

COMMUNITY VIEWS

Serving the community leagues of
Twin Brooks & Yellowbird



June/July 2018

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CONSTRUCTION MEETING

Edmonton

Heritage Valley Park & Ride and 135 Street/Anthony Henday Connection

Located on the northwest corner of Ellerslie Road and 127 Street, the Heritage Valley Park and Ride (HVPR) is an integrated transit facility that will include a transit centre, Park & Ride and, in future, an LRT station for the Capital Line South LRT Extension.

The new 135 Street connection to Anthony Henday Drive will replace the existing access at 127 Street. It will also provide transit access from Anthony Henday Drive to HVPR.

LEARN ABOUT CONSTRUCTION TIMELINES AND IMPACTS

Tuesday, June 12, 2018 @ 4 - 8 PM (Drop-in)
Ellerslie Rugby Park Hall



CONSTRUCTION MEETING

DATE: Tuesday, June 12, 2018
LOCATION: Ellerslie Rugby Park Hall
ADDRESS: 11004 Ellerslie Road
TIME: 4 - 8 p.m. Drop-in

W: edmonton.ca/LRTenagement
E: lrprojects@edmonton.ca
P: 780-496-4847

Seniors Week June 3-9, 2018

Seniors make a difference in our communities every day. From assisting and helping family members and neighbours to being active and volunteering throughout the community. They are very passionate and their contributions have and continue to benefit all Albertans.

Every year, Albertans celebrate our seniors and you are encouraged to join those festivities across the province. Your participation in Seniors Week helps highlight and show appreciation for the Alberta seniors who have helped shape where we live, work and play.

Do you have Seniors Week events happening in your community? Register them with the Alberta Government's Seniors and Housing Events Calendar: <http://www.seniors-housing.alberta.ca/events/>.

Communities are also encouraged to show their support for seniors in their areas by officially declaring Seniors Week each year. To register your declaration, email seniorsinformation@gov.ab.ca.



Yellowbird Community Garage Sale Day

Saturday June 9: 9am-3pm

This is a day for you to hold your own garage sale, on your own lawn or driveway or garage. We'll advertise online and post signs direct-

ing traffic into the neighbourhood. Inside the neighbourhood, you can post your own signs directing people to your house, and wait for the customers to come by!

Make-and-Take a Herb Pot



Celebrate Garden Days at the Yellowbird Community Garden!

FREE family-friendly event

Saturday June 16

10am-noon

At the gazebo in front of Yellow-

bird Hall (10710 19Ave NW)

Come and pick out a herb and a pot, plant it and take it home. Meet our gardeners and see what our community garden is all about while you're here.

World Elder Abuse Awareness Day

World Elder Abuse Awareness Day is every year on June 15. Drawing awareness about the abuse elders face can help the abuse end.

Elder abuse can take many forms and affect any older adult, regardless of their background, health or heritage. Theft or financial control is the most common form of elder abuse but it can also be emotional, psychological, physical, sexual or neglect.

Learn the signs, break the silence. Some signs that could show up are unexplained injuries, changes in mood, changes in behaviour or physical status.

Education is a big part of preventing elder abuse. The more families, friends and communities know about the signs of elder abuse, the more support can be provided and gives people the confidence to speak up if they fall victim to such abuse.



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
Treasurer: Irma Cooper
Membership: Kelly Casault
Facilities: Shauna Nichols
Sports: David Murray
Sports Assistant: Kelly Miller
Assistant Sports Director:
Director-At-Large: Sandra Fernandez
Programs: Vacant
Social: Monika Langer
Communications: Natasha Mitrovic
Volunteer Dir: Charlene McLean
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

Twin Brooks

FC Soccer Day

June 24 11am to 2PM

Twin Brooks Community League Centre

Twin Brooks FC Soccer is hosting a year-end party to celebrate the end of the 2018 community soccer season on Sunday, June 24th. We are planning a larger community event to acknowledge the dedication and commitment of all 349 soccer players, volunteer coaches and other volunteer parents. Twin Brooks soccer is 100% volunteer-run and it is truly a feat in itself to continually run this program every season so our kids have the opportunity to play soccer every spring.

Players and Coaches will receive free food and beverages. Family and Friends can purchase food and beverages at an additional fee. There will be door prizes, games, bouncy castles, FC Edmonton, face painting, glitter tattoos and many other things to be announced in the coming weeks.

As this is a celebration of volunteers and our children we also ask if you are able to donate or sponsor the event in any way would be appreciated. If you can donate please contact our Year End Party coordinator Hanadi Tayan at: handoush77@hotmail.com.

Thank you,

Your Twin Brooks Soccer Committee

GARAGE SALE



DONATE | VOLUNTEER | ATTEND



SUNDAY | JUNE 10 | 11AM-5PM

Twin Brooks Community Hall 11341 - 12 Ave.

Support Twin Brooks' Seniors Innovation Fund (SIF) to bring programs and events to people of all ages, cultures and educational backgrounds

DONATE: household, garage items, personal accessories, books, toys, sports equipment

VOLUNTEER: pick up, store items, set up, clean up, cashiers, greeters

ATTEND: Share this news, bring a fellow shopper & come prepared to buy yourself a treasure

Unsold items will be donated to Inclusion Alberta

Tables are available for Artists, Crafters and Community Residents

Call Ida 780 989 5431 / irichardsco@hotmail.com

Text Gongchen 587 982 2503 / gongchen.li@gmail.com



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Seniors Innovation Fund (SIF) Program

(Weekly Program & Sunday Events till August 2018)

GOAL: Seniors maintain good physical and mental health, through active interactions with seniors and young generations from different cultures.

LOCATION: Twin Brooks Community Hall (if not specified)

WHO: People of intergenerational (all ages), inter-cultural (all ethnic-international groups), all educational backgrounds (interdisciplinary)

ACTIVITIES:

MONDAY, 7 - 8:30 pm - English as Second Language

A conversation circle where participants can practice speaking English in a safe supportive and informal environment. Build vocabulary around individual and collective areas of interest. Gain confidence speaking in English as you share life experiences, opinions and values with the group. Bilingual TA's are available to assist Mandarin speaking participants.

Lead: Thelma Reid, 780-819-6524

TUESDAY, 6:30 - 8:00 pm - Fitness Dance Program

Focus on physical activity, with the vision that all age group community members are engaged in a regular physical activity for health benefit, especially for isolated seniors who lived in Twinbrooks and surrounding neighborhoods. This program is a fusion of Zumba dance, Latin, and Chinese square dance together. We try to establish and improve the health of older adults (55+) through this "fun and easy to do" activity and provide a platform for their social life. The initiative is multicultural and includes multi-ethnic group participants.

Lead: Maggie Wang, 780-218-7006, WeChat: ma26353

TUESDAY, 8:00 - 9:00 pm - Qipao Dance Program

A group dance program in Qipao dresses, a traditional Chinese dress that feature body curve. Open to all women. We particularly encourage senior's participation. This dance program aims to help woman recognize their body's shape, health, and promote healthy lifestyle and community connection.

Lead: Alice Ou, Contact: alice_

ou@yahoo.ca

THURSDAY 1:30 - 3 pm - Tai-Chi.
Location: Patio at Community Hall (Inside hall in rainy weather)

Lead: May Chan, Contact: Ida 780-989-5431

FRIDAY, 6:30 - 9:00 pm, Jan.-Jun.22
(Except for PD days or holidays)

Chess Club - Lead: Andrew Liu 780-807-1829

Family Board Games (Mahjong, Caribbean Dominoes and many others), SIF provides games to stimulate seniors' cognition and broad recreation for youngsters- emphasis on intergenerational interest.

Location: George P. Nicolson School Library:

June 10, Sunday De Clutter - Annual Garage Sale

FEE: All volunteer-run programs, involving minimum or no fees. Encourage donations.

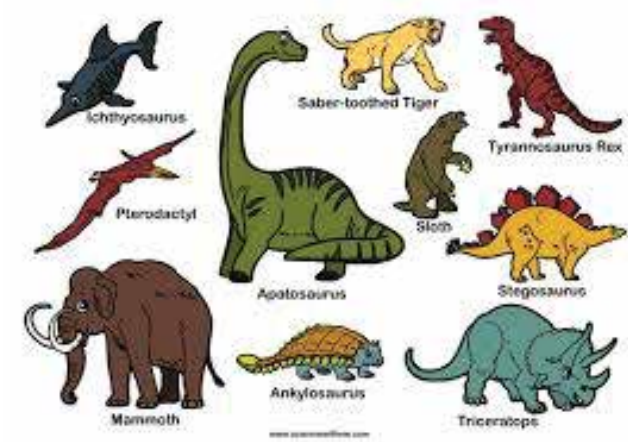
GENERAL INQUIRY:

Ida Richards: irichardsco@hotmail.com, Tel: 780-989-5431,

Gongchen Li: Text 587-982-2503;

Neighbourhood Summer Daycamp

DINO MITES



July 16 – 20
1:30pm – 4pm
Ages: 3 - 5
Cost: \$83 (Course code:625954)

Explore the adventurous world of dinosaurs. From the gentle giants to the fierce meat-eaters, learn all about these prehistoric creatures while playing games, making crafts, singing songs and listening to stories.

To Register:
• Call 311
• Online at ereg.edmonton.ca
• In person at any City of Edmonton Recreation Centre

Relationships build good mental health

Resiliency helps with life’s bumps and potholes
A child’s foundation for good mental health is built early in life through his experiences, including his relationships with his parents, family, caregivers, teachers and other children.
These relationships are essential to his development and help him build resiliency—the ability to bounce back from setbacks and cope with life’s ups and downs. Resiliency is built by certain skills such as problem solving, empathy and emotional regulation, which is the ability to show emotions in ways that won’t hurt oneself or others.
A child with resiliency is able to react confidently, positively and adapt well to change when he hits bumps and potholes on the road of life. Resilience is also a buffer against the harmful effects of adverse childhood experiences.
“Our mental health depends on our relationships with other people from the very beginning,” says Dr. Carole-Anne Hapchyn, an infant psychiatrist in Edmonton and a clinical professor of psychiatry and pediatrics at the University of Alberta.
“When you are resilient, you’ve got more in the bank to cope,” she says. It’s like a scale, with the positive things in a child’s life going to one side of the scale and the negative going to the other side. Resilience is the movable tipping point that gives a child the ability to have positive experiences outweigh the negative.
One of the best ways to build up the positive side of the scale is through serve and return interactions (see page 11). The key to this back-and-forth communication is watching for and responding to children’s cues, Hapchyn says. “Be sensitive and observant to what children are trying to tell you.”

PHYSIOTHERAPY

We are accepting new patients
Walk-ins welcome

Rutherford
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11472-17 Ave SW
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Twin Brooks
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- WCB authorized provider
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- Shock wave therapy
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- 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

MASSAGE

IMS

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www.snowvalley.ca/aerial-park

Community Views June/July 2018

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5-YEAR ANNIVERSARY EVENT

JUNE 13, 2018 at 2:00PM - 5:00PM

- Complimentary Blood Pressure Checks and Consultations
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 Thu - Fri: 9:30am - 5:30pm
 Saturday: 9:30am - 1:30pm
 Sunday: Closed

*Does not apply to prescription items, insulin products, and products with codeine. Other exceptions may apply; please contact the store for more details. Valid only at Bearspaw Family Pharmacy Remedy'sRx. Valid only on June 13, 2018. Remedy'sRx® is a registered trademark of Corporation Groupe Pharmessor.

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Donate your unsold clothing and household items to Inclusion Alberta at the South Edmonton Value Village. Or skip the hassle of hosting a sale all together! We're proud to keep over 650 million pounds of items out of landfills each year. So when you donate to local nonprofits at Value Village, you're giving goods a second chance and helping your community and the planet thrive.

We accept donations on behalf of:

Inclusion Alberta
Formerly Alberta Association for Community Living (AACL)

Drop off donations at your local Value Village Community Donation Centre:

S. Edmonton Value Village
10127 - 34th Ave NW
(780) 414-5859
Mon. - Sat. 9am - 9pm, Sun. 10am - 7pm

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www.centuryparkmarket.com

Facebook: **Century Park Market**



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Welcome to the Neighbourhood!!

We are pleased to announce the grand opening of our new law firm which is conveniently located in south central Edmonton. Our experienced lawyers are leaders in the following practice areas:

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- Personal Injury
- Professional Negligence
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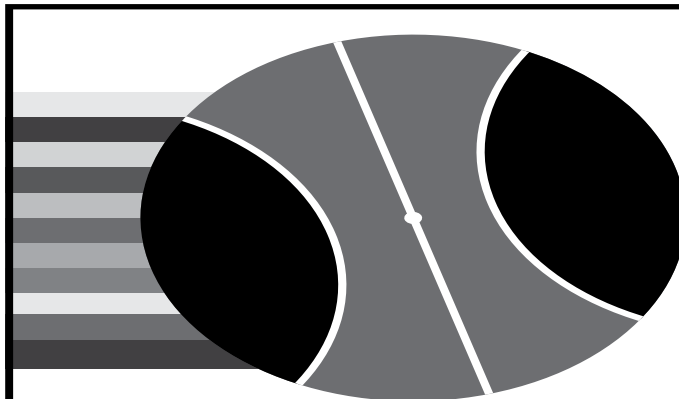
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edmonton.ca/why30?

yellowbird East Community League

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.

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 Apr 10 at 7pm at Yellowbird Hall.

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!

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.



Green Shack and Pop-Up Play



Green Shack and Pop-Up Play are back! Free fun for kids in our neighbourhood.

Green Shack:

July 3 - August 23

Mon-Fri

2:30pm-6:00pm

At Keheewin Park

Pop-Up Play

July 3 - August 23

Mon & Wed

10:00am - 1:30pm

14 Ave and 105 St

FREE BBQ and AGM



Mark your calendars! Our annual BBQ and AGM is coming up:

Tuesday Sept 11

5:30pm Membership renewal and FREE BBQ

7:00pm AGM

All are welcome to come and enjoy free food, renew your community league membership, and attend the Annual General Meeting.

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

Find us on Facebook: <http://www.facebook.com/YellowbirdCL>



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