

# SOUTHEAST VOICE

Serving the community leagues of  
Avonmore, Capilano, Cloverdale, Forest/Terrace Heights,  
Fulton Place, Gold Bar, Holyrood, Idylwyld, Kenilworth,  
King Edward Park, Ottewell, & Strathearn



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by Edmonton community league volunteers and is 100% printed in Alberta. And our readers fully support Canadian businesses. Keep your advertising local; to find out how, contact us at [info@communityleagueneews.com](mailto:info@communityleagueneews.com).

## Forest Terrace Heights Survey



We've been blown away by the responses and insights you've shared so far—thank you for helping shape our community! If you haven't had a chance to share your thoughts yet, now is your chance. Our survey closes on March 31, so please scan the QR code to complete

the super quick questionnaire. Your anonymous feedback is key to shaping future newsletters, events, and programs that truly reflect what matters to you. What do you love about our neighbourhood? Where can we improve our communications? We want to know!

**CASINO VOLUNTEERS NEEDED!!**

**WE ARE LOOKING FOR VOLUNTEERS FOR OUR CASINO ON MAY 1 & 2, 2025 AT CENTURY CASINO (FORT ROAD).**

If you are interested in helping out please contact Jean 780-863-0914 to sign up or sign up through the QR code.

CAPILANO COMMUNITY LEAGUE

save the date

## Holyrood Winter Fest

**MARCH 9th | 1-3pm | Holyrood Park**  
**EVERYONE IS WELCOME!**

Join us for skating, hot chocolate, hot apple cider and wagon rides!

A valid community league membership is required for the horse drawn wagon rides.

Purchase memberships at SEESA or online with the EFCL.

## All aboard for another

**LEAGUES ON THE LINE**

**Leagues on the Line Community Celebration!**

**Saturday June 7th**  
11am - 3pm Fun Activities  
3 - 5pm Live Music  
Strathearn Community League - 9511 90 Street

HOLYROOD Strathearn



## Real Estate Market is HOTT!!

**\$ GET TOP DOLLAR NOW \$**

**Call Andy today for a free Market evaluation**

# 780.907.8202

[Andyv@telus.net](mailto:Andyv@telus.net)







## Southeast Edmonton Seniors Association (Seesa)

2025 is a year of celebration for SEESA as we mark our 45th Anniversary. The theme for our anniversary is: The windows of our past, help create the journey to our future. Stay tuned for more news about exciting Anniversary Events!

### Save the Date:

Mark your calendars for our AGM and Volunteer Appreciation event on Wednesday, April 23. The AGM will commence at 1:30 pm in the gymnasium and the Volunteer Appreciation event will be held in Tillie's Café. 2025 Membership required to vote at the AGM.

### Tillie's Café

-Monday Breakfast Special – Eggs Benedict with fresh fruit & coffee for \$12.00. Served from 9 – 10:30am.

### Upcoming Events:

-Cribbage Tournament: Saturday, April 5. \$20/person.

-Book & Puzzle Sale: April 3-10 & April



12-13. Donations accepted Apr 3-10.

-Spring Reuse Sale: April 12-13. Donations accepted March 27 – April 10.

### FUNDRAISING:

**SEESA's Spring Sweet Fundraising Campaign** - SEESA is Fundraising with Purdy's Chocolatier. Sweeten your Spring/Easter season while supporting SEESA – Every Chocolate Helps! Details available on our website.

**SEESA's 45th Anniversary 50/50 Winter Cash Raffle** – Tickets on sale until March 29th. Purchase on-line via Raffle Box – see website for details.

For further information on these and other happenings at SEESA, check out our website ([www.seesa.ca](http://www.seesa.ca)); stop by our centre at 9350 82 ST NW, Edmonton.

## Celebrate Culture and Language

A joy as a parent is watching your child develop and learn from the day of birth, as they discover their body, family, friends, nature, and culture. They communicate through gestures, sounds, words, languages — as they grow from infant to toddler to preschooler.

In March, many cultures celebrate special days —the start of Ramadan on the 1st, Girls Day on March 3, St. Patrick's Day on March 17, Purim on the 14th, and Indigenous Languages Day on the 31st. This month is a wonderful opportunity for you to share aspects of your own culture and that of others through food and books!

As you cook special dishes that are meaningful to your heritage, involve your

little one in the gathering and mixing of ingredients, repeating the name on the grocery shelf and in your own cultural language. Relish your child's reaction to their first taste as you recall your own.

Ask a librarian at your local public library branch for fun children's books with words in English and other languages, such as "We All Play," by Cree/Metis writer, Julie Flett, with Cree translations, "My First Ukrainian Alphabet Book," by Anna Young and "Gigi and Ojiji," by Melissa Iwai.

We are volunteers affiliated with child and family serving organizations in Edmonton and are committed to raising awareness of the critical importance of the early years to success in life.

## Friday Fun at Capilano Library

Every Friday afternoon we've got something fun for adults from 2:00-3:00 pm.

First Friday of every month – Films at the Library

Second Friday of every month – Seniors' Drop-In

Third Friday of every month – Self directed seniors' card games

Fourth Friday of every month – Book Club



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- Facebook, Instagram and X
- tel: (780) 469-8404
- em: [ottewellcc@shaw.ca](mailto:ottewellcc@shaw.ca)

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(just north of Baseline off 50 St. Behind curling club)



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## Community League Board

President	Leigh	president@avonmore.org
Vice President	Hannah	vicepresident@avonmore.org
Past President	Anita	pastpresident@avonmore.org
Secretary	Christy	secretary@avonmore.org
Treasurer	Dan	treasurer@avonmore.org
Assistant Treasurer	Ken	bookkeeper@avonmore.org
Communications	Lindsay	communications@avonmore.org
Membership	Eugenio	membership@avonmore.org
Grants and Funds Raising	Adele	grants@avonmore.org
Soccer/Sports	Vacant	sports@avonmore.org
Civics	Brandi	civics@avonmore.org
Programs	Wendy-Rae	programs@avonmore.org
Playschool	Elly	playschooldirector@avonmore.org

## Community Coffee

*First and Third Wednesdays*  
 Community Coffee is back!  
 First and third Wednesday mornings.  
 Same time 10:00 a.m. to noon. Everyone

is welcome. Please come and join us at the Community Hall. Contact [pastpresident@avonmore.org](mailto:pastpresident@avonmore.org) for more information.

## Avonmore Yoga

*Tuesdays with Shannon Shea*  
 Classes start again on Tuesday, February 11th. Classes at 6:00 and 7:30. Session of 12 classes runs until April 29th.

Cost of the session is \$150.00. Drop ins welcome. @\$15 class. To register contact Anita Lunden, [pastpresident@avonmore.org](mailto:pastpresident@avonmore.org)

## Avonmore Community League Membership

Welcome and thank you for your continued support towards making Avonmore a great community!

Annual membership term: **September 1 to August 31**

We welcome **new residents to the Avonmore Community League\*** by celebrating with a **FREE MEMBERSHIP** in your first year, please contact [membership@avonmore.org](mailto:membership@avonmore.org) for more details!

Through the purchase of your community league membership, you will gain exclusive access to several community league perks, deals, and discounts at multiple local businesses. For coffee lovers, the Candid Coffee Roasters (located at 6752 75 St NW) is offering a 10% in-store discount on ALL their beverages. Enjoy Meat Pies? Well... Meat Street Pies (located at 7015 83 St NW [at the back]) offers 10% off on all their

Meat Pies in-store by showing your membership card. In need of concrete edging, stamped or broom-finish sidewalks, and concrete sealing services? Castle Custom Curbing is offering a 10% discount for Avonmore's residents. Keep your gutters in top shape with Free Flow Eaves. From gutter cleaning to leak repairs, gutter guard installations, and snow removal. Avonmore residents receive a 10% discount on all their services.

Looking to purchase a membership? You can by emailing [membership@avonmore.org](mailto:membership@avonmore.org) or buying directly from Dairy Queen at 7460 76 Ave NW, at Avonmore Community League events, or online via the QR Code:



*\*We welcome all residents but if you reside outside of Avonmore Community League, please visit your community leagues' website for membership information and contact.*

## Avonmore Community League Merchandise

We have Avonmore merchandise available at community league events. Should you need to keep your beverage warm or chilled, the 17oz. Tumbler (\$25) will satisfy your needs. Or want to add colour to your wardrobe and stay warm?

Our colourful Toques (\$15) have you

covered. Do you require a reusable bag? We have various coloured Totes (\$5) to choose from!

All the proceeds go towards the community league. If you have any questions, please email the Membership Director at [membership@avonmore.org](mailto:membership@avonmore.org).

## Works of Yarn Art

*Third Thursday monthly. 6-9 pm*, Join crochet and knitting fellow minded folks in making creations! We have donated

yarn to turn into hats, mittens and the like for the less fortunate. Newbies to experts welcomed.

## Dog Owners of Avonmore

We would like to start a group of local dog owners in the neighbourhood to have a way to easily chat with each other, along with bringing up concerns or questions the group

has to the board. If you are interested in either being a part of the group or helping lead it, please reach out to Lindsay at [communications@avonmore.org](mailto:communications@avonmore.org) and we will be in touch.

## Music classes for children 1-5 years of age

These are free drop in music classes that are held at the Avonmore Community Hall, one Thursday a month led by our wonderful Music Teacher Dawn. The

classes run from 10:45-11:15 with lots of dancing, singing and learning new instruments. The list of dates are March 6, April 3, May 1, and June 12.

## Tax Season is upon us

We are offering help with your tax return for Low Income households at Avonmore Community Hall. Email Adele at [Grants@avonmore.org](mailto:Grants@avonmore.org) to book a time slot.

## Community Swim

Free to Avonmore Community League Members with a valid 2024/25 membership card! Phone 311 or check [www.edmonton.ca](http://www.edmonton.ca) for updates on closures before you go. No free swims on statutory holidays.

Commonwealth Community Recreation Centre 11000 Stadium Road; Saturdays, 3:00 - 5:00 pm  
 Bonnie Doon Leisure Centre 8648 81 Street; Sundays, 4:15 - 5:45 pm  
 Visit [www.edmonton.ca](http://www.edmonton.ca) for more info.

## Avonmore Parent, Baby and Tot Playgroup

The Avonmore Parent and Tot Playgroup is in need of a volunteer, or group of volunteers, to help keep this incredible program running. Please reach out to any member of the board if you or anyone you know might be interested in supporting this program.

## New Programs

Do you have an idea for an event or program you'd like to see in Avonmore? Do you want to start a crafternoon? A walking club? A safety committee? Our Programs Director, Wendy-Rae would love to hear your ideas! Email [programs@avonmore.org](mailto:programs@avonmore.org) and share your thoughts.

## Online Community

Not all of our content can make it into this newsletter. Make sure to follow our socials to keep as up-to-date as possible!  
 Instagram: [@avonmoreleague](https://www.instagram.com/avonmoreleague)

Facebook: Avonmore Community League  
 Also join our group "Avonmore Community League Chat" to interact with your neighbours

## Hall Rental

The Avonmore Community Hall is available for rentals and bookings! For more information contact Tanya at [hallrental@avonmore.org](mailto:hallrental@avonmore.org)

## Avonmore Community Sponsors



7460 76 Ave NW



Thanks to our amazing sponsors who help support our community!  
Considering ways to support your community? Please contact our Membership Director at [membership@avonmore.org](mailto:membership@avonmore.org).

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## Frosty February Avonmore Activities



We had a number of brave families and neighbours come out in the frigid -26C weather and enjoy in the festivities of the Farley McKenzie Family Fun Day on February 16, 2025. Campfire, hot dogs, indoor and outdoor crafts kept people busy.

Some people took a ride around the

park with a horse drawn sleigh while others tested out the snowshoes through the deep drifts. Everyone had a lot of fun and it was great to see everyone come out despite the weather. Special thanks to the volunteers that kept everything running smoothly!

[www.communityleagueneews.com](http://www.communityleagueneews.com)

# Heights

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## Can physiotherapy help you?

Physiotherapy can provide many benefits for anyone of any age. The goal of physio is to make daily tasks easier and can help with recovery after some surgeries. Your healthcare provider may suggest physiotherapy for injuries or long-term health problems such as arthritis or chronic obstructive pulmonary disease.

Physiotherapy may be used alone or with other treatments. It can help you move better and may relieve pain, along with improving or restoring your physical function and fitness level.

### What does a physiotherapist do?

Your physiotherapist will examine you and talk to you about your symptoms and your daily activity. Your therapist will then work with you on a treatment plan. The goals are to help your joints move better and to restore or increase your flexibility, strength, endurance, coordination, and/or balance. First, your therapist will try to reduce your pain and swelling. Your physiotherapist also may use manual therapy, education, and techniques such as heat, cold, water, ultrasound, and electrical stimulation. Physiotherapy almost always includes exercise. Your physiotherapist may teach you an exercise program so you can do it at home.

### What to look for in a physiotherapist?

You'll want a therapist who has experience with your health problem. Some physiotherapists are certified in areas such as orthopedics, sports, and neurology and may offer more specialized care. Physiotherapists can also specialize in certain types of care.

### When can physiotherapy help?

Physiotherapy and recovery from injury

- Physiotherapy can help you recover from an injury and avoid future injury. Your physiotherapist can help you reduce pain in the soft tissues (muscles, tendons, and ligaments), build muscle strength, and improve flexibility, function, and range of motion. They can also evaluate how you do an activity and make suggestions for doing the activity in a way that is less likely to result in an injury.

Physiotherapy & chronic health conditions

- Physiotherapy can help you live more easily with chronic or ongoing health conditions such as spinal stenosis, arthritis, and Parkinson's disease. Your physiotherapist will work with you to establish your goals. Then they will create a program of educational, range-of-motion, strengthening, and endurance activities to meet your needs.

Southeast Voice March 2025 5





## COMMUNITY LEAGUE BOARD

President	Sarah	<a href="mailto:president@capilanoocl.ca">president@capilanoocl.ca</a>
Past President	Kris	<a href="mailto:Kcramer@telus.net">Kcramer@telus.net</a>
Vice President	Brad	<a href="mailto:vp@capilanoocl.ca">vp@capilanoocl.ca</a>
Treasurer	Jocelyn	<a href="mailto:treasurer@capilanoocl.ca">treasurer@capilanoocl.ca</a>
Secretary	Jill	
Hall Rental	Marenza	780-909-5886
	Kamila	<a href="mailto:kamizabka@gmail.com">kamizabka@gmail.com</a>
Facilities Director	VACANT	
Grants/Planning	Allan	587 989-4031
Casino Coordinator	Jean	780 863-0914
Memberships	Jamie	<a href="mailto:memberships@capilanoocl.ca">memberships@capilanoocl.ca</a>
Social Director	Heather S.	780 818-1456
City Programs	Kristin	780 238-7795
CCL Programs	Heather N.	780 485-7918
Volunteer Director	Michelle	<a href="mailto:volunteer@capilanoocl.ca">volunteer@capilanoocl.ca</a>
Southeast Voice	Melissa	<a href="mailto:SEV@capilanoocl.ca">SEV@capilanoocl.ca</a>
Webmaster	Breanne	<a href="mailto:webmaster@capilanoocl.ca">webmaster@capilanoocl.ca</a>
Social Media	Jean	<a href="mailto:socialmedia@capilanoocl.ca">socialmedia@capilanoocl.ca</a>
Sign Rental	Karen	780 977-5252
SECLA & Civics Director	John	<a href="mailto:seclacivics@capilanoocl.ca">seclacivics@capilanoocl.ca</a>
Ice Allocation	Sam	<a href="mailto:rink@capilanoocl.ca">rink@capilanoocl.ca</a>
Neighborhood Watch	Jeff	780 469-0026
Babysitting Registry	Becky	587 589-5848
Capilano Playschool	Maureen	780 802-9307
Tennis	Daniel	780 245-1285
Soccer Programs	Shelley	780 497-0395
Ball Hockey/Preschool Soccer	Shauna D.	780 966-3205
City – NRC	Tyler	780 690-8613

Meetings are held every 3rd Wed of the month 7:00 p.m. - Sept – June

Capilano Community is on Facebook - "Like Us"

Check us out on Instagram @capilanooclcommunity

## FREE swim for Capilano community members on Sundays

Bring your current, valid Capilano Community League membership card to swim for FREE during the following times:

--Hardisty Leisure Centre from 1:15 to

2:45 p.m. on Sundays

Check the facility website or call ahead (311) as the pools occasionally close for holidays, etc.

## Karate at Capilano Hall

Kick fall into high gear!

Starting Wednesday nights in September, kids 7-12 can build their inner champion in our youth and family class! Our youth curriculum will help them get fit and develop skills to help them excel in the world of sport karate. Train to compete or train to get stronger - by yourself or with a parent.

The adult class dives into the world of classical Okinawan karate. Think turbocharged "Miyagi-do" - exploring the

old school karate -kicks, punches, locks, strikes, throws. Join for fitness, self-defence or both- women and men are welcome. Ages 13 and up.

For more of a mind-body workout, try Ryukyu kobudo. This ancient art helps refine technique, challenges you to expand range of motion and develop a deeper body awareness. For ages 13 and up.

For more information, text/ call 7806193136 or email [kaizen.dojo@shaw.ca](mailto:kaizen.dojo@shaw.ca). Our dojo is a proud member Karate Alberta!

## Capilano Babysitting Registry

Parents of younger children: Hiring one of our sitters as a parent's helper can be an opportunity to ease into having someone care for your children. We have many new sitters that are eager to gain experience and this can be a great way to get things done around the house. You may just luck out and find a great sitter for years to come!

Email [babysittingregistry@capilanoocl.ca](mailto:babysittingregistry@capilanoocl.ca) for more information. Sitters - please contact us here to be added to our registry.



## Capilano Community League - Call for Volunteers!

Want to add your touch to our vibrant community? Volunteer to be part of our amazing board, meet new people, and be part of a great team!

Available positions include:

-Facilities Director – Oversee the maintenance of the community league facilities

and grounds and the work of our facilities contractor, who carries out the required maintenance activities.

Please email: [president@capilanoocl.ca](mailto:president@capilanoocl.ca) for more information.

A BIG thank you to those who recently stepped up to fill a community board role!

## Hatha Yoga - Capilano

Increase energy, strength, and mobility. Improve posture, memory, and overall wellness.

Themes change each week working different areas of the body and relate to the seasons.

Wednesday mornings. 10:00 -11:00 a.m.

Cost: \$10.00 drop in per class

Drop in or register in advance, payments by cash, e transfer or cheque

Contact: [Nancy\\_conlin@hotmail.com](mailto:Nancy_conlin@hotmail.com)

Come try your first class for free

For more information or to register email [lisashortenfitness@gmail.com](mailto:lisashortenfitness@gmail.com) or visit @lisashortenfitness on Facebook or Instagram.

## Tue/Thur Strong - Capilano

If you are looking for a class that focuses on getting your whole body stronger this is your class, no cardio. We will primarily be using dumbbells, bands, and kettlebells, with a longer mobility focused warm up.

Classes are held on Tuesdays & Thursdays at 8:00pm

This session runs Jan 7/9-Feb 25/27 next session starts March 11/13

Tuesdays \$93, Thursdays \$93 for 8 classes (drop in is \$13)

Come try your first class for free

For more information or to register email [lisashortenfitness@gmail.com](mailto:lisashortenfitness@gmail.com) or visit @lisashortenfitness on Facebook or Instagram.

## Tue/Thur Bootcamp - Capilano

This is a strength and cardio focused workout, everything can be adapted and modified and so every fitness level is welcome! Classes are held on Tuesdays at 6:45pm and Thursdays at 6:45pm

This session runs Jan 7/9-Feb 25/27 next session starts March 11/13

Tuesdays \$93, Thursdays \$93 for 8 classes (drop in is \$13)

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Your generous support helps us create a nurturing, playful environment where young minds grow and flourish. Thank you for being part of our journey!

\$10.00 RAFFLE TICKETS NOW ON SALE! IF YOU TOO WOULD LIKE TO SUPPORT US, PLEASE EMAIL [ADMIN@CAPILANOPLAYSCHOOL.COM](mailto:ADMIN@CAPILANOPLAYSCHOOL.COM) FOR ALL THE DETAILS.

## Capilano Playschool

Capilano Playschool is accepting registrations for the 2025/2026 school year. We run morning AND afternoon classes two or three days per week for children ages 3 to 4-year olds. The programs include a "Learn Through Play" philosophy that facilitates learning letters, numbers, socialization and self-regulation skills through physical activity, art and crafts, field trips, stories, music and more. We are located in Hardisty School (10534-62 street). For more information on our parent cooperative playschool, or to get a registration package, please contact Maureen at 780-802-9307 or [admin@capilanoplayschool.com](mailto:admin@capilanoplayschool.com); check out our website [www.capilanoplayschool.com](http://www.capilanoplayschool.com); or find us on Facebook!



book! Hurry as space is limited!  
Please use "CapilanoPlayschool" – PNG file for this notice.

## Capilano Community League Sign Rental

Contact Karen at: 780-977-5252

Do you have a message for the community, a birthday, anniversary, graduation, or special event that you would like advertised? Advertise it on our changeable sign located at the intersection of 65 Street and 108 Avenue.

Sign rental fees: Community League Members - \$10 (\$15 for non-members).  
Small business/commercial advertising

- \$25. Guaranteed 3 days.

Please note: small business announcements/advertising are also accepted at our discretion. Some restrictions apply and we reserve the right of refusal. Community announcements take precedence over small commercial business announcements.

Please call as far in advance as possible to avoid disappointment!

## "Adopt an Event" – What are you Passionate About?

If you have a passion (sport, health, art, etc., the possibilities are endless), and would like to share it with your fellow Capilano residents, Capilano Community League would love to hear from you. This could be an opportunity for you to be a lead volunteer for a one-time event in our

community, or a longer-term program. You can make it happen with community league support. "Adopt an Event (or program)" and mentoring will be provided. Please reach out to Heather with your idea – she can be reached at 780-818-1456. Come share your passion with others!

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## COMMUNITY LEAGUE BOARD

CCL Position	Name	Contact
President	Leigh	president@cloverdalecommunity.com
Vice-President	Jenna	vicepresident@cloverdalecommunity.com
Treasurer	Nidhi	treasurer@cloverdalecommunity.com
Secretary	-	secretary@cloverdalecommunity.com
Civics Director	Carly	civicsdirector@cloverdalecommunity.com
Folk Festival Liaison	Jayne	folkfest@cloverdalecommunity.com
Communication Director	Gerardo	communications@cloverdalecommunity.com
Social Director	Bob	socialdirector@cloverdalecommunity.com
Memberships	Marilyn	membership@cloverdalecommunity.com
Program Director	Joe	programdirector@cloverdalecommunity.com
Community Garden	Heidi	communitygarden_chair@cloverdalecommunity.com
Casino Coordinator	Braden	casino@cloverdalecommunity.com
Rink	Travis	rink@cloverdalecommunity.com

## Board Vacancies

Our community thrives thanks to the participation and dedication of amazing volunteers like you! It's time to contribute and help our neighborhood grow stronger. We are currently looking for volunteers for the following positions: Social Director, Treasurer, Membership Director, Secretary, and Program Director.

Your involvement can make a big difference! Let's come together and add our grain of sand to build a vibrant and supportive community. For more information or to express your interest, contact Leigh, the Cloverdale President, at president@cloverdalecommunity.com

## Spring Classes and Programs

Find an activity that fits your lifestyle, whether it's sports or leisure! Our classes and programs are designed for everyone to enjoy, connect, and grow. Whether you're seeking a fun way to stay active or a relaxing escape, we've got you covered. Visit our website [cloverdalecommunity.com](http://cloverdalecommunity.com) to explore the full list of activities and schedules available. If you have any questions, feel free to reach out to the Program Director at [programdirector@cloverdalecommunity.com](mailto:programdirector@cloverdalecommunity.com)



## Spring Wine not

Join us for our traditional SPRING WINE NOT event, a delightful wine-tasting experience held twice a year at the hall! This is a wonderful opportunity to savor some of the finest wines while connecting with others in your community who share the same passion. This time, the event will take place on April 5th at 8 PM. Visit our website [cloverdalecommunity.com](http://cloverdalecommunity.com) for more details and make sure to reserve your spot for this evening. If you have any questions or would like to volunteer, please contact our Social Director at [socialdirector@cloverdalecommunity.com](mailto:socialdirector@cloverdalecommunity.com)

We are on Instagram, follow us. Discover what's happening in our neighborhood by joining our Instagram commu-



nity! Moreover, we have significant interaction with other community leagues. Scan the QR code to stay up-to-date..

## What's new at Edmonton Public Library?

### Spring Break at EPL

All EPL branches will be celebrating Spring Break with a wide variety of classes and events for families from March 22-29. At Capilano and Idylwyld libraries, join us for Lego Lands, Friendship Bracelets, a Puppet Show, Optical Illusions, Indigenous Nature Art, and an exciting magic show featuring artist Jay Flair! For more information and event listings, visit [epl.ca/spring-break](http://epl.ca/spring-break) or give us a call at (780) 496-1802.

### Computer Skills Classes

This is a class for anyone new to computers. Each class features a different topic from a very basic introduction to computers, to how to navigate Microsoft Windows, improve your typing and word processing skills, search the internet, and learn how to use smartphones and tablets.

The Capilano library offers computer skills classes on Thursday mornings from 10:00am to 12:00pm, March 20 to April 17th and the Idylwyld (Bonnie Doon) library offers the classes on Friday mornings from 10:30-12:30pm March 7 to April 11. Call or visit the library to register.

## "New Listing" Coming This Month Call Craig for Current Availability



- \* Air Conditioned
- \* Heated Parking
- \* Car Wash
- \* Social Room
- \* Workshop
- \* Exercise Room
- \* Library
- \* 40+ Adult Living

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

Contact Us: [logos.society@christianprogram.ca](mailto:logos.society@christianprogram.ca)



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### HIGH SCHOOL SUMMER CAMP

Start earning credits right after Grade 9!

Sessions starting in July and August

## SIGN UP TODAY!

TO REGISTER NOW OR FOR MORE INFORMATION CONTACT US:  
Progressive Academy  
[mountainadventure.school](http://mountainadventure.school)  
780-455-8344



## Join us for a drop-in community conversation.

wâpanAcâhcahk – Morningstar Home

20 MARCH  
2025



4:30 - 8:30pm

Ottewell School  
(9435-73 St NW),  
Gymnasium #1063

Learn more about Supportive Housing, participate in discussions, and talk with representatives.

Drop in anytime.  
Visit [bit.ly/MorningstarHome](http://bit.ly/MorningstarHome) for more information or scan:



### A Skating & Social Success!



Thank you to everyone who joined us for our Skate & Social event on February 16! Despite the chilly weather (ok, let's be real, it was freezing), your energy helped make the day a heartwarming success! We were thrilled to see 49 community members—27 kids and 22 adults—skat-

ing outdoors and enjoying treats and cozy indoor activities. A BIG thank you to Bloom Cookies, Second Cup, event volunteers, and our dedicated Rink Attendants for their support. Thanks for making our Skate & Social a fantastic community celebration—stay tuned for what's next!

### Forest Terrace Heights Community Rink

With spring just around the corner (eek!), make the most of the remaining winter days at the Forest Terrace Heights Community League rink! **\*\*Weekdays:\*\* 3:30 p.m. - 9:00 p.m. **\*\*Weekends:\*\* 9:00****

**a.m. - 9:00 p.m.** Keep an eye on our social media for updates—if temps rise above 5°C or dip below -20°C, the rink will be closed for the day. We can't wait to see you on the ice before winter bids us goodbye!

### A FTHCL Membership = FREE Swim Times!

Want to make a splash this winter? Your Forest Terrace Heights Community Membership gives you free swim access at local City pools!

**Commonwealth Leisure Centre:** Saturdays, 3:00 p.m. - 5:00 p.m.

**Hardisty Leisure Centre:** Sundays, 1:00 p.m. - 3:00 p.m.  
Check for schedule updates before you head out!



### High (Five) Fitness



Get ready for HIGH-fun aerobics with Layton! High Fitness combines choreographed cardio with upbeat, popular music you know and love. Expect heart-pumping intervals, toning tracks, and a no-judgment, all-fitness-levels-welcome vibe. Let's

sweat, smile, and move together!

Dates: Tuesdays at 7:15 p.m.

**Cost:** \$12/class (Members) | \$15/class (Non-Members)

**Questions?** Email [programs@forestterrace.org](mailto:programs@forestterrace.org)

### Mad STEM Odyssey: Spring Break Camp



Join Mad Science for a week of hands-on experiments, teamwork, and fun! Each day explores a new STEM theme—detective science, lights and illusions, super structures, wacky weather, and crazy chemical reactions. Attend the full week or drop in for a day!

**Dates:** March 24 - 28 | 9 a.m. - 4 p.m.

**Ages:** 5-10

**Members:** \$235/week, \$50/day | **Non-Members:** \$250/week, \$55/day

**Questions?** Email [programs@forestterrace.org](mailto:programs@forestterrace.org)

**Learn more:** [northernab.madscience.org](http://northernab.madscience.org)

### Spring Sportball Registration Now Open!

It's time to get moving this spring! Registration is now open for Sportball programs, where kids gain the confidence and skills they need to stay active for life. Each Sportball session is packed with fun, fitness, and positive energy—designed to keep kids excited and engaged every

week. **\*\*Special Offer for Forest Terrace Heights Community Members:\*\*** Community members can access a discount by emailing [programs@forestterrace.org](mailto:programs@forestterrace.org) to receive your exclusive code. Don't miss out on this opportunity to get your kids active and having fun this spring!

### Get Your Memberships!

Support your community and enjoy awesome perks by becoming a Forest Terrace Heights Community member today! Memberships are valid until August 31, 2025. Family memberships are \$30, individual memberships are \$15, and senior

memberships are \$10. Purchase yours online at [forestterrace.org](http://forestterrace.org) or Grower's Direct (cash only). First-time memberships? Get in touch with our Membership Director at 780-720-7034 or [memberships@forestterrace.org](mailto:memberships@forestterrace.org).







## Fulton Place Board

### Fulton Place Board Esther

President

president@fultonplace.org  
7802365457

### Miles

Vice President Civic Affairs  
vpleagueaffairs@fultonplace.org  
7809515253

### Gavin

Vice President League Affairs  
vpcivicaaffairs@fultonplace.org  
7805041896

### Mike

Treasurer  
treasurer@fultonplace.org

### RaeAnne

Secretary

secretary@fultonplace.org

### Justin

Programmer  
programmer@fultonplace.org

### Joshua

Communications  
communications@fultonplace.org

### Taryn

Hall Rental  
hall@fultonplace.org

### Shawn

Ice Rink  
rink@fultonplace.org

### Miles

Seniors Liaison  
info@fultonplace.org

### Esther

Community Garden

esther@fultonplace.org

### Michelle

Director/Walking Group Coordinator  
michelle@fultonplace.org

### Facilities

Nathan  
facilities@fultonplace.org

### Jenn

Director  
jenn@fultonplace.org

### Dan

Director  
dan@fultonplace.org

### Amy

Director  
amy@fultonplace.org

## Fulton Place Business Directory

Visit our Directory on our website featuring local businesses and neighbours with Edmonton-based businesses. To join the directory email info@fultonplace.org.

## Hall Rental

The Fulton Place hall is available for rent, and is a great place to hold family, social or business functions. The rental rate is competitive, with discounts for Fulton Place community league members. Rental rates can be found on our website (www.fultonplace.org) under the 'Rent Our Hall' section. To book the hall please contact hall@fultonplace.org

## FPCL Membership Benefits

Enjoy membership benefits from local businesses in the area with your Fulton Place Community membership. You can find a current list of our membership benefits on our website (www.fultonplace.org), under the 'Become a Member' dropdown.

## Ask Your Neighbours for Help

Do you need help with anything during the winter months, or anytime throughout the year? Snow removal, lifting something, moving something?

Email Miles, who volunteers on

the Fulton Place Community League Board as Vice President Civic Affairs, at vpleagueaffairs@fultonplace.org and he can help connect you with your neighbours.

## Fulton Place Members' Free Swim Schedule

-ACT Leisure Centre, 2909 113 Avenue NW	Street NW
Saturdays 2pm-4pm	Sundays 1pm-3pm
Until August 30, 2025	Until August 31, 2025
-Hardisty Leisure Centre, 10535 65 Street NW	Community swims do not take place on Statutory Holidays or days the facilities

## Fulton Place Babysitter Registry

Are you looking for a certified Red Cross babysitter? We maintain a list of certified babysitters in the Greater Hardisty area. Please email info@fultonplace.org and we'll help connect you with an amazing babysitter.

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*President	Adam Rompfer	adamrompfer@yahoo.ca
*Vice President	Jamie Melnyk	jamie21_twitcher@hotmail.com
*Secretary	Kacie Whiffen	goldbarsecretary1@gmail.com
*Treasurer	Nicole Kraychy	nicolegoldbar@live.com
Bingo Director - Fort Road	Kerry Bravoisis	kerrybravoisis@hotmail.com
Bingo Director - Parkway	Charlene Lazenby	charnelazenby@gmail.com
Bingo Worker Director	Lorie Smith	loriesmith@gmail.com
Casino Director	Isabella Pierce	bella.edm@shaw.ca
Communications Director	Dominique Kott	dq.kott@gmail.com
Community Liaison	Rhae Hansen	gbcl.liaison@gmail.com
Director At Large	Pat Chmilar	p.chmilar@icloud.com
Social Director	Ronda Lisowski	magicianronda@gmail.com
Financial Director	Andrew Mason	andrewroycemason@gmail.com
Green Shack Program Director	Jess Strashok	jessgrace88@gmail.com
Hall Manager	Liisa Armstrong	goldbarhallrentals@gmail.com
Membership Director	Amy Cooper	Amycooper88@outlook.com
Programming Director	Joshua Kott	joshkott@gmail.com
Sign Director	Joshua Kott	joshkott@gmail.com

## Sunday Strong

If you are looking for a class that focuses on getting your whole body stronger this is your class.

We primarily use dumbbells, bands, and kettlebells, with a longer mobility focused warm up, and a 20 min foam rolling and

stretching finish.

Contact Lisa to register  
Sundays \$80 for 7 weeks

Facebook.com/lisashortenfitness  
email lisashortenfitness@gmail.com

## Hatha Yoga

Gold Bar Community Hall, increase energy, strength and mobility. Improve posture, memory and overall wellness. New start time Monday's 10:00 am - 11:15 am \$10 per class drop in "Classes run every week start anytime if you are new to the program feel free to email any inquires and to be added to the email list".

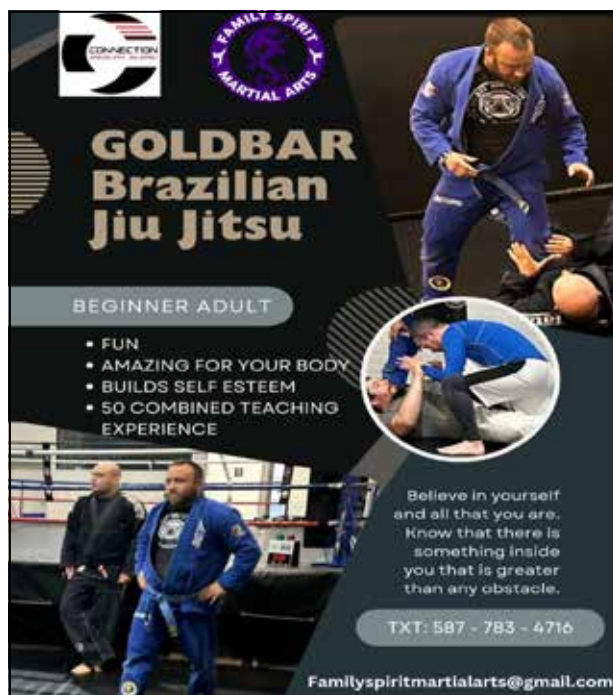
**\*\*New evening yoga class\*\*** start date MARCH 3, 5:30 pm - 6:30 pm please email Nancy to sign up or by drop in as we need at least 6 continuous participants. Spring is a great time join yoga and discover how great you will feel with stretching your body.  
Contact: Nancy\_conlin@hotmail.com

## Baby and Me Yoga

Join our post baby community and find support for both physical and emotional challenges that come with this early stage of parenting. Stretch and release tension, strengthen areas that may have weakened during pregnancy, and reconnect to your core and pelvic floor.

New parents are welcome to bring their

babies ( Newborns - new crawlers) or come on their own.  
-Chantal Eder from Yoga for Pregnancy and Parenthood  
-Gold Bar Community Hall  
-Thurs 12:45-1:45pm starting Jan 23  
-\$10 drop-in or \$50 for the series  
em chantalederyoga@gmail.com



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TXT: 597 - 783 - 4716  
Familyspiritmartialarts@gmail.com

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**YOGA CLASS**

Starting March 3, 2025

\$10 per class  
Email: Nancy\_conlin@hotmail.com

All welcome please email Nancy to register

Monday's 5:30 - 6:30 pm	Gold Bar Community Hall 4620 105 Ave NW
----------------------------	--

## MEMBERSHIPS AVAILABLE NOW!

You can NOW buy your memberships at ALL CARE PHARMACY (5016-106Ave) and at SEESA (9350-82 ST) check out these wonderful business'

and pick up your community membership. WE NEED YOUR HELP! PLEASE VOLUNTEER TO SELL A ROUTE NEAR YOU! If you want to help your community by

selling memberships, we have routes available. With your membership you have FREE access to the Edmonton Tool Library, and swimming at Hardisty Pool

1:15-2:45 Sundays. Purchase memberships at the above places or Call Amy 780-668-6836. Adults/Family \$20:Seniors \$5.





Total Single-Family Homes Sold (Q4: October 1<sup>st</sup> – Dec. 31<sup>st</sup>, 2024): 146 ↑↑↑

Average Single-Family Time on Market (Active + Pend. + Sold): 42 Days ↓

Time to Dissipate Active + Pending Listings at Q4 Sales Rate: 31 Days ↑↑↑↑

Average Single-Family Homes Sold Year Built: 1966 ⇄

Average Single-Family Homes Sold RMS Area: 1227 sq. ft. ↑↑↑↑

Average Single-Family Homes Sold Price: \$510,080 ↓↓↓↓

Average Single-Family Homes Unit Sold Price: \$415.88 / sq. ft. ↑↑↑↑

Average Residential Vacant Land Unit Sold Price: \$111.78 / sq. ft. ↑↑↑↑↑

**[2024-Q4-11/25]**

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to welcome more students while maintaining our focus on academic rigour, character development, and student success.

Families interested in joining Aurora are encouraged to explore our programs and discover why our students excel.

For more information about registration, admissions, or upcoming tours of our new campus, visit [www.auroraschool.ca](http://www.auroraschool.ca) or contact our office.

Join us as we continue to inspire the next generation of leaders!







## Holyrood Community League Contacts

President - Chris	president@holyroodcommunity.org
Vice President - Nor'Ali	vicepresident@holyroodcommunity.org
Treasurer - Andrew	treasurer@holyroodcommunity.org
Secretary - <b>VACANT</b>	secretary@holyroodcommunity.org
Programs - <b>VACANT</b>	programs@holyroodcommunity.org
Sports & Fitness - <b>VACANT</b>	sports@holyroodcommunity.org
Memberships - <b>VACANT</b>	memberships@holyroodcommunity.org
Facilities & Grounds - Jeff	facilities@holyroodcommunity.org
Communications - Megan	communications@holyroodcommunity.org
Events - Elisa	elisa@holyroodcommunity.org
Engagement - Christine	christine@holyroodcommunity.org
Civics - Carmen	civics@holyroodcommunity.org
Holyrood Development Committee - Petro	hdc@holyroodcommunity.org
Community Garden - Aurelia	garden@holyroodcommunity.org
Soccer - Richard	soccer@holyroodcommunity.org
Playgroup - Hailey	playgroup@holyroodcommunity.org
Casino - <b>VACANT</b>	casino@holyroodcommunity.org

holyroodcommunity.org
 @HolyroodCL
 Holyrood Community League

Purchase memberships through [efcl.org/membership/](http://efcl.org/membership/)

**NEW TO HOLYROOD? SIGN UP FOR LEAGUE MEMBERSHIP ONLINE! Complimentary Memberships are available for newcomers to Holyrood!** Contact our Membership Director Lisa at [memberships@holyroodcommunity.org](mailto:memberships@holyroodcommunity.org), or scan the QR code to sign up for a new resident membership and our membership coordinator will drop off your card for you.



## Join Our Holyrood Community League Board

The board would not be what it is without the collective help of dedicated neighbours volunteering their time. Want to join our board? We're looking for someone just like you! Commitments include attending monthly meetings, which are an hour long, in addition to a small monthly time commitment. Workload is dependent on the role and could be anywhere from 1-4 hours a week. Please email [chris@holyroodcommunity.org](mailto:chris@holyroodcommunity.org) for more details on each position. We are also interested if you want to volunteer to help out at one of our events - just shoot us an email and let us know!

We are currently still looking to fill the following positions:

**Secretary** - This position is vital to the operations of the board, and needs to be filled immediately. The Secretary prepares and distributes agendas, coordinates board meetings, records and distributes minutes. In addition, they maintain and file records and bylaws with registries, and compile AGM reports. Finally, they assist with on-boarding new board members.

**Sports and Fitness Director** - Establishes all sport programming, except for soccer when there is a Soccer Coordinator. Applies for related sport programming grants where applicable with the approval of the board. Recruits coaches for upcoming sports programming and delegates coaching responsibilities. Sets and col-

lects sports programs fees with approval of the community league board.

**Programs Director** - Works with the City Community Recreation Coordinators (CRCs) and interested community members. Prepares and reviews policy and procedures related to programs. With board approval, determines which programs will be offered to the community and arranges for instructors. Acts as a point person for those interested in bringing programming to the community. Arranges for presentation of proposed programming to board for approval. Supplies or arranges for promotional information to publicize programming. Applies for grants for programs (if required) with authorization of board.

**Memberships Director** - Prepares and maintains the membership database; relays information found on membership card (eg. email address, "willing to volunteer") to the appropriate Director. Reports all membership sales to treasurer, and remits membership sales income to treasurer regularly. Orders membership supplies from the EFCL. Sells and distributes memberships, as needed, throughout the year (in response to phone and email requests from families and individuals). Checks online membership sales at [efcl.org](http://efcl.org) and distributes cards and skate tags. Attend events to sell memberships as required.

## We Are Seeking A New En Watch Coordinator

In 2019 we launched the EN Watch Holyrood Group. We had a volunteer who put in the time to get the process started, but we need to log a certain number of time spent on walking the neighbourhood, as a community, in order to continue with the program and get the street signs that indicate this is an EN Watch Community. It is very easy to do, you download an app and then just log whenever you go for a walk. This is great for all of our community dog owners who are taking frequent walks! Not

only that, but we have a Facebook group already created for this with lots of tips on how to keep your home and property safe.

We need someone to spearhead and coordinate, as well as being a contact with the EN Watch Program for this effort. We already have interested committee members waiting to join, we just need a chairperson to drive this effort home! If you are interested in being part of a Neighbourhood watch, please reach out to [chris@holyroodcommunity.org](mailto:chris@holyroodcommunity.org)

## Join The Holyrood Garden Committee!

We are looking for volunteers to plan, build and run our upcoming community garden! Please email [garden@holyroodcommunity.org](mailto:garden@holyroodcommunity.org) to get involved.

We want to hear from you! Share your ideas for the garden in a short survey by scanning the QR Code.



## HOLYROOD COMMUNITY PLAYGROUP

Join the Holyrood Community League Playgroup for weekly drop-in play for caregivers of preschool aged kids. Get your kiddos together and chat with a fellow neighbour through this informal playgroup!

Although this meeting takes place in

a church, this is not a religious group. If it's smokey or raining out, bring your little ones to the playgroup!

When: Thursday mornings, 9:00am – 11:00am

Where: Holyrood Community Church  
 9224 82 Street

## WINTERFEST - The Rescheduled Edition!

Join us on March 9th at Holyrood Community Park from 1-3pm for Winterfest! Everyone is welcome, so spread the word! We will have Horse-Drawn Wagon Rides, hot apple cider, hot chocolate and skating, with fireplaces to warm you up and chat with your neighbours! Kalina's Cotton Candy and Popcorn will be available in the rink

shak! A valid community league membership is required to ride in the horse-drawn wagon, you can pick one up in person at the event, or before the event at SEESA or online on the Edmonton Federation of Community League's website [www.efcl.org/membership-purchase/](http://www.efcl.org/membership-purchase/). This event is weather permitting!

## YOGA WITH BARB



Join our amazing yoga instructor Barb Thursdays from 7 to 8:15 pm at St Luke's Church starting January 9th to June 12th. Prices are \$55 for a 5 class punch pass or \$15 drop-in. The yoga poses are gentle

and accessible for everyone. Bring a blanket, yoga mat, block and strap, and a water bottle.

Email [barbayogaguide@gmail.com](mailto:barbayogaguide@gmail.com) for more information.



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edmonton.goldbar@assembly.ab.ca  
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ashley.salvador@edmonton.ca

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Local Economy | 15-Minute Communities | Climate Action

## THINGS TO DO IN OUR COMMUNITY

**Holyrood School is still looking for Volunteers for their Casino** March 20-21, they still need 15 volunteers at the Grand Villa Casino in Rogers Place - sign up here: <https://volunteersignup.org/XAAYF>

**COMMUNITY SWIM is FREE with a valid community league membership**

**SATURDAYS** 3:00 p.m. to 5:00 p.m.

Commonwealth Recreation Centre

**SUNDAYS** 4:15 p.m. to 5:45 p.m.

Bonnie Doon Leisure Centre

**HOLYROOD COMMUNITY PLAYGROUP**

Weekly drop-in play for caregivers of pre-school aged kids. Get your kiddos together

and chat with a fellow neighbour. Although this meeting takes place in a church, this is not a religious group.

Thursday mornings, 9:00am – 11:00am  
Holyrood Community Church 9224 82 St  
**YOGA WITH BARB**

Join our amazing yoga instructor Barb Thursdays from 7 to 8:15 pm at St Luke's Church starting January 9th to June 12th. Prices are \$55 for a 5 class punch pass or \$15 drop-in. Bring a blanket, yoga mat, block and strap, and a water bottle. Email [barbayogaguide@gmail.com](mailto:barbayogaguide@gmail.com).



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## Idylwylde Community League Board

President	David	president@idylwylde.org
Past-President	Kate	pastpresident@idylwylde.org
Vice President	Curtis	
Treasurer	Greg	treasurer@idylwylde.org
Secretary	<b>VACANT</b>	secretary@idylwylde.org
Casino	Michelle	casino@idylwylde.org
Civics	Brent	civics@idylwylde.org
Programming	Corrina	programs@idylwylde.org
Membership	Erin	membership@idylwylde.org
Garden	Christine	garden@idylwylde.org
Facilities	Lee	facilities@idylwylde.org
<b>Social</b>	<b>VACANT</b>	social@idylwylde.org
Publicity	Rachel	publicity@idylwylde.org
Grants	Scott	grants@idylwylde.org
SECLA	Chandler	seclarep@idylwylde.org
Website	Chris	web@idylwylde.org
Hall Rentals	Chris	rental@idylwylde.org
General Inquiries	780-466-7383	league@idylwylde.org



## Want to get involved in your neighbourhood?

We're looking to fill the following Idylwylde Community League Board positions. No experience is required. If you're not sure, come to one of our Board meetings (2nd Wednesday of the month) and meet your fellow community members.

**The Social Chair** helps generate ideas for social events that will bring together members of our community, looks after details necessary to run an event, recruits volunteers to assist with events, attends Board meetings when possible, and man-

ages community notifications and signage.

**The Secretary** notifies board members of meetings and agenda, records all minutes during board and general meetings, and archives documents.

**The Vice President** presides at meetings and functions in the absence of the President, assists the President when needed, is responsible for the annual review of the League's Bylaws.

If one of these sounds like the position for you, contact us at [league@idylwylde.org](mailto:league@idylwylde.org).

## Community League Memberships

Community League memberships are free for all community members that live in Idylwylde! Donations are always accepted from anyone who can give and associate memberships (if you don't live in Idyl-

wylde) will still cost the regular amount of \$20/year. Please contact our Membership Chair ([membership@idylwylde.org](mailto:membership@idylwylde.org)) with proof of residency in Idylwylde to get your membership today!

## Community Movie Night

Join us for movie night on the second Thursday of the month. Doors at 6:30 pm, movie starts at 7:00 p.m. Bring your own snacks/comfy camping chairs (or make

do with what we've got). Bar will be open for drinks. Next movie night is March 13. Watch our social media for details on what movie is showing.

## Winter Fitness Programs

Join us for one of our weekly fitness programs. All abilities welcome. Free for Community League Members

**Nia**  
Mondays, 7 - 8 p.m. | Jan. 13 - Mar. 17, no class on Family Day (Feb. 17)

Nia® is a fusion fitness program that combines dance, martial arts, and mindfulness practices to condition your whole body, clear your mind, and make you feel good. Movement options are given for three intensity levels, making Nia® suitable for all ages and fitness levels. Typically done barefoot, feel free to wear thin-

soled footwear. Bring a yoga mat for more comfortable stretching on the floor during cool-down. Find more information at [fleurishmovement.com](http://fleurishmovement.com) or [nianow.com](http://nianow.com).

**Introductory Tai Chi**  
Tuesdays, 7 to 8 p.m. | Jan. 14 - Mar. 18

Tai chi is a practice that involves a series of slow gentle movements and physical postures, a meditative state of mind, and controlled breathing. Tai chi originated as an ancient martial art in China. Please wear comfortable clothes and indoor shoes. All fitness levels are welcome.

## Cheery Tomato Community Garden News

The weather is warming and our garden will soon emerge from hibernation. In the meantime, our garden survey is still seeking responses from our neighbours.

Kindly let us know what you think - it will be found on our Facebook page until May 30, 2025 at [www.facebook.com/IdylwyldeCL](http://www.facebook.com/IdylwyldeCL)

## Community Pub Nights

Come to Pub Night, make some new friends, and share time with your neighbours while enjoying some snacks and drinks.

Pub Night takes place on the first Thurs-

day of every month.

We look forward to seeing everyone on Thursday March 6, and Thursday April 3, from 7:00 - 10:00 p.m. at the Community Hall.

## Monthly Community Meetings

Want to get involved? Join us for our next meeting. Our meetings are held the second Wednesday of the month at 7 p.m. at the Community League hall.

## eNewsletter

Stay up to date with what's going on in the community by signing up for our email newsletter. Visit our website at [www.idylwylde.org](http://www.idylwylde.org) and enter your email in the 'Subscribe to our newsletter' box.

## Community League Swims



Community swims are a great opportunity for the whole family to stay active during the cooler months and enjoy the facilities at our local recreation centres. All you have to do is show your community league membership card for a free swim.

**Bonnie Doon Leisure Centre**      **Commonwealth Community Recreation Centre**  
8648 81 Street NW      1100 Stadium Road  
Sundays, 4:15 p.m. - 5:45 p.m.      Saturdays, 3:00pm - 5:00pm



## CONTACT US!

Co-President	Michaela	president@kenilworthcommunity.com
Co-President	Ryan	president@kenilworthcommunity.com
Vice President	Jon	vicepresident@kenilworthcommunity.com
Treasurer	Don	treasurer@kenilworthcommunity.com
Secretary	Dianne	secretary@kenilworthcommunity.com
Seniors Programs	Maren	connect@kenilworthcommunity.com
Bingo	Julia	please email President for direct information
Casino	Bonnie	please email President for direct information
Buildings/Grounds	Troy	grounds@kenilworthcommunity.com
Membership	Stephanie	membership@kenilworthcommunity.com
Men's Shed	Morris	mreid2057@gmail.com
Publicity	<b>Vacant</b>	We're seeking a new Publicity Director. See below.
Rentals	Liz and Al	rentals@kenilworthcommunity.com
SECLA	Marshall	SECLA@kenilworthcommunity.com
Social	Janine	social@kenilworthcommunity.com
Youth Group	Elizabeth	youth@kenilworthcommunity.com

General inquiries & Publicity Requests (SEV & Website): [publicity@kenilworthcommunity.com](mailto:publicity@kenilworthcommunity.com)

Hall Rental requests: [rentals@kenilworthcommunity.com](mailto:rentals@kenilworthcommunity.com)

Keep Current on our website, [www.kenilworthcommunity.com](http://www.kenilworthcommunity.com), on our Facebook and Instagram!

## Mission Hill Brass: A Flurry of Brass Concert

Kenilworth Community League is pleased to host our friends from Mission Hill Brass for an unforgettable evening of music. With an array of classical and popular music, there's sure to be something for everyone to enjoy!

**When:** Saturday, April 5 (Doors: 6 pm; Concert: 7-9 pm)

**Admission:** Free for KCL members (or by

paid admission). Sign up on Eventbrite will be required to ensure we have a seat for everyone (link available on KCL webpage and social media).

Snacks and beverages (alcoholic and non-alcoholic) will be available on-site. There will also be a 50/50 raffle.

Please follow KCL on social media for further details leading up to the event.

## KCL Adult Spring BBQ

Come and enjoy our very popular and delicious Adult Steak BBQ!  
May 10, 2025

Cocktails 5:00 p.m.

Dinner 6:00 p.m.

Tickets (\$25 per person): Call Alma @

780 469-2019 or email: [akessel@shaw.ca](mailto:akessel@shaw.ca)

Tickets can be purchased on April 9 at 7:00 - 8:00 pm. at Kenilworth Hall.

\*Please bring exact \$\$\$\$. Limited number of tickets: first come first served! Sold out every year!

## KCL Volunteer Opportunity: Publicity Director

KCL is seeking a passionate volunteer to fill the role of Publicity Director. This role involves managing social media, creating event posts, organizing volunteer sign-ups, submitting content to the SouthEast Voice, attending board meetings, distributing the KCL Connect newsletter, and keep-

ing our website up-to-date.

Our ideal candidate has strong communication skills, familiarity with social media and design tools, and a passion for community engagement.

Interested? Contact our co-presidents at [president@kenilworthcommunity.com](mailto:president@kenilworthcommunity.com).



**Mission Hill Brass**

presents...

**A FLURRY OF BRASS!**

**April 5, 2025 at 6:00 pm**

**Kenilworth Community Centre**

**Admission: Free for Members and \$15 for Non-Members**

**Snacks and drinks for sale on site**

## Hall Rental Rates

Kenilworth Community League has a beautiful facility. We hope you will consider Kenilworth Hall for your special events. Photos are available on our website, [www.kenilworthcommunity.com](http://www.kenilworthcommunity.com).

KCL Hall Rental Rates: (Seating 160)

Members	Non-Members
Weekend (Fri.pm – Sun.pm)	
\$450.00	\$550.00
Day Rate	

\$300.00	\$385.00
Damage Deposit	
\$250/day rate	\$550/day rate
\$450/weekend	\$550/weekend

**\*\*Third party insurance is now required for ALL hall rentals. Please ask the Rental Manager for more details. To book the hall, email [rentals@kenilworthcommunity.com](mailto:rentals@kenilworthcommunity.com). If email is unavailable, leave a message for Liz & Al @ 780-469-1711.**

## Kenilworth Community Memberships

2024-2025 memberships will be on sale soon! Please contact Stephanie at [membership@kenilworthcommunity.com](mailto:membership@kenilworthcommunity.com) for more information!

Online Renewal Link: <https://kenilworthcommunity.getcommunal.com/memberships>

## KCL Crib Club

Our KCL Crib Club has started and will finish on April 30, 2025.

We meet every Wednesday evening from 6:45 to 9:30 PM. To become a member, you should have a community league membership from any community league

and the cost to join the club is \$5.00 for the whole season.

If you are a crib player and want to join as a fulltime player or a sub, and require more information please call Liz @ 780-465-5188 or Lucy @780-466-9149.

## KCL Youth Group Events

KCL Youth was started near the end of Covid as a way to bring the youth of Kenilworth together, build friendships, have fun, give back to the community and let our community's youth know that YOU MATTER!

All get togethers and events are free for

Kenilworth and surrounding neighbourhood youth.

For more information, please contact the KCL Youth Group at youth@kenilworth-community.com

Please follow kcl.youth on Instagram to keep up with the latest events!

## Bingo Volunteers Needed!

Revenues made through our gaming licenses are essential for KCL to operate effectively. Bingos fund monthly caretaking fees, hall repairs and maintenance, utilities, rink costs, capital purchases, hall improvements, and much more. KCL needs volunteers for its upcoming bingos, located at Parkway Bingo Hall.

2025	
March 27	June 1
April 8	July 25
May 16	

For more information, please email president@kenilworthcommunity.com

## Swim Times

Your KCL Membership gives you access to community league swim times at: Bonnie Doon (Saturdays 5 to 7pm), Commonwealth (Sunday 1 to 3pm), Hardisty Pools (Sunday 1:15 to 2:45pm)

## PERSONAL & ESTATE INCOME TAX & PLANNING

Are you aware of changes affecting your personal income tax?  
Do you know the different returns and options for estates?  
If not contact Lorn, he has filed thousands of personal and estate returns.

Lorn Stanners, CPA, CMA  
lbstanners@gmail.com  
780-937-9481

## Don't Make CRA the Major Beneficiary of Your Estate!



1. No matter your age, you should have a will. It ensures your estate is distributed as you want. Without it, your estate is distributed according to the Alberta Wills and Succession Act.

2. Name beneficiaries for RRSP and RRIF accounts. This allows them to be transferred tax-deferred to your spouse or common-law.

3. Consider if you want some or all assets, bank accounts, real property, etc. in joint names. They are then automatically transferred and may eliminate the need

for Probate.

4. If you want to donate part of your estate to charity, putting it in your will allows the donations to be deducted on your final tax return to reduce any taxes.

5. Maintain a record of all assets. Bank, investments, insurance policies, safety deposit box, etc. and their location.

For a free Executors Guide or more information on estate or personal taxes contact Lorn Stanners, CPA, CMA at lbstanners@gmail.com or 780.937.9481.

## 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 (EPS), Old Strathcona Business Association, YESS, and others. Acting Director Gord Lacey can be reached at safety@strathconacommunity.ca.

## Leisure Access Program

The Leisure Access Program (LAP) allows eligible Edmontonians access to the City of Edmonton recreation facilities and attractions at a free or reduced cost. All applicants will also automatically be considered for the Ride Transit Program. The LAP programs are now offered in 1-Year, 2-Year, and 5-Year terms depending on documentation submitted with your application. Income thresholds and the application form are available at [https://www.edmonton.ca/programs\\_services/leisure-access-program](https://www.edmonton.ca/programs_services/leisure-access-program)

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Saturday April 12, 10AM - 3PM

Sunday April 13, 11AM - 2PM

### Donation Hours

Monday to Friday, 9:00am - 4:30pm

Starting March 27th, ending on April 10th at Noon.

9350 - 82 ST N.W. at SEESA's South Door

Additional donation days on Saturday, March 29th and Saturday, April 5th from 10am - 3pm

Please ensure that all your items are clean  
and in good working condition.

### Do Not Donate/Drop-off:

Upholstered furniture, large furniture & TVs, baby furniture & supplies, mattresses & pillows, computer software, hardware & out of date technology, VHS tapes, cassettes, magazines, encyclopedias, soft toys, clothing, shoes, suitcases, plastic food containers, auto parts.

Donations accepted for the  
Edmonton Food Bank



780-468-1985

info@seesa.ca

www.seesa.ca

**SEESA**  
You belong here





KEP Board Members:		
President	Kevin Richtscheid	president@kingedwardpark.org
Vice President	Donald Michaud	michaudr@gmail.com
Treasurer/Casino Coordinator	Sylvia Shank	sacul@telus.net
Secretary	Renée Henthorne	wish2bee@yahoo.ca
Tennis Director and Membership Director	Wayne Alexander	walexander@shaw.ca
Hall rental & Maintenance Director	Nella Ferguson	king.ed.hall@gmail.com
Civic	Vacant	
Volunteer	Tod Rudge	todrudge@gmail.com
SECLA Representative	Vacant	
Connect with us online:		
Twitter	@KingEdwardPark	
Facebook	<a href="https://www.facebook.com/kingedwardparkYEG/">https://www.facebook.com/kingedwardparkYEG/</a>	
Instagram	<a href="https://www.instagram.com/kingedwardpark/">https://www.instagram.com/kingedwardpark/</a>	
Website	<a href="https://www.kingedwardpark.org/">https://www.kingedwardpark.org/</a>	

## YOGA at the Small Hall

Thursdays 6:30 - 7:30 (8008 81 St NW).  
Join us for a yoga class designed to promote relaxation and restore balance. This class integrated gentle yin postures with specialized movement training to enhance mobility, flexibility, and overall well-being.  
Drop in \$10 or \$5 for KEP members!!! You can also register by email at king.ed.hall@gmail.com.

## ZUMBA at the Large Hall

Every Wednesday \*except the first Wednesday of each month\* from 6:30 - 7:30 at the large hall (7708 88 St NW).  
Join us for a Latin inspired dance fitness class suitable for all ages and abilities.  
Drop in \$10 or \$5 for KEP members!!! You can also register by email at king.ed.hall@gmail.com

## King Edward Park Tennis Club is up and running!

Come join our tennis club. We are proud to have a fantastic set of tennis courts located at Duncan Innes Park, 8008 - 81 Street NW. The King Edward Park Tennis Club welcomes players of all levels and offers private and group lessons. Please note that a valid community league membership is required to join.

KEP resident annual membership: \$50 family, 25 single. Non King Edward park resident annual membership: \$75 family, \$50 single. Contact Wayne for more information! walexander@shaw.ca or home phone 780 466 9265.

## Hall Rentals

In need of a space for a special event? Consider using one of King Edward Park's two halls for your functions!  
The Large Hall, located at 7708 - 85 Street NW, offers a spacious venue with a stage, projector and screen (available for an additional fee), bar area with a stand-up fridge and small freezer, downstairs space, and kitchen facility.

The Small Hall, situated near the tennis courts and ice rink at 8008 - 81 Street NW, provides a cozy space with a stove for heating prepared food and a large sink for easy clean-up.  
For more information on hall capacity and availability, please visit our website. To book a hall, contact king.ed.hall@gmail.com.

## Contact us

We would love to hear from you! Whether you're a long-time resident or new to King Edward Park, we warmly welcome all community members to attend these meetings and actively

participate in shaping the future of our neighborhood. You can get in touch by coming to one of our monthly meetings or online at <https://www.kingedward-park.org/contact>

## Call for KEP Programing Input

Do you have a great idea for your community? Are you a skilled instructor that wants to start a program?  
We want to hear all about it and help to get it off the ground!  
The King Edward Park Community league invites you to contribute your ideas

for programming.  
Contact us by joining us at a meeting to share what kind of programming you would like to see  
Or let us know via email what type of programming you would like to see, president@kingedwardpark.org.

## Volunteer With Us

If you're interested in helping our community league out, drop by one of our board meetings and see what we're all about or contact us at <https://www.kingedwardpark.org/contact>.

## Community League Membership

For just \$20 you can become a Community League Member. Your membership gets you:  
-Free access to select pools during Community Swim times.  
-Complimentary Edmonton Tool Library Membership (with proof of KEP League membership).  
-Free skating at our outdoor rink on the corner of 81 Street and 81 Avenue. As well as many additional City of Edmonton indoor arenas.

-Free or discounted rates for community recreation (Tennis, Yoga, Parent & Tot etc.)  
-10% off new annual, multi-admission, and continuous monthly passes at any City of Edmonton sports and fitness facility.  
-Additional Benefits can be found at the Edmonton Community Leagues website.  
Memberships are available at our Board meetings. Otherwise, feel free to give our Membership Director, Wayne, for more information! walexander@shaw.ca



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## Ottewell Community League Contacts

President	ottewell2212@gmail.com
Vice President	oclrink2021@gmail.com
Secretary	oclsecretary1@gmail.com
Treasurer	ottewell.finance@gmail.com
Farmers Market Manager	oclfarmersmarket@gmail.com
OCL Social Media	ottewellmedia@gmail.com
OCL Engagement	oclengage@gmail.com
SEV Liaison	sevliaison@gmail.com
Big Bin	oclbigin@gmail.com
Bingo Director	oclbigo@gmail.com
Grants	oclgrants@gmail.com
Membership Director	oclmembership@gmail.com
Playschool Director	jjmclean@hotmail.com
SECLA Rep	oclconcerns@gmail.com
Website Editor	oclwebpage@gmail.com

## Free Swim with OCL Membership - Additional Location for Sept 2024 to Aug 2025

Bring your current OCL membership to get in for free during these specific swim times!

Commonwealth Recreation Centre swim times (11000 Stadium Rd NW):  
 Select SATURDAYS from 3 pm to 5pm (Until Aug 2025) Mar 15, 22, 29; Apr 5, 12, 26;  
 May 3, 10, 17, 24, 31; Jun 7, 28; Jul 5, 12, 26; and Aug, 9, 16, 23.  
 (no swim April 19, June 19, and Aug 2)  
 -Hardisty Changed Community Swim times (located at 10535 65 Street):  
 Every SUNDAY from 1pm - 3pm (no swim April 20th)

## Neighbourhood Renewal in Ottewell Community

The third year of the Ottewell Neighbourhood Renewal construction project is underway. If you have any inquiries or concerns, please contact the Building Great Neighbourhoods team at 780-496-4055, 311 (online), or [buildingGreatNeighbourhoods@edmonton.ca](mailto:buildingGreatNeighbourhoods@edmonton.ca). Find information about the project at [www.edmonton.ca/buildingottewell](http://www.edmonton.ca/buildingottewell)

## WHAT'S HAPPENING AT OTTEWELL HALL!

**-OCL Farmers Market**  
 The market moved INDOORS, and the frequency will change to the 2nd Thursday of every month from 4pm to 7:30pm and be hosted on these dates  
 -March 13, 2025: Around the World Market  
 -April 10, 2025: Spring Fling Market  
 Check out and follow us on Facebook and Instagram to learn more.  
 Facebook page - @ottewellcommunityfarmersmarket  
 Instagram - @oclfarmersmarket  
 Website - ottewell.ca

**-“Celebrating Irish” Saturday, March 22**  
 St Patrick’s Shaker  
 Come out to this fun Adult Event, this year we will be supporting a local brewery Manual Labour, as well local Music provided by Straightline. Awesome door prizes!!  
 Doors open @7:00pm \$20 a ticket includes a free drink, snacks and entry for door prizes. Can’t wait to see you there and be sure to wear something GREEN!  
 Email - ottewell2212@gmail.com or text 7809028993 to reserved your ticket

## Ottewell Community Memberships

OCL Membership - Renew today for 2024/2025

You can purchase the 2024/2025 membership term directly online, at the OCL Farmers Market, or at Anvil Coffee. Costs: Family \$25, Single \$10, Seniors \$5. Check the benefits at [www.ottewell.ca](http://www.ottewell.ca)! Download your new membership card online, go to Communal at <https://ocl.getcommunal.com> and then go LOGIN, and then print/save your card. Find out more details about membership at [ottewell.ca](http://ottewell.ca)

If you are a local business and would like to provide Ottewell Community League members with a discount please email [oclconcerns@gmail.com](mailto:oclconcerns@gmail.com).


Holding a current membership card has its perks:


Access to the Edmonton Tool Library which provides affordable access to hand, power and garden tools. Located: Bellevue

Community Hall (north Entrance) 7308 - 112 Ave. Summer hours: Wednesdays 6-8pm and Saturdays 11am - 3pm. (Check their website for more info)

<https://edmontontoolibrary.weebly.com/>

**Red Swan Pizza Cap-**   
 ilano 4964 98 Ave NW in Edmonton AB 780-250-7926 is offering 5% discount for current Ottewell Community League card holding members.

**Planet Fitness**   
 Bonnie Doon 82 Ave and 83 St in Edmonton has an offer for current Ottewell Community League card holding members, call 780-809-7858 for details.

**Anvil Coffee House** - Located in Ottewell Plaza 6148 - 90 Ave in Edmonton is offering a 5% discount for current Ottewell Community League card holding members. 

## Play baseball this spring with Edmonton Amateur Baseball Association (EABA)

The Edmonton Amateur Baseball Association (EABA) offers community and competitive baseball programs (AA & YEGA) for kids aged 4-18 in south Edmonton. From our grassroots programs (Blastball 5U, Rally Cap 7U and 9U/9U+) that focus on organized, structured play and build fundamental skills needed to play at the higher community/competitive levels to our 11U-18U AA and YEGA teams that offer more competitive, skill-focused development, we have a program that meets the needs of all players!



Learn more about our programs at [eabaseball.ca](http://eabaseball.ca) under 'Divisions.' Early bird deadline is March 1! Don't miss out on registration at a reduced rate. Register [eabaseball.ca/registration](http://eabaseball.ca/registration). Final registration deadline for all community teams is April

1, 2025. AA and YEGA tryouts - sign up before March 1!

For players looking to play at a more competitive level, we offer AA and YEGA teams at the 11U-18U level. Registration is still open until tryouts begin in March! Players who have been released from other AAA/AA teams are also welcome to try out. Visit [eabaseball.ca](http://eabaseball.ca) for more information or to register, or email [aadirector@eabaseball.ca](mailto:aadirector@eabaseball.ca) if you have additional questions.

## Ottewell Rink

Another winter season has come to an end at the OCL Rink. It was a challenging season as mother nature brought us lots of snow and plenty of extreme temperatures, both warm and cold.

Thanks to everyone who volunteered to help out at the rink again this year.

These volunteer efforts allow us to continue to provide the opportunity for community members of all ages to get outside and hit the ice.

Special thanks to Mike for the late night flooding and snow removal.

If you are interested in volunteering at the rink in any capacity in the future, please email Tom at [oclrink2021@gmail.com](mailto:oclrink2021@gmail.com)

OCL Social Media - Stay inTouch with what's happening in your community!

Instagram: @ottewellcommunityleague  
 Facebook: Ottewell Community League  
 Monthly Newsletter: Subscribe at [www.ottewell.ca/newsletter](http://www.ottewell.ca/newsletter)





### Ottewell Playschool



OCLP has operated within our community for over 50 years. Our program runs Monday, Wednesday mornings with an optional Thursday morning from mid-September to mid-June.

Taking new registrations now! OCLP is also running a new extended play program on Monday and Wednesday afternoons for older preschool and kindergarten kids (4.5 - 6 yrs).

Open house will be April 29th between 9-11 AM at the community hall. We are having an Outgrown It Sale May 8th during the first outdoor market.

For more information on what we have to offer please go to our website [www.ottewell.ca/community/oclpplayschool](http://www.ottewell.ca/community/oclpplayschool) or email [oclp.school@gmail.com](mailto:oclp.school@gmail.com)

### Call out for VOLUNTEERS for EASTER EGG HUNT!

Ottewell Community has been very successful at gathering a few neighbours and friends to volunteer in hosting the Ottewell Easter Egg Hunt. Can you give someone this year for this successful FUN KID Event? This year's date has been booked for Saturday April 19.

Please email [ottewell2212@mail.com](mailto:ottewell2212@mail.com) to assist.

### Bingo Volunteers Needed!

Are you interested in meeting some of your neighbours, getting your steps in and helping fundraise for the Community League?

We are looking for volunteers for upcoming bingos in the 2025 season at Parkway Bingo Hall on 51 Ave.

**Spring/Summer 2025**

May 11

June 7

Vouchers are offered which can go towards various extracurricular activities.

Contact [oclbingo@gmail.com](mailto:oclbingo@gmail.com) for more information.

### Singing Classes at Ottewell Hall

Do you love to sing? Would you like to develop strength and confidence in your voice? Mairi-Irene is a professional voice teacher who recently moved to the Ottewell area. She is looking to start up group singing workshops for kids, teens, adults and/or seniors at Ottewell Hall. Classes may be Mondays (after school or evenings) or Thursdays (early afternoon or evenings) starting in the spring, with multi-day singing programs over the summer. If you are interested, please send an email to [mairi.irene@gmail.com](mailto:mairi.irene@gmail.com) with your schedule availability and age.

### Mental Health First Aid Course

Internationally taught blended standard training  
2 hours self paced (online) & 7 hours in person

*"I believe you can help yourself and others by taking this training. The awareness and actions shared are relatable, clear and easy to implement. My circle is healthier and more compassionately connected thanks to this class"* - Past participant

Hosted at  
**KENILWORTH COMMUNITY LEAGUE**  
**SUNDAY, APRIL 13TH**  
**9AM - 5PM**

Facilitated by Rebecca Hung, BAHTSA., CWP., HHP.

\$189 Investment. Space is limited.

LEARN MORE & REGISTER

VISIT

[Rawholistic.com/Mhfa](http://Rawholistic.com/Mhfa)



EMAIL

[Rawholistic@gmail.com](mailto:Rawholistic@gmail.com)

PHONE

(780) 982-5885



### Got a Talent/Craft to Share With Your Community?

OCL is seeking to host a session during fall/winter season where you share/ demonstrate your skills with the greater community like a collective kitchen, a food program, make and take meals, craft night etc. Please forward your ideas with details to Sandra at [oclcconcerns@gmail.com](mailto:oclcconcerns@gmail.com).





## SCL Leadership

Position	Name	Email
President	Anastasia	<a href="mailto:president@strathearncl.org">president@strathearncl.org</a>
Vice President	Marina	<a href="mailto:vicepresident@strathearncl.org">vicepresident@strathearncl.org</a>
Treasurer	Jingjie	<a href="mailto:treasurer@strathearncl.org">treasurer@strathearncl.org</a>
Secretary	Glynnis	<a href="mailto:secretary@strathearncl.org">secretary@strathearncl.org</a>
Membership	Emily	<a href="mailto:membership@strathearncl.org">membership@strathearncl.org</a>
Buildings & Grounds Director	Evan	<a href="mailto:grounds@strathearncl.org">grounds@strathearncl.org</a>
Social Director	Pam	<a href="mailto:events@strathearncl.org">events@strathearncl.org</a>
Communications Director	Christina	<a href="mailto:communications@strathearncl.org">communications@strathearncl.org</a>
Programs Director	Rebecca	<a href="mailto:programs@strathearncl.org">programs@strathearncl.org</a>
Garden Director	Marina	<a href="mailto:strathearn garden@gmail.com">strathearn garden@gmail.com</a>
Youth Director	Margot	<a href="mailto:youth@strathearncl.org">youth@strathearncl.org</a>
Member at Large	Lindsay	n/a
Member at Large	Jason M	n/a
Hall Rental Coordinator	Darra <td><a href="mailto:hall@strathearncl.org">hall@strathearncl.org</a></td>	<a href="mailto:hall@strathearncl.org">hall@strathearncl.org</a>

Please contact [president@strathearncl.org](mailto:president@strathearncl.org) if interested in volunteering with our League!

## March 9: Hayrides and Hot Chocolate



Postponed from February because of cold weather, hay rides and hot chocolate is now on Sunday March 9! Join us for some winter fun with wagon rides, treats, and crafts! At the hall from 1-4 pm.

Looking for a Strathearn Community

League membership? Email [membership@strathearncl.org](mailto:membership@strathearncl.org).

Memberships can also be purchased in person at Strathearn Heights Apartments and the Massage Therapy Supply Outlet.

**Intro Filmmaking Workshop!**  
**Saturday, March 8th 10am-5pm**  
**@ Strathearn Community Hall**

Learn remarkable filmmaking techniques using equipment you have at your fingertips, then share your creation at a screening on April 11th!

Age 12+ FREE for Strathearn Community members!  
 Lunch provided! Optional Location Scouting Walk follows workshop!  
 Limited spots, register soon -->

Edmonton  
 Strathearn  
 SHORT FILMS

QR code:

**ST. PADDY'S TRIVIA!**

**Strathearn Pub Night**

**FEATURING RALPH'S CHICKEN & WEDGES**

**FRIDAY MARCH 14TH 2025**

**LUCKY O'TRIVIA STARTS 7PM**

**REGISTER EARLY IN TEAMS OF 4-6 PLAYERS**  
**BY CONTACTING [TRIVIA@STRATHEARNCL.ORG](mailto:TRIVIA@STRATHEARNCL.ORG)**

Logos: EMENDOUS TRIVIA NIGHT PRODUCTIONS, RALPH'S FRIED CHICKEN, Little Bear GELATO, Strathearn



# HAYRIDES & HOT CHOCOLATE

**HORSE WAGON RIDES!  
LIVE MUSIC! TREATS!  
KIDS CRAFTS!  
FREE FAMILY FUN!**

Weather-permitting!

Text

NEW DATE! SUNDAY, MARCH 9th 2:30-4:30PM

**STRATHEARN COMMUNITY HALL**

**Strathearn**  
COMMUNITY LEAGUE

STRATHEARN COMMUNITY LEAGUE PRESENTS

# TOP SPIN PUB NIGHT

**FRIDAY MARCH 7, 2025  
DOORS AT 7:30PM**

**DJ'S NOOSH + GARY OAK**

TABLE TENNIS  
COCKTAILS BY DEREK

**STRATHEARN HALL  
9511 90 ST.**

18+ NO COVER FOOD & DRINKS FOR PURCHASE

# Write Time

Want to write a story or poem? Not sure where to start? Join us on Sunday, Mar 16th, for a casual, creative space at Strathearn Hall from 2-4.

We will use writing prompts, visuals, and an introduction to story to get you started!

Already creating? Bring your work!

*Strathearn Hall address - 9511 90th Street*

Strathearn Community League

# Free swim!

**Commonwealth:  
Sundays, 1-3 pm**

**Bonnie Doon: Sundays,  
4:15 - 5:45 pm**

*Bring proof of current Strathearn Community League membership*



**Greg  
Dunham**

**780-964-1469** (cell)  
gdunham@telus.net

**Call  
The Dunham Team  
Today  
780-466-0418**  
(Office)

**FREE  
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- Investment Properties



**PROGRESSIVE**

★ **Great Time to Sell** ★



**Avonmore:** Great Entry Level Golden Bungalow, 2 Bedrooms Upstairs, 2 Potential Bedrooms Down, 2 Bathrooms, Fully Fenced Yard.



**Milwoods:** Modern open concept unit, 2 Bedrooms, 2 Bathrooms, Ensuite, In-suite laundry, Underground parking with storage cage, Beautiful unit.



**Steinhauer:** Townhouse, 3 Bedrooms, 2 Bathrooms, Woodburning Fireplace, Close to LRT, 2 Parking Stalls.



**Downtown Condo:** 1300 Sq Ft Unit in Eton Park, 2 Spacious Bedrooms, 2 Bathrooms, Ensuite, In-suite Laundry, Heated Underground Parking.