

NORTHEAST VOICE

Serving the community leagues of
Evansdale, Kilkenny, and McLeod

March 2024



Published by Calder Publications. To advertise please call 780-434-9732 or email info@communityleaguenews.com

McLeod Indoor Soccer – Thank You!

The 2023/24 indoor season has concluded. This has been an exciting season watching players make new friends and develop their soccer skills. A big thank you to the coaches who volunteered their time to this season. We couldn't have done it without you.

Todd
McLeod Soccer Director



While McLeod has held their scheduled registration sessions, you can still register by emailing me at

McLeod Outdoor Soccer Update

Birth Year	Fee	Game Day
2019 – 2020	\$80	Monday
2017 – 2018	\$80	Tuesday
2015 – 2016	\$140	Sunday afternoon
2013 – 2014	\$140	Wednesday
2011 – 2012	\$140	Thursday
2007 – 2010	\$140	Sunday evening

soccer@mcleodcommunityleague.ca.

CGSA is looking to kick off the season May 1, weather permitting. Teams will play once a week and older teams will practice once a week at a field and time selected by the team coach. CGSA is planning a tournament for every age group throughout June showcasing each CGSA community.

Registration fees:

Todd
McLeod Soccer Director

Benefits of CSGA Soccer

Parents often ask "Why sign up for CSGA soccer?" The most obvious benefit of CSGA soccer is exercise. The season tentatively runs from May 1st to June 30th.

The CGSA community program focuses on friends playing with friends and having fun. When registering for the McLeod soccer program, players can request to play with a certain friend or coach. We try to honour

requests as best as possible. However, there are occasions when friend or coach requests cannot be filled, as every team has a team player limit. Players can expect fair field time.

CGA community soccer is very affordable. In addition to registration fees, players are responsible for their own footwear, shin pads, socks, and shorts. McLeod will provide jerseys that will be returned upon season end with the exception for U6 – U8 players who keep their jerseys. Parents will be required to purchase a community membership and sign up for one community service per child to a maximum of two per family.

We hope to see you at one of our upcoming payment sessions. For more information, please see the McLeod website at www.mcleodcommunityleague.ca or contact soccer@mcleodcommunityleague.ca.

Todd
McLeod Soccer Director

Community Events

Soccer Registration for CGSA email president@kilkenny.ab.ca

Check out Website Or call Anna 780-478-3269

www.cgsa.ca.
February 29 6:30 – 8 pm
March 7 6:30 – 8 pm
March 9 11am -1pm

Tables \$20

Did you know?

Kilkenny is partnered with TGP (The Grocery People - 11628 142 St). When you shop there, tell the cashier you would like your purchase to go towards Kilkenny and TGP will donate **5% of your purchase to Kilkenny**, so we can build towards bringing you more community events!

Swim Times

Londonderry Pool
Sunday 4:15 - 5:45pm
Grand Trunk
Closed
O'Leary
Saturdays 3:45 - 5:45pm

Craft Show April 27, 2024, 11-5pm

Looking for Crafter

Community League Swimming



Facility	Day and time
Grand Trunk Fitness and Leisure Centre 13025 112 Street	Friday 7:15-9:15PM Sunday 4:15-5:45PM
Londonderry Leisure Centre 14528 66 Street	Sunday 4:15-5:45PM
O'Leary Leisure Centre 8804 132 Avenue	Sunday 4:00-6:00pm

Show your valid 2023-2024 Evansdale Community League membership card at any of the follow-

ing City of Edmonton Leisure Centres and enjoy FREE swimming during the times listed

TAPROOT EDMONTON

Don't miss out!

The Taproot Edmonton Calendar is your guide to **local events**.



edmonton.taproot.events

Address: 9111 150 Ave, Edmonton, AB T5E 6J2

Mailing Address: Box 71023 Northwood Mall Post Office, Edmonton, AB T5E 6J8

Hall Phone: 780-457-0948

Rink Phone: 780-478-2577

Website: www.evansdale.ca

Position	Name	Phone Number	Email Address
President	Chris Nielsen		Chris.nielsen@telus.net
Past President	Jeff Muiselaar	780-478-1759	
Vice President	Available	-	-
Secretary	Available	-	secretary@evansdale.ca
Treasurer	Available Shawna Covering Until Filled	-	-
Membership Director	Elaine Sarac	780-476-7442	membership@evansdale.ca
Bingo/Casino Chair	Shawna Walsh	780-237-2169	coolwheelspl@hotmail.com
Program Director	David Gagne	-	dgagne@shaw.ca
Newsletter & Social Media	Cora Gagne	-	newsletter@evansdale.ca
Director of Sustainability	Available		-
Area 17 Representative	Jeff Muiselaar	780-478-1759	-
Belle Rive/Poplar Park Signs	Available	-	signs@evansdale.ca
Evansdale Sign (153 Ave)	Available	-	signs@evansdale.ca
Sports & Recreation Director	Todd Sharkey		hockey@evansdale.ca
Hall Rentals	Teri Muiselaar	780-478-4444	hallrentals@evansdale.ca
Credits	Sue Harris	780-473-8796	credits@evansdale.ca

Community League Memberships

Get your community league membership anytime! Membership makes you part of an amazing community of people who care and help look after our community. Free community swimming times at local City of Edmonton facilities, discounts on community programs and on Edmonton City wellness programs along with hall/sports building rentals and the enjoyment of ice skating in the winter and pickleball in the summer at outside of our hall!

Your Community League membership is

valid for one year from September 1st to Aug 31st.

\$25 Family

\$15 Single Family/ Senior Couple

\$10 Single Person

Contact Elaine Sarac at membership@evansdale.ca or 780-476-7442 to get your Evansdale Community League membership. Please leave a voice message if you cannot reach Elaine.

If you are in a rush, you can buy memberships at the Edmonton Federation of Community Leagues website: www.efcl.org

Venue Rentals at Evansdale Community League

Our main hall and sports building can accommodate a variety of capacities for your gatherings. For more information including booking please contact Teri Muiselaar by phone at (780) 222-0474; or by email at hallrentals@evansdale.ca

Main Hall – Capacity 230	Rates	Damage Deposit
Hourly Bookings	\$75/Hour	
Individual Weekday/Weeknight (Monday-Thursday)	\$400/day	\$400
Single Day Over Weekend (Friday-Sunday)	\$500/day	\$500
Full Weekend (3 Days)	\$700	\$700
Use of Dishes	\$100	



Stay Healthy While Travelling this Winter

Albertans love getting away from the cold weather. There's nothing like a sunny, warm, tropical holiday to beat the winter blues. But it's important to plan ahead before you go to ensure you stay healthy.

Visit your Doctor

Talking with your doctor should be a key step before you leave. If you are planning to travel to another country, make an appointment several months before leaving so you will have time for vaccines (immunizations) that you may require ahead of time. Ask your doctor if there are medicines or extra safety steps needed before traveling. For example, someone who has asthma may need to avoid staying in polluted cities. Or someone visiting a tropical climate may need medicine to prevent malaria. If you plan to visit an area where malaria is common, see a travel health professional at least six weeks before travel. They'll talk to you about malaria risks and inform you if you need to start medicine before your trip.

Precautions while travelling

Here are some simple tips to keep in mind while you are on your trip:

- **Water:** Before your trip, learn about the places you plan to visit. Find out if a country's tap water is safe to drink, as it can be harmful in some countries. When visiting these places, drink only beverages made with boiled water, such as tea and coffee. Canned or bottled carbonated drinks are usually a safe choice. Don't use ice if you don't know what

kind of water was used to make it.

- **Food:** Trying local cuisines can be the highlight of any trip, but it's important to maintain a balance. Include a variety of fruits, vegetables, and whole grains into your diet to ensure you are receiving essential nutrients. Be cautious of street food and choose reputable restaurants to minimize the risk of foodborne illnesses. Do not eat raw vegetables and fruits, or undercooked meat, fish, and seafood. Wash your hands thoroughly before meals and carry hand sanitizer to help prevent the spread of germs.

- **Insect Repellent:** In areas where mosquito-borne illnesses are found, use 20 to 30 per cent DEET or 20 per cent Icaridin insect repellent. Wear long pants and long-sleeved shirts, especially from dusk to dawn. Use mosquito netting to protect yourself from bites while you sleep.

- **Driving Safety:** Motor vehicle crashes are a leading cause of injury among travelers. If you drive, be sure to learn the custom and rules. If you use hired drivers (such as in a taxi), don't be afraid to ask your driver to slow down or to drive more carefully. Use seat belts if possible.

- **Stay Hydrated:** Dehydration is common while traveling, especially while flying. Airplane cabins have low humidity levels which can lead to dry skin and mucous membranes. To combat dehydration, make sure you drink lots of water before, during, and after your flight. Avoid excessive consumption

of alcohol and caffeine as they can contribute to dehydration.

- **Stay Active:** Long hours of sitting during travel can contribute to stiffness and discomfort. Incorporating stretches and light exercises during your journey will improve your circulation and reduce muscle tension. If possible, take short walks or move your body as much as possible during layovers to stay active.

- **Sun Protection:** Being in the sun can feel nice, but it's important to protect your skin from harmful UV rays that can cause skin cancer and wrinkles. Stay out of the sun during the peak hours of UV radiation from 11 a.m. to 3 p.m. Find shade if you need to be outdoors and wear protective clothing. Wear sunscreen with an SPF of 30 or higher every day on exposed skin including the nose, lips, ears, scalp, back of the hands, and neck. Use sunscreen that blocks both UVA and UVB radiation.

What happens if you become ill while travelling?

If you become seriously ill while travelling, your country's embassy or consulate can help you find medical care. For a complete list of embassies and consulates, visit <https://travel.gc.ca> for the Canadian Government's Travel and Tourism website. You can also get the contacts for local doctors and medical clinics. If you become ill with a fever or flu-like illness while travelling, seek medical attention immediately.



Kilkenny Community Main Hall



Main hall Kitchen



Meeting Room

Times	Main	Meeting Room	Both
Weekday/ Weeknights	\$200	\$100	N/A
Fridays (after 5pm)	\$400	\$100	\$500
Saturdays	\$550	\$100	\$650
Sunday	\$400	\$100	\$500
Two Day Wedding Sat/Sun	\$750	N/A	\$850
Full Weekend Fri@6pm to Sun 6pm	\$1,000	N/A	\$1,100
Hourly rate (4hour min.)	\$50	\$25	N/A

VOLUNTEERS Wanted

Want to do something with your community. Be a Board member at large and see what we are doing.

Start up a committee of your interest - book club,

crochet club, coffee night (decaf), Paint night. Men's club, card night, cooking we have a space for you.

Contact Anna at president@kilkenny.ab.ca

Get Moving! Winter Health and Fitness Week

Colder temperatures and shorter days may make Albertans want to stay in and hibernate indoors. But staying active in the winter can provide many benefits, including improving your physical and mental health and overall well-being.

Winter Health and Fitness Week runs from Feb. 14 to 20, which serves as a good reminder for all Albertans to bundle up, beat the winter blues, and discover a variety of ways to keep your body moving. Maintaining regular physical activity reduces your risk of chronic illnesses such as heart disease, type-2 diabetes, stroke and certain types of cancer. And while staying active in the winter may require some creativity and planning, your body and mind will thank you ... and it may even make winter more fun!

Here are some ideas, tips, and ways to get you started:

Enjoy the outdoors!

- Plan fun activities for yourself, friends or family! Go snowshoeing, skating, make a snow angel or try a new winter sport. Finding new ways to enjoy the outdoors can make winter more fun.

- Remember to use the right protective gear and equipment and check our safety and winter tips guideline.

- Schedule time for new activities before or after school or work, during a lunch break or on the weekends. Register for Winter Walk Day to get outdoors and walking with

others across Alberta.

- 'Walk like a penguin' to prevent falls when it's icy. Try walking poles or use crampons for better grip on snow and ice.

Prepare for the temperature before heading out

- Visit Environment Canada, 511.Alberta.ca or download the WeatherCAN or AEA Alert app for current weather and driving conditions or alerts.

- Try walking, running, cross-country skiing, snowshoeing and other activities where you move a lot to help keep you warm when the temperature dips.

- Take frequent warming breaks and plan activities around the warmest time of day and close to a shelter (home, coffee shops or chalets) when possible in case weather conditions change.

- Find an indoor location to exercise in if it's too cold or snowy to be outdoors, like a mall or recreational centre. Join an indoor walking group or invite friends to stay motivated.

- Learn about hypothermia and frostbite and how to recognize the signs and symptoms.

Dress for the weather

- Cover as much exposed skin as possible. Wear warm, waterproof and windproof layers, scarves, neck warmers, protective face liners and waterproof footwear. Hand and feet warmers are good sources of instant warmth.

- Be active outdoors during daylight

hours so others can see you, but if you're outside in early morning or evening try to wear bright colours, reflective materials and consider bringing a flashlight or headlamp with you.

- Apply a broad-spectrum sunscreen that is SPF 30 or higher to exposed skin before heading outside. UVR rays remain constant throughout the year, even when cold, cloudy or foggy.

Create long lasting, healthy habits

- Make SMART goals that are:

Specific
Measurable
Attainable
Realistic
Timebound

- Start with smaller, more achievable goals first. For example, if you want to start an outdoor activity, try a 15-minute outdoor walk on a break. Increase how long you walk by five minutes as the length becomes easier. If the temp is too cold, try walking indoors.

Move more!

Canada's 24 Hour Movement Guidelines recommend adults ages 18 to 64 are active at least 150 minutes per week with aerobic activities (walking, jogging, biking), sleep seven to 9 hours per night, limit screen time and break up long periods of sitting as often as possible.

Learn more about movement guidelines for different ages by visiting 24-Hour Movement Guidelines – Canadian 24-Hour Movement Guidelines (csepguidelines.ca).

Denture Specialist - Over 35 Years Experience

Londonderry Denture Clinic



FREE CONSULTATION

M. Lucyshyn DD

R. Lucyshyn DD

780-476-2529

- New dentures in one day
- Repairs in 30 minutes
- Emergency after hours appointments

SENIORS
Ask how you
may receive your
dentures
AT NO COST
TO YOU*

*Some conditions and restrictions apply.

www.londonderrydentureclinic.com 13594 Fort Rd. Northeast Edmonton

Marrazzo Law Office

10% OFF WITH THIS AD

- Wills • Notary
- Enduring power of attorney
- Personal directives
- Mobile visits available

Call today
780-756-5500

5003 DeWolf Road (Griesbach)



DENTAL CARE OPEN HOUSE
WITH MP BLAKE DESJARLAIS & NORWOOD DENTAL

☑ Sunday, April 28th, 9:00am - 4:00pm
(Childcare available 12pm to 4pm)

☑ Alberta Avenue Community League, 9210 118 Ave NW

Tansi neighbours!

The universal Canadian Dental Care Plan is starting this year for seniors, people with disabilities and children under 18. Because of this program, no one will have to miss going to the dentist because it's too expensive.

Who is eligible?

- ☐ Have no access to employer/pension-sponsored or private dental insurance.
- ☐ Have an annual adjusted family net income under \$90,000.
- ☐ Be a Canadian resident for tax purposes; and
- ☐ Have filed their tax return in the previous year.

When can you apply?

- ☐ Seniors aged 70+ will begin receiving a letter inviting them to apply by phone starting in December 2023 and through March 2024, in sequence based on age.
- ☐ Seniors aged 65-69 will be able to apply online starting in May 2024.
- ☐ People with disabilities and children under 18 will be able to apply online in June 2024.
- ☐ Applications for all remaining eligible Canadian residents should start by 2025.

Since December, over 400,000 seniors have already been approved for the Canadian Dental Care Program.

For more information, please do not hesitate to reach out to my office at Blake.Desjarlais@parl.gc.ca or by phone at 780-495-3261, or visit <https://www.canada.ca/en/services/benefits/dental/dental-care-plan.html>.

Paid for by Blake Desjarlais

Checking in with Anxiety

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

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

What is an Anxiety Disorder?

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

Often the cause of anxiety disorders isn't known. Many people who have them say that they've felt nervous and anxious all their lives. This problem can

occur at any age. Children who have at least one parent with the diagnosis of depression are more than twice as likely to have an anxiety disorder than other children.

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

Anxiety disorders often occur with other problems, such as:

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

When you have generalized anxiety disorder, you feel worried and stressed about many everyday events and activities. But it could result in more serious outcomes like panic attacks and phobias.

What is a panic attack?

Panic attacks are sudden feelings of extreme anxiety or an intense fear without a clear cause or when there is no

danger. While common, panic attacks sometimes occur in otherwise healthy people. They usually only last a few minutes but can last longer. For some, anxiety can worsen quickly during the attack.

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

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

There are three main types of phobic disorders:

- Agoraphobia: fear of being alone or in public places where help might not be available or escape is impossible
- Social Phobia: fear of situations where you might be exposed to criticism by others

- Specific Phobia: fear of specific things

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

Paying attention to Anxiety

Life is full of ups and downs which can cause shifts in your anxiety from time to time. It's important to check in with yourself, finding time each day to take notes or monitor how you are feeling in certain situations.

Documenting these moments of anxiety can help you process and work through those issues, but it can also help you determine a baseline. This can help make it clear when things are going well or if you need to check in with your doctor and develop a plan to address your anxiety.

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

Sudoku Puzzle

Difficulty: Easy

			1	6		9		
		9				5		7
		5	2				4	
7				9				
	6				1	3		8
5		1						3
	8			4			9	5
		3						4

Spring Word Search

S	W	H	G	N	I	M	R	A	W	I
E	A	M	E	T	S	T	F	O	S	R
T	B	U	L	B	D	S	R	K	W	I
I	R	E	M	A	E	G	U	O	I	S
K	M	A	Y	I	E	G	W	N	M	D
Q	L	S	D	R	S	E	K	I	B	P
R	N	O	P	Y	Y	M	J	U	N	E
A	A	W	A	K	E	Q	E	U	N	D
I	E	E	S	W	E	E	T	E	U	B
N	L	R	A	N	E	W	S	B	T	E
Y	C	S	G	I	W	T	H	A	W	E

- Airy

Anew

Awake

Bee

Bikes

Bud

Bulb

Clean

Dart

Eggs

Grow

Hat

Iris

June

Kid

Kites

Lamb

May

Melt
- Nest

Rainy

Romp

Seeds

Sky

Soft

Sower

Stem

Sun

Sweet

Swim

Teem

Thaw

Twigs

Warming

Wet

Wind

Community

Puzzle

Corner

Solutions at
communityleagueneews.com/puzzles



At Londonderry Public Library

Please Note: All EPL locations are closed on Friday, March 29th and 31st.

Sing, Sign, Laugh and Learn (Baby & Toddler):

Sundays | 11:00 AM – 11:45 AM

Mondays | 10:15 AM – 11:00 AM, 1:30 PM – 2:15 PM

Tuesdays | 10:15 AM – 11:00 AM, 1:30 PM – 2:15 PM

Wednesdays | 10:15 AM – 11:00 AM, 2:30 PM – 3:15 PM

Fridays | 10:15 AM – 11:00 AM, 2:30 PM – 3:15 PM

Saturdays | 2:30 PM – 3:15 PM

You and your child from birth to age three are invited to join us for songs,

rhymes, and signs.

Discovery Club (Child - 6-8):

Tuesdays | 4:30 PM – 5:15 PM

Full STEAM ahead! From robot battles to hovercrafts to building your own games, discover all things Science, Technology, Engineering, Art, and Math. You're invited to try new things and create stuff at this class for junior makers.

Note: No class on March 26th.

English Conversation Circle (LACE) (English Language Learners - Adult):

Thursdays | 10:00 AM – 12:00 PM

Drop-in and join others who also want to practice their English. English Conversation Circle is part of Catholic Social

Services' Learning and Community Enrichment (LACE) program.

Reading Buddies (5 Weeks) (Teens and Grades 2-4)

Thursdays | 4:00 PM – 5:00 PM

Reading Buddies is a class that matches teen mentors with kids in Grades 2-4. Through interactive games and activities, buddies share their enthusiasm for reading.

VOCABULARY CLUB: English Conversation Class (English Language Learners - Adult):

Thursdays | 6:30 PM – 7:30 PM (Adult)

Improve your English language skills through conversation and practice.

Note: No class on March 28th

Tech Time (Adult, Senior):

Fridays | 3:00 PM – 4:00 PM

Need some one-on-one tech help? Bring your device (or use one of ours) and come prepared with a tech-related question or challenge you would like to explore with a savvy staff member.

Youth Talk (Teen):

Fridays | 3:30 PM – 5:00 PM

Practice your communication skills and gain familiarity with Canadian society and culture in this conversation-based program designed for newcomer youth.

Baby Laptime (Baby & Toddler):

Fridays | 1:30 PM – 2:00 PM

Enjoy stories, songs, and rhymes in this lapsit program for babies and their caregivers.

One-off Events:

Pop Culture Club: Memes 101

Tuesday, March 12 | 6:00 PM – 7:00 PM

Pop Culture Club is a program series aimed at adults exploring topics that capture the cultural zeitgeist of the time.

Make Tax Time Pay

Wednesday, March 13 and 27 | 3:00 PM - 8:00 PM

e4c Make Tax Time Pay (MTTP) is a FREE tax filing program available to individuals and families the Edmonton area with low to moderate incomes.

Make It: Paper Playground

Monday, March 18 | 3:30 PM – 5:00 PM

Computer Skills: Introduction to Typing and Microsoft Word

Wednesday, March 20 | 1:00 PM – 4:00 PM

This is a class for those who are new

to computers including English language learners and seniors. You will learn typing basics, how to use Microsoft Word documents and basic formatting techniques

Book Clubs of EPL: Ducks (Adult):

Wednesday, March 27 | 7:00 PM – 8:00 PM

Explore books and engage in lively discussions with fellow book lovers.

SPRING BREAK STARTS HERE

Lego Lands - Secret Hideouts (Ages 6-8)

Sunday, March 24th | 2:00 PM – 3:00 PM

Get inspired by stories, create a character, build a getaway vehicle, and then create a secret hideout using LEGO!

Ozobot Mini Grand-Prix (Ages 6-8)

Monday, March 25th | 4:00 PM – 5:00 PM

Let's program tiny robots to move the fastest and travel the farthest on color-coded racetracks designed by you! Can your team win the Great Ozobot Race?

Investigation Station (Ages 9-12)

Tuesday, March 26th | 4:00 PM – 5:00 PM

Something has gone missing and we need your help to solve the mystery. Use your very best investigation skills and mind power to analyze the clues and solve the whodunnit!

Parachute Party (Preschooler)

Wednesday, March 27th | 1:30 PM – 2:30 PM

Parachute games? Yes please! Learn about rhythm and listening skills as we break out the parachute and balls and have a blast!

Undercover Robots (Ages 6-8)

Thursday, March 28th | 2:00 PM – 3:00 PM

Design and create an undercover disguise to bring your robot spy to life. Test your creativity and coding skills to complete your chosen challenge!

Frozen in Time - The Secrets of the Polar Dinosaurs (Ages 9-12)

Saturday, March 30th | 11:00 AM – 12:00 PM

Tim Jeffries is a dinosaur expert from the National Touring Museum. He has certificates in vertebrate paleontological studies from the University of Alberta, Hong Kong and Argentina. He has studied and fossil prepped at the Royal Ontario Museum. His lecture tours on dinosaurs have been seen all over the province of Ontario and now Alberta to rave reviews.

LUSH LAWN CARE

OUR SERVICES

- Aeration & Overseeding**
 - ✓ Breaks up compact soil for a fuller and healthier lawn
- Fertilization & Micronutrients**
 - ✓ Keeps lawn healthy & green, and weeds away so grass can thrive
- Soil Enhancer**
 - ✓ Our signature blend of minerals & vitamins
- Vegetation Control**
 - ✓ Removes grass & weeds from rock beds & pavement cracks

WHY LUSH?

- Local**
 - ✓ Edmonton-based company
 - ✓ Products made for Edmonton soil
 - ✓ Giving back to our community
- Honest**
 - ✓ Experienced & friendly staff
 - ✓ No upselling
 - ✓ No auto-renewing
- Green**
 - ✓ Preserving Canadian lakes with each purchase

CONTACT US:

To book or for more information

www.LushLC.ca
Matt@LushLC.ca
(780) 230-0330

**At McConachie Public Library
Sing, Sign, Laugh and Learn (Baby
& Toddler)**

Sundays | 10:30 AM – 11:15 AM
Mondays | 1:30 AM – 2:15 PM
Fridays | 10:30 AM – 11:15 AM
Sing, Sign, Laugh and Learn is a fantastic opportunity for babies and toddlers to enjoy songs, rhymes, and learn basic sign language in a playful and supportive environment.

Day Home Rhyme Time (Pre-schooler)

Mondays | 10:30 AM – 11:00 AM
Day Home Rhyme Time is a lively and engaging program where toddlers and preschoolers can enjoy rhymes, songs, and stories.

Baby Laptime (Baby & Toddler)

Wednesdays | 10:30 AM – 11:00 AM
Join us for Baby Laptime, a fun and interactive storytime for babies and toddlers.

SPRING BREAK STARTS HERE

Origami Maniacs (Ages 9 to 12)

Monday, March 25th | 3:00 PM – 4:00 PM

Challenge your origami skills and learn some new tips and tricks! All



materials are supplied. Mariela Reinos is a certified origami instructor by Nippon Origami Association (NOA) and a member of origami USA.

Secret Spy School (Ages 6 to 8)

Tuesday, March 26th | 4:00 PM – 5:00 PM

Your mission – should you choose to accept it – is learning what it takes to become a super spy! Practice secret agent skills and become a master of disguise with EPL.

Escape from Terror-Bot Island

(Ages 9 to 12)

Wednesday, March 27th | 4:00 PM – 5:00 PM

Create Dr. Villain's treacherous secret island base and then help the Ozobots save the world by coding their escape!

Parachute Party (Preschooler)

Saturday, March 30th | 11:00 AM – 12:00 PM

Parachute games? Yes please! Learn about rhythm and listening skills as we break out the parachute and balls and have a blast!



**Every 2nd and 4th Wednesday of every month
1100 hrs**

**RCL Kingsway Branch 175
14339 50 St NW
Edmonton Alberta**

Veterans of the Canadian Armed Forces, RCMP and Allied Forces are welcome. You do not need to be a Legion member to attend.

Open to all Veterans. Your local legion is here supporting our area.

Come meet fellow Veterans in a safe, non-judgemental atmosphere of comradeship. There will be free coffee, tea and soft drinks.

For more information contact Louise Abdou at Edm175buddycheckcoffee@hotmail.com or call 780-868-8917

Okinawan Martial Arts at McLeod Hall



Looking for something new? Try Okinawan martial arts, offered at McLeod Hall.

Classes are held every Tuesday; separate karate classes for adults and youth (parents can join the youth class and work with their kids). Kids will learn the fundamentals of classical Goju-ryu karate by applying the four key elements of physical literacy. Karate helps with focus, flexibility, discipline and so much more!

Adult classes rely heavily on function strength training as well training that focuses on the practical aspects of karate train-

ing – awareness, confidence, conflict avoidance and self defence.

We also practice Ryukyu kobudo for those who have experience in martial arts and want something different – or for the new student who wants to expand their martial experience. It's a workout for the mind and body. Students of the McLeod classes are also eligible to attend training nights at all other halls at no extra cost – four nights a week for the price of one! For more information, call/ text 7806193136 or email kaizen.dojo@shaw.ca.

WEISS-JOHNSON

HEATING, AIR CONDITIONING & PLUMBING SERVICES

OUR FAMILY HELPING YOUR FAMILY SINCE 1977 • 780-463-3096 • WEISS-JOHNSON.COM

**GET A NEW FURNACE, AIR CONDITIONER OR
HEAT PUMP FROM DAIKIN!**

**NO PAYMENTS, NO INTEREST
FOR 6 MONTHS!**



**INDUSTRY LEADING
12 YEAR PARTS
LIMITED WARRANTY**




Physio & Massage

Orthopedic and Sports Injuries /
Accident injuries / WCB /
Concussion / Dizziness /
Shockwave / Dry needling /
Acupuncture / Orthotics

 **780 705 5868**

Visit and book online at

 www.trustcarephysio.ca

 **Monday to Friday:**
9 am to 7:30 pm
Saturday:
9 am to 1:30 pm

 14415 Miller Blvd NW, Edmonton  info@trustcarephysio.ca

**Certified Physiotherapists and Massage
Therapists Committed to Excellence**



MOUNTAIN
ADVENTURE SCHOOL

**THIS JOURNEY WILL
CHANGE YOUR LIFE**

- > LAKE AND WHITEWATER CANOEING
- > ROCK CLIMBING AND RAPPELLING
- > BACK COUNTRY BIKING
- > HIKING AND WILDERNESS LIVING
- > RIVER EXPEDITIONS
- > EARN HIGH SCHOOL CREDITS

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
780-455-8344



ANY TASK -
HAPPY TO HELP 

- POWER RAKING
- AERATION
- EDGING
- LAWCARE
- EPOXY COATING
- CONCRETE SEALING

Seniors Starting at \$200 Monthly



Gold Star
LAWN & SNOW LTD.

 780.953.4298

 goldstarlawnandsnow.ca



**Epoxy Flooring
& Coating
Services**

SALE
Pressure washing
LOWEST PRICE

