLA Edmonton Whitemud, Richard Feehan, MLA, Edmonton Rutherford, Thomas Dang, MLA, Edmonton Southwest, Michael Walters, Councilor Ward 10, Tim Cartmell, Councilor, Ward 9.

Team Twin Brooks appreciates your vote which put our chilli versions in 1st place to bring \$500.00 home to our community!



Great job to the members of S.W.A.C. for organizing the fun family event!

Sincerely,

-Mike

Mike Lanteigne, G.G.XII., C.R.C.
President

Twin Brooks Community League

TWIN BROOKS COMMUNITY LEAGUE
11341 - 12Ave NW
EDMONTON, AB - T6J 6W8



Group Fitness **iAM** Classes with **fitness**

Winter Session: January 10 - March 17

Tuesdays 9am - Total Body Blast (60 min)

\$120 for the 10 week session, or only

\$110 when showing any community league membership card

&

Fridays 9am - HIIT (45 min)

\$105 for the 10 week session, or only

\$95 when showing any community league membership card

* children welcome * all fitness levels *

Save an additional \$10 when registering for BOTH classes

\$14/class cash drop in also available

Visit iamfitnessyeg.com or text Christy at
780-966-1837 for more info!



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2018 Outdoor Soccer Information

- 1. Buy or have your current community league membership
- 2. Register online at emsasoccerportal.com beginning in late January
- 3. Attend our registration session to drop off your paperwork and payment Sunday, February 25 10am to 3pm
- 4. Bring proof of address and player birthday (ie. utility bill/Alberta health care card)
- 5. You can also mail in your paperwork, cheques and proof of address and players birthday to TBCL 11341 – 12 Ave, NW T6J 6W8

Volunteer Deposit	Uniform Deposit	Age Group	Birth Year	Playing Times	Fees
\$200	No Uniform Deposit	U4 Mighty Mites	2012	Saturday Mornings	\$85
\$200	No Uniform Deposit	U5	2013-2014	Saturday Mornings	\$85
\$200	No Uniform Deposit	U7	2011-2012	Mon/Wed	
	\$115				
\$200	\$50	U9	2009-2010	Tues/Thurs	
	\$140				
\$200	\$50	U11	2007-2008	Mon/Wed	
	\$150				
\$200	\$50	U13	2005-2006	Tues/Thurs	
	\$160				
\$200	\$50	U15	2003-2004	Mon/Wed	
	\$170				
\$200	\$50	U17	2001-2002		
Sunday / Thursday	\$180				
\$200	\$50	U19	1999-2000		
Sunday / Tuesday	\$200				

Please contact assistancesports@twinbrooks.ca if you would like to volunteer at either registration and not have to write a volunteer deposit cheque!

Community Soccer

Twinbrooks soccer is run entirely by volunteers. Please consider helping out in any capacity. Some key positions we need filled:
Coaches and Assistant Coaches: Soccer couldn't happen without these dedicated parents! Never coached before or want to brush up on some skills? EMSA offers 3 hour courses at all age levels and TBCL will reimburse your course fee with a receipt.
Registration Volunteer: Get your volunteer duty completed before the outdoor season starts by helping with our on-site payment sessions on Feb 25, 2018.
Year End Soccer Party: Many helping hands are needed from flipping burgers and face painting to site cleanup and activity supervision.
For more information regarding the Twinbrooks soccer program contact: Soccer Coordinator: assistancesports@twinbrooks.ca

Interested in Alberta politics?

Join us for coffee and great conversation!

February 22, 2018
7:30-9:30 PM
Bogani Cafe
2023-111 Street NW

For more info: leanne.reeb@albertaparty.ca



Alberta Party

Hosted by the Edmonton-Rutherford Constituency Association

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Core, Barre & Balance



This class is a full body workout that is driven from the core. This unique and dynamic method of training improves posture and the abdominals as well as the muscular endurance of the whole body. It helps you get deeper into tiny muscles by utilizing Pilates, Bender Ball and conditioning exercises to create an all over toned body.



yellowbird & East Community League

Colouring Contest Winners

Congratulations to Adrita, Teresa, Lucas, and Rania, who were the big winners in our Christmas Colouring Contest! Each winner received a \$25 gift card to Mastermind Toys. We had an enormous number of entries this year - thank you to everyone who participated!

Outdoor Soccer Registration Dates

SWEMSA Outdoor Soccer Registration opens February 1, 2018.

Register first at: www.emsasouthwest.com

Then attend a community registration session at:

Yellowbird Community Hall
10710 - 19 Avenue NW
February 25th, 2 pm - 5 pm
or February 26th, 7 pm - 9 pm
Proof of age and resident is required.
See yellowbirdcl.com for more details.



Join the board!

Have you ever wondered who plans our amazing events? Or who makes sure we have ice to skate on every winter? Or who runs the Facebook page? Join our board of fun-loving directors and meet the people who work to keep our neighbourhood vibrant! Meetings happen on the second Tuesday of each month, 7pm, at Yellowbird Hall. Next meeting is Tuesday Feb 13 at 7pm at Yellowbird Hall.

Yellowbird Yoga

Thursdays 7:00pm - 8:15pm

Class designed for beginners through more advanced. Commitment is only \$75.00 for 6 classes. Contact Ruth at 780-237-6730 or ruthe.sjoberg@gmail.com for info and to register.



Free Community Swim for Members

Every Sunday at William Lutzky YMCA from 3-5 pm. Show your community league membership card at the door. Free access to YMCA indoor playground from 3-5 pm on Sundays.

Parents and Tots Playgroup

This fun cooperative-run morning happens on: Tuesdays, 9:00am-11:00am at Yellowbird Hall

Join us for socializing, play, a snack for the little ones and chocolate for the Moms, Dads, or Caregivers! There is a small fee of \$2.50 per child required and your current Community League Membership. This is a co-operative run playgroup with all attending pitching

in for a fun and smooth operating program. We are also looking for an interested individual to share the responsibilities of some of the administrative opportunities. Those interested in finding out more about volunteering their time in this rewarding program please contact Barbara Petrunia at barbara.petrunia@gmail.com. Hope to see you there!

Keep learning... stay connected!

Expert led, continuing education courses for adults 50 plus who want to keep learning and stay connected.



Edmonton Lifelong Learners Association (ELLA), in partnership with the University of Alberta have scheduled **over 50 expert-led courses** plus a variety of noon-hour presentations during the **2018 Spring Session of April 30 to May 18**. All of them are located at the University of Alberta.



Registration begins **March 13, 2018** and you can participate in the learning and fun for the low-cost of only **\$250***. There are no prerequisites, homework or marks and **everyone is welcome**.

Explore our programs  my-ella.com or call 780.492.5055



EDMONTON
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ASSOCIATION



UNIVERSITY OF ALBERTA
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*Bursaries available for participants in need of financial assistance.

Hall Rental

YECL offers a bright window lit hall with an adjoining kitchen, bar and outdoor patio. Folding chairs and 5-ft circular tables are available for use.

10710 - 19 Avenue NW

Friday, Saturday, Sunday

Non-members \$500 per day/\$75 per hour

Members \$450 per day/\$60 per hour

Deposit: same as fee

A multi-purpose room or furnished board room may be rented separately for smaller groups. Please call Connie at 780-438-1318 or email office@yellowbirdcl.com for more information.

YECL Board Contacts

President: Heather Pearson president@yellowbirdcl.com
Vice President, Executive: Julie West vicepresident@yellowbirdcl.com
Vice President, Operations: Shawn Hudson buildings@yellowbirdcl.com
Memberships: Cheryl Fix memberships@yellowbirdcl.com

For full board listing, see our website: yellowbirdcl.com

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