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| CALENDAR SEPTEMBER 2017 | BACK COVER |

BLOCK PARTY

SEPTEMBER 16, 2017

EVERGREEN

COMMUNITY HALL

11am - 3pm

BOUNCY CASTLE

PETTING ZOO

MORE INFO PAGE 2

(INSIDE COVER

BLOCK PARTY

September 16, 2017
11 am - 3pm

EVERGREEN COMMUNITY CENTRE

PARKING LOT



BOUNCY CASTLE

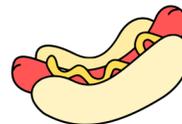


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Pop



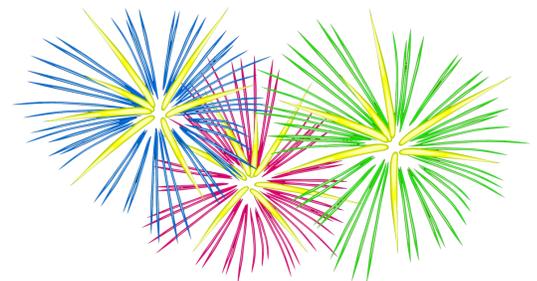
VISIT the Seniors Centre

Craft Sale

Grey Cup Lottery Tickets

(proceeds going towards
purchasing Christmas Hampers)

1/2 Price \$5 New Memberships
(must be 55+)



Weather Permitting

Fireworks by the

Park at 10pm



31 Evergreen Park NW
Edmonton, AB T5Y 4M2
Phone: 780-473-6962
Fax: 780-472-1506
Email: info@eeca.ca
Website: www.eeca.ca

WE NEED YOU!!!

Bingo and Casino events provide the funds to allow Evergreen Community Association non-profits to continue offering programs and events to the residents of Evergreen Community.

If you attend programs or events put on by the Community league, EECA needs you!! Contact Troy: president@eeca.ca or 780-935-9611 to help.



Next EECA Bingo Day

Saturday, September 30, 2017 - AFT - Kensington

*If your children participate in programs or events at the Youth Centre, Al needs YOU!!
Call 780-413-8248 to volunteer to help.*

Consider volunteering to help with this or in any other capacity. No contribution is too small or goes unnoticed!!!



**Our hall is available to rent. Only \$400 for the weekend with bartender
Call GORDON at 780-893-3090, email hallrentals@eeca.ca
or visit www.eeca.ca for more details.**

A Message from Your EECA Board

The 2017 Edmonton Evergreen Community Association AGM held on May 29, 2017 brought forth some changes to your EECA Board. Here is a list of the current Board and their contact information;

| <u>Position</u> | <u>Name</u> | <u>Phone</u> | <u>Email</u> |
|---------------------|-------------------|--------------|-----------------------|
| President | Troy Girard | 780-935-9611 | president@eeca.ca |
| Vice-President | Shirley VanDoorm | 780-475-9582 | vicepresident@eeca.ca |
| Secretary | Sharon Banks | 780-782-7653 | secretary@eeca.ca |
| Treasurer | Al Innes | 780-756-3746 | treasurer@eeca.ca |
| Facilities Director | Gordon Murray | 780-893-3090 | facilities@eeca.ca |
| Membership Director | Jody Draganiuk | 780-717-2839 | memberships@eeca.ca |
| Programs Director | Denise Criss | 587-778-4507 | To Be Determined |
| Civics Chair | Margaret Verhagen | 780-473-6962 | To Be Determined |
| Seniors Liason | Margaret Verhagen | 780-473-6962 | To Be Determined |
| Youth Liason | Alice Hobbins | 780-473-3535 | tafey@shaw.ca |

Thank you to all of the Board Members and Community Association Members who joined us for the AGM.

We wish all of you a Safe and Happy Summer.

Newsletter Advertising Guidelines & Rates

In an effort to ensure that all ads are placed in the newsletters and that they are distributed in a timely manner **ALL** ad's must be received on or before the **15th of each month** for the following months distribution. All ads **MUST** be emailed to **secretary@eeca.com** in **jpeg format**. (If you are **unable to send in Jpeg format please use PDF**). If ads are not received to the above email by the 15th they will not be placed in the newsletter.

Full Page Ad B/W - Ad Size 8 1/2" wide x 11" height \$100

1/2 Page Ad B/W - Ad Size 8 1/2" wide x 5 1/2" height \$50

1/4 Page Ad - Ad Size - 4 1/4" wide x 5 1/2" height \$25

1/2 Page Ad - Inside cover COLOUR Ad- \$62.50

Full Page Ad - Inside cover COLOUR Ad - \$125

Are you looking to renew or obtain your EECA Membership?

There are numerous reasons to renew, or purchase, your membership and support Edmonton Evergreen Community Association like...

- FREE skating on our community rink
- Access to EECA programs and activities for the whole family
- Access to sports programs throughout the City
- Input on community issues, challenges and opportunities
- FREE Swimming at Clareview Recreation Centre on Saturdays from 6-8 pm

Having a strong community league helps promote a safe, healthy neighbourhood, while it increases a sense of community spirit and pride.

For more information:
Email: memberships@eeca.ca
Call: 780-473-6962
Or stop by the office (located at the community hall)
Tuesday mornings 9am-11:30am

Edmonton Evergreen Community Association Membership Fees:

- \$10 – Single Person or Senior
- \$10 – Couple Senior's
- \$15 – Single Parent & Single Child
- \$20 – Family

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You will be provided with a FREE comprehensive Market Evaluation Report, to help you weigh current market conditions against your financial goals and desired timeline.

RECENT ACTIVITY



#11 Evergreen
\$65,000 (1988)
2bed /2 bath 1132 sq ft



#361 Lodgepole
\$99,000 (2001)
4 bed /2 bath 1385sq ft



#124 Evergreen
\$110,000 (2004)
3 bed /2bath 1216sq ft



Recipe Corner



VEG & CHEESE ROLLS



- ◆ 1 tbsp olive or [rapeseed oil](#)
- ◆ 1 large [onion](#), halved and grated
- ◆ 2 [carrots](#), grated
- ◆ 1 [beetroot](#), grated
(wear gloves to avoid pink fingers)
- ◆ 100g mature cheddar, grated
- ◆ small bunch [thyme](#), leaves picked
- ◆ 50g flaked almonds
- ◆ 320g sheet puff pastry
- ◆ 1 [egg](#), beaten
- ◆ salad or baked beans, to serve

1. Heat the oil in a large pan. Add the onion and sizzle for 5 mins, stirring now and then, until softened. Add the carrot and beetroot, season well and cook gently for 5-10 mins, stirring until the veg is soft. Tip into a bowl.

2. Stir the cheese and thyme leaves into the vegetable mixture while it's still warm. Roughly crumble half the almonds in your hands and add these to the bowl too. Chill the mixture for 30 mins or so until cool enough to handle.

3. Unroll the pastry. Cut in half lengthways, then pile the cooled filling down the middle of each strip of pastry. Brush the edges of the pastry with a little beaten egg, then fold the sides over to cover the filling. Turn the rolls over so the pastry seam is tucked underneath and cut each roll into 3, so you have 6. Place on a baking tray lined with baking parchment, brush with a little more egg and sprinkle over the remaining almonds. Chill until ready to cook (or at least 15 mins). Heat oven to 200C/180C fan/gas 6.

4. Bake for 20 mins until golden brown. Serve the rolls warm or cold with salad or baked beans.

www.bbcgoodfood.com/recipes/veg-cheese-rolls

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Recipe Corner - KIDS



- 6 whole Deli Rolls Or Crusty Italian Rolls
- Jarred Marinara Sauce Or Pizza Sauce
- Jarred Or Refrigerated Pesto
- 2 pounds Mozzarella Cheese, Grated
- Grated Parmesan Cheese To Taste
- 2 Tablespoons Butter
- 1 whole Onion, Sliced
- 1/2 pound Sausage (regular Breakfast Sausage Or Italian Sausage)
- Pepperoni Slices
- Canadian Bacon Slices
- Pineapple Chunks, Fresh Or Canned
- Roma Tomatoes, Sliced
- Sliced Black Olives
- Optional Ingredients: Goat Cheese, Sliced Bell Peppers, Various Cheeses, Pepperoncinis, Jalapeno Slices, Diced

FRENCH
BREAD
PIZZA'S



BE
CREATIVE
EXPLORE
DIFFERENT
TOPPINGS

Preheat the oven to 375 degrees.

Slice rolls in half and lay them, cut side up, on a large baking sheet.

Top each half with a generous portion of either marinara or pesto. Next, top with a generous amount of grated mozzarella and Parmesan, if you'd like.

Add whatever toppings you'd like on top of the cheese!

Once all assembled, put the pan in the oven on the lowest rack for 8 to 10 minutes. Crank up the heat to 425 and put it on the highest rack until the cheese starts to bubble a bit and turn golden.

Remove and serve immediately! You can cut the pizzas in half right across the middle so there are mini-French Bread Pizzas for everyone.

www.thepioneerwoman.com/cooking/french-bread-pizzas/

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Garden Club News

Greetings fellow gardeners! The days grow shorter, the weeds grow more slowly, and the fruits and vegetables are ready for harvest. All of our flowers are starting to produce seeds.

Did you know you can save those seeds for next year? As your favorite plants begin to wither, look for their seeds and seedpods forming where flowers used to be. Put the dry seeds in an envelope or container, label them along with height and colour, and store in a dark, cool place for the winter. Next February, when the winter doldrums set in, pull out your seeds and plant some of your favorites (preferably in an east-facing window) to get a jump on the growing season.



Interested in seed foraging? It's a worthy endeavour and a lot of Garden Club members enjoy it. We also get together and swap them in the wintertime. Does this sound fun to you? If it does, you should probably be a member of the Evergreen Garden Club! Call or text Cori at [780-860-3582](tel:780-860-3582) for more information.

Our last meeting was August 21st. Garden Club members were provided supplies and rocks for painting after a member brought in an example. Many unique projects were made and garden stories exchanged over coffee and refreshments.

Our next meeting will be September 18th at 6:30pm at the Community Hall. As of the deadline of this newsletter, the activity has yet to be determined with certainty. Members, listen for your monthly phone call for more details. In the meantime, happy harvesting!

Join the Club, meet new friends, share a few laughs, and go home feeling good.



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- ◆ Replace old/corroded water lines
- ◆ Replace blown out waterlines or leaky waterlines
- ◆ Replace old toilets with new wax seal
- ◆ Install/replace/relocate outside taps
- ◆ Replace heating tape/frozen waterlines
- ◆ Plugged drain lines
- ◆ Rebuild rotten flooring from water damage

ELECTRICAL

- ◆ Change electrical plugs/light switches/GFI
- ◆ Install selected variety of light fixtures
- ◆ Install outdoor plugs

GENERAL

- ◆ Renovations in home/drywall panels, baseboards etc.
- ◆ Additions
- ◆ Fixing or replacing skirting
- ◆ Fixing/patching belly bags
- ◆ Windows & doors (interior/exterior)
- ◆ Painting
- ◆ Garbage removal
- ◆ Move in/out cleanup
- ◆ Installing laminate flooring/small lino jobs
- ◆ Install and repair decks/fences
- ◆ Install and replace deadbolts/door knobs
- ◆ Replace weather stripping
- ◆ Wheelchair ramps

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YOUR AD COULD

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SEE PAGE 4

FOR MORE

INFORMATION

OR EMAIL

eeca@shaw.ca

THINKING ABOUT GETTING A DIVORCE? ANSWER THESE QUESTIONS FIRST.

It's become too easy nowadays for people to give up on their marriage and go through with a divorce. You might be thinking you're headed for one, and that's why you're reading this article, but stop and ask yourself these questions first – you'll see how ready you are to ask for a divorce by the end of it.

1. Have you tried everything to save your marriage?
2. Do you still have emotional business with your significant other?
3. Are you ready legally to go through with a divorce? Have you done your homework, planned and prepped to seek the right legal advice?
4. Are you ready to establish a new style of single parenting?
5. Are you ready to co-parent, and have that relationship with your significant other?

When it comes to divorce, you should turn over every stone in your relationship before you pull the plug on it. More specifically, have you looked into the first two questions as far as you can? Have you gotten help for your marriage?

Ask yourself:

- What was the marriage like when things were smooth sailing?
- How long ago did it become rocky? Why?
- Is what you two are fighting over worth ending your marriage?
- What do you want?
- Is it costing you anything to be in this relationship?
- Do you want to put in the effort to work things out?
- What are you doing that's not making things work right now?

If you can walk away from your partner and not have any anger, frustration or feel hurt, then it's time for a divorce. If you're emotionally upset, don't rush into a rash decision. Sit down and think to yourself:

- Am I still in love with them?
- Am I hurt?
- Am I confused?
- Am I scared?
- Am I upset?

If you answered yes to any of the last set of questions you failed the test. Then perhaps, it's not the time to pull the plug on your marriage and make life changing decisions, there are more stones for you to turn over.



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Vern Schmidt (780) 699-6969
vern@albertahomes.ab.ca

Evergreen Seniors News

Hope everyone had a great summer!

We would like to invite seniors 55 and older to join the Evergreen Seniors Club. Annual Membership is \$10.00, membership renewal is in April each year.

Please come and join us Monday to Friday from 10:00 until noon, the coffee is always hot, have a cookie, chat, and enjoy the company . You can have a game of pool, shuffleboard, and darts with members of varying skill levels.

We play bingo from 7:00 PM to approximately 9:00 PM; the first 3 Wednesdays of every month. The fourth Wednesday is crib night. Should there be a 5th Wednesday in the month it becomes a bingo night.

The first Wednesday of each month we have a short meeting before bingo. The Second Wednesday of each month we have a supper put on by the club.

Suppers are 6:00 PM if held at the Seniors Centre and 5:30 should we go to a nearby restaurant.

Next meeting is September 6 @ 7:00 PM

And the BBQ supper is September 13 @ 6:00 PM.

Seniors Calendar

| | | |
|-----------|------------------------------------|------|
| Sept 6th | Monthly Meeting Bingo to Follow | 7pm |
| Sept 13th | BBQ Supper Bingo to Follow | 6pm |
| Sept 16th | Block Party | 12pm |
| Sept 20th | Bingo | 7pm |
| Sept 27 | Seniors Crib | 7pm |



**Seniors
Craft & Quilt
Thursday's
1-4 p.m.**

**Come and Learn
How to Quilt**

**Stop in during the September 16th
Block Party there will be a Craft
Sale & Much More!**

Coffee & Pool every morning 10 a.m. to Noon (Mon-Fri)

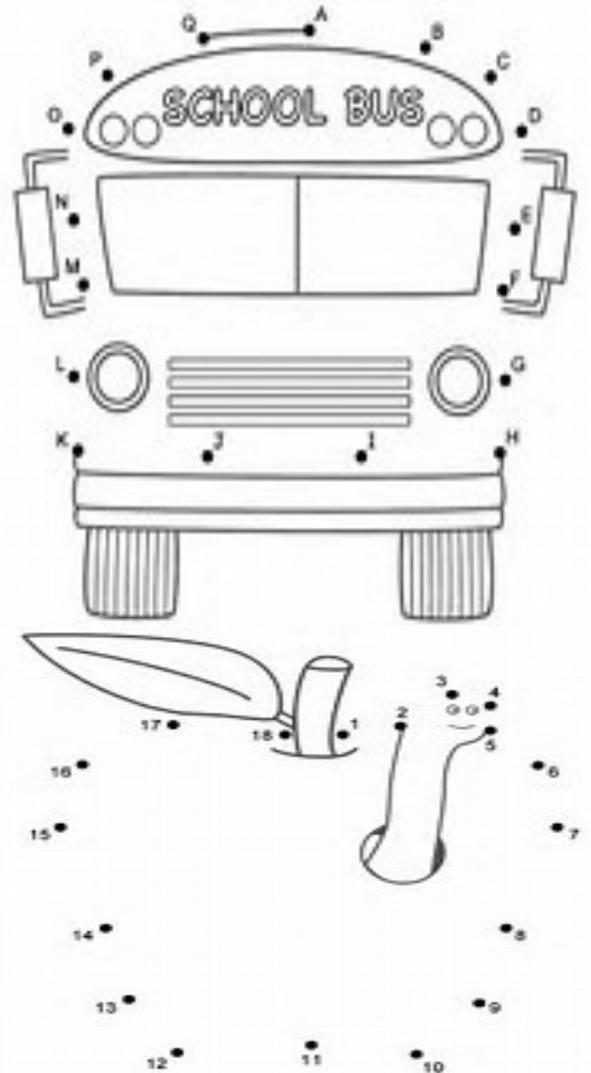
Drop in for a visit!



Kids Corner



COLOURING FUN





Alberta Health Services EMS would like to remind parents and students about some road safety tips, as streets become more congested, with the return of the school year. Pedestrians and motorists both have an important role to play – road safety is a shared responsibility.

Motorists

- Avoid talking on cell phones, texting, or any other behavior that diverts your attention away from driving;
- Give right-of-way to pedestrians who have activated overhead crossing lights, or who are waiting to cross from a street corner;
- Remember, it is illegal to pass vehicles - other than those that are parked - in school zones or playground zones, during posted hours.

Around school buses

- Flashing amber lights mean a bus is slowing down to stop – motorists should do likewise;
- No matter which direction you are coming from, STOP, when approaching a school bus with activated flashing red lights – unless the bus is on the opposite side of a divided highway from you;
- Driver courtesy goes a long way. By simply being alert and cautious when approaching a school bus, you are contributing to school bus safety.

Pedestrians

- Cross only at marked crosswalks, or street corners that have clear visibility from all directions;
- Make eye contact with all drivers before crossing the street, and keep distractions to a minimum;
- When activating overhead crossing lights, pause before stepping off the curb to ensure motorists in both directions have come to a complete stop;
- Stay within the crosswalk lines until fully clear of the roadway;
- Obey pedestrian lights at intersections. Cross the street only when you see the 'walk' sign and only when all cars have come to a complete stop;
- If you are with young children or pets, hold your child's hand firmly and keep a solid grip on leashes when crossing;
- Remember: children learn by observing. By demonstrating safe crossing habits, you can reduce the chances of your child being involved in a preventable auto/pedestrian collision.



Seniors United Now (SUN) is a non-partisan, non-profit Society which provides a forum for discussion and united actions on the needs, concerns and challenges that effect all Alberta seniors. We are the voice of seniors in Alberta.

A SUN membership:

- Facilitates discussion, information sharing and problem solving related to Senior's issues
- Provides contact with Government entities regarding seniors issues
- Connects you to other Alberta seniors groups and organizations
- Offers regular, convenient community-based meetings (usually monthly) with interesting and relevant guest speakers; along with regular newsletters
- Links you with other seniors in your community
- Volunteer opportunities are available

Please contact us for further information:

Website: www.seniorsunitednow.com

Phone: 780-449-1816

E-mail: suncoord@telus.net

Membership:

\$25/year or \$40/year per couple



Evergreen Youth Express



The Association for
Evergreen Youth

**September
2017**

**Saturday, September 16th
11 a.m. – 3 p.m.**

**Youth Centre BBQ
(while supplies last
Full Meal Deal \$5**

(burger or dog; chips; cold drink)



Support Evergreen Youth Centre Programs

Thank you, Evergreen

Since the mid 1990s, John and I have made our home here in Evergreen and I still believe this is one of the greatest neighbourhoods in Edmonton to raise a family. It is city with a small town Alberta feel.

I started at the Youth Centre in the fall of 1996 with Dorothy Unterschultz and that has been my home ever since.

The parents of Evergreen have allowed me the privilege

of interacting with their children ages 5—17 on a daily basis and I couldn't be more appreciative of the honour.

I am confident that you will offer the same respect and encouragement to Laura Scott as she takes over the reins of the operation known as Evergreen Youth Centre. I know she would appreciate your feedback and any programming ideas you may have to help her move the program

forward.

My retirement from The Association for Evergreen Youth is

official as of September 15th and I wish you all the very best now and into the future.

I will miss the kids most of all... Alice



Welcome Back to Regular Programs at EG Youth Centre...

Laura will be hosting EG After School this year every weekday. Monday 3:30—5 p.m.; Tuesday 3:30 to 5:30 p.m.; Wednesday & Friday 3:30 to 6 p.m.; and Thursday 2:30—5:30 pm.

Look forward to a snack, some free play time, crafts, games and FUN!

Laura is open to program suggestions, so give her a call at 780 -413-8248 or contact her on facebook www.facebook.com/evergreenyouth

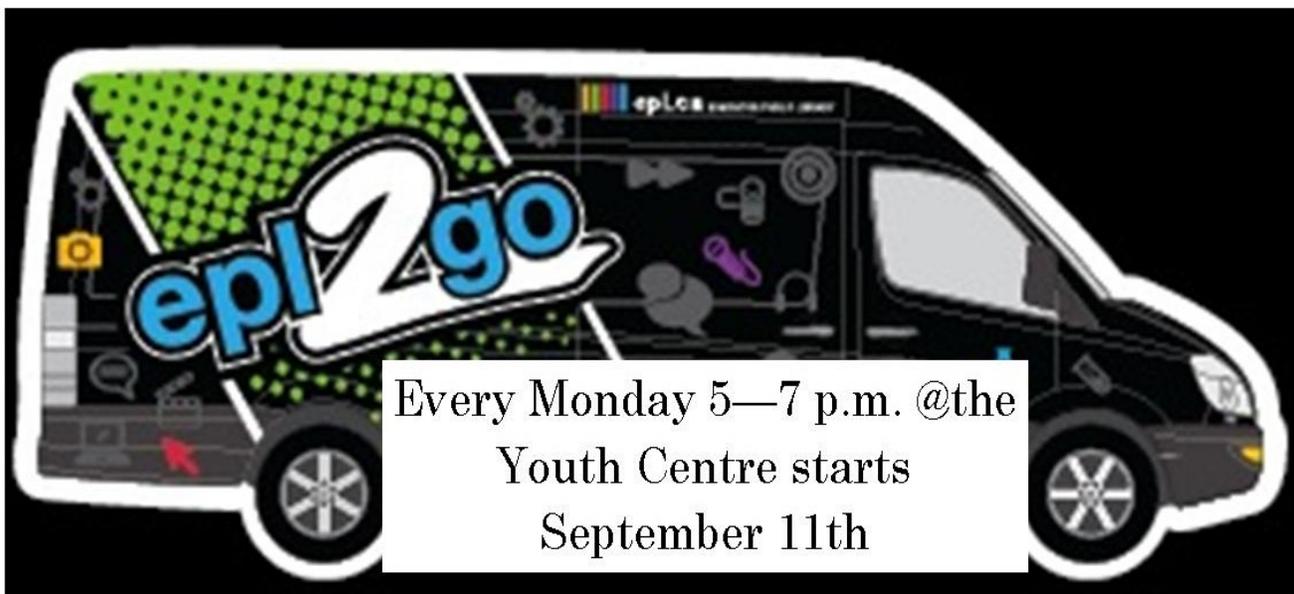
Also returning: Adam and Isaac and the Gentlemen of Evergreen Saturday program for boys from Jr High to High School. Keep an

eye on them on facebook at www.facebook.com/GentlemenOfEvergreen

*Sign up Sept
11—15*

3:30-5:30 pm

*Regular
Programming
starts Sept 18*



Summer 2017

Nearly 20 kids every weekday joined our summer team for a lot of fun. Not a day went by without some Capture the Flag, some Zombie Tag, some Grounders, some Card Games and some exciting Field Trips. Of course we had our traditional weekly swim (for the last one we decided to shake things up a bit and went to Castledowns Spray Park instead).

Unfortunately, Tori had to leave for our last week of program, but Dustin was able to fill in so it was all good.



This was Miranda's 2nd summer with us and we sure hope she can return for summer

2018 as well. We hope to see her around now and again throughout the regular program year.



And of course you saw our Leader of the Pack Laura on site every day...

Field trips, in addition to swimming, included 2 movies (Despicable Me 3 and Emojies) 1 the Valley Zoo and Fort Edmonton Park.

Many thanks to the nearly 70 kids who signed up for at least one event during July and August at the Youth Centre; thank you to the parents who supported us all summer long and thank you to the amazing staff who revived Poop Day for my last summer at the helm.



Dojo Arts - Martial Training



Dojo Arts is now taking registrations for fall programming. We have limited space in some of classes. So register as soon as possible..

Looks like we will be training Sunday afternoons & Tuesday/Thursday evenings.

Register for

- kickboxing. (all ages)
- kobudo. (all ages)
- qi gong. (beginners, adults only)
- karate (9+, applications available at classes)

"like" us on facebook and watch there for updates. www.facebook.com/Dojo-Arts-Martial-Training



The Association for Evergreen Youth

38 Evergreen Park NW
Edmonton, AB T5Y 4M2

Phone: 780-413-8248

Fax: 780-472-9506

E-mail: tafey@shaw.ca



1. Create a sense of belonging.

If the afterschool program isn't run by the school district or a facility nearby, children can get to know different kids than those they see at school. That means they don't have to deal with the same cliques and social issues. If it is run at your child's school or nearby, the program can give your child a chance to connect with familiar kids in a different environment.

There's generally more adult supervision than on the school playground, too. As a result, kids with learning or attention issues are more likely to be included and feel part of the group.

2. Improve social skills.

A good program promotes cooperation, support and respect. This can help kids feel more secure about joining a game or starting a conversation. And if they slip up, a sympathetic staffer should be on hand to remind them to take

turns or stop interrupting.

3. Provide academic support.

Many afterschool programs offer structured [homework help](#). Homework can often cause friction between kids with learning and attention issues and their parents. So getting it done during the program can make everyone's evening more pleasant and relaxing.

Make sure that the aides or other children aren't doing the homework for your child. Some centers don't have teachers or aides who are equipped to handle kids with learning and attention issues.

4. Make learning more fun.

Some afterschool programs offer classes in areas like science or computers. In these sessions, there aren't tests and students may work together in groups. For kids with learning and attention issues, these classes can be stress-free, fun and meaningful. Programs may also offer arts op-

tions like drama and music, which can help kids find new interests.

5. Provide safety and supervision.

Sadly, kids with learning and attention issues are more likely to be victimized or to engage in risky behavior. Research shows that the hours between 3 and 6pm are when kids are most likely to commit crimes, drink or use drugs or become the victims of crime. But keeping kids busy can prevent them from engaging in [risky behavior](#). Studies also show that being in an afterschool program can result in better grades and fewer behavioral problems.

6. Build confidence.

For kids with learning and attention issues, an afterschool program may feel more forgiving than school does. The stakes may not feel as high. As a result, they may be more willing to try new things and take more risks. This, in turn, can lead to higher [self-esteem](#).

Benefits of Afterschool Programs At a Glance

Homework help from an afterschool program can reduce battles at home.

Afterschool programs may improve kids' social skills.

Older kids in afterschool programs are less likely to get involved in risky behavior.

Evergreen Classifieds



To have your ad appear in our newsletter, email to secretary@eeca.ca before 15th of each month. Space is set aside (at no charge) for residents of Evergreen to advertise items they want to sell or give away. Evergreen News is delivered to every home in the park and is mailed to a number of people outside of Evergreen.

Are You Looking for a Full-Time Child Sitter?

As a mother of 2 children, I know how difficult it can be to find a Full-Time sitter.

I offer reasonable rates and I'm open to various hours. Feel free to text or call me anytime to set up a meeting.

Ashley

780-394-5249



Professional Lawn Care

Mow, Trim and all bagged

Call Larry - 780-472-9683

Reasonable Rates!

Our names are Andrew and Elizabeth we are 13 years old and looking to do odd jobs around the park for residents.

We are able to take out garbage, walk dogs, babysit, shovel driveways in the winter.

Contact us at 780-717-2839 (moms cell)

love
WHAT you DO!
I party for a living.
Private message me to see what's new with **Tupperware.**

Call Jody for all your Tupperware needs

780-717-2839

or

Email: jodydraganiuk@gmail.com



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.50 Cents to \$1 EACH

CALL DONNA

780-758-7419





September 2017

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|---|-----|---|--------------------------------------|---|--|
| | | | | | 1  | 2 Member Free Swim Clareview Rec Ctr. 6-8 |
| 3 | 4 EECA Board Meeting 7:15pm | 5 | 6 Seniors Meeting Bingo to Follow 7pm | 7 Seniors Craft & Quilt 1-4pm | 8  | 9 Member Free Swim Clareview Rec Ctr. 6-8 |
| 10 | 11 | 12 | 13 BBQ Supper Bingo to Follow 7pm | 14 Seniors Craft & Quilt 1-4pm | 15  | 16 Community Block Party 11am-3pm |
| 17 | 18 Garden Club Movie Night 6:30pm  | 19 | 20 Seniors Bingo 7pm | 21 Seniors Craft & Quilt 1-4pm | 22  | 23 Member Free Swim Clareview Rec Ctr. 6-8 |
| 24 | 25 | 26 | 27 Seniors Crib 7pm | 28 Seniors Craft & Quilt 1-4pm | 29 | 30 Member Free Swim Clareview Rec Ctr. 6-8 |

Every weekday, from 10am to noon

the Senior's Centre has a pot of coffee on.

Drop in for a visit, stay for a game of pool, and

to meet other Seniors in the Community!