



well hello,
march



WWW.EECA.CA

2020

Evergreen Seniors Annual Easter Basket Draw



**Its that time again for the Evergreen Seniors
Annual Easter Basket Draw!**

Draw Date: 8th April 2020

Tickets: 3 for \$2.00 or 10 for \$5.00

**Tickets are available at the Evergreen Senior
Centre or can be purchased from your
favorite Senior!**

**They will be sold in the store in March and April, so watch for
us!**



EECA 2019-2020
BOARD CONTACT
LIST
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Storage Available

16304 - 6 Street

780-920-6533

Securely fenced and gated

Boats

Tent Trailers

RV's



EECA EVENT DATES

EECA Meeting 9th March at 6:30 pm

Easter Card 10th March at 6:30 pm

Darts every Wednesday 7 pm

Crib every Thursday 7 pm

Ceramics Every Sunday night at 7 pm

Easter Wreath 24th March at 6:30 pm

Family Bingo 21st March at 1:30 pm

Family Dance 27th March at 7:30 pm





CONTACTS

Contact list of

Community League Members
and other important listings

Position	Name	Email	Phone
President	Sharon Banks	president@eeca.ca	780-782-7653
Vice President	Shirley Van Doorn	vicepresident@eeca.ca	780-475-9582
Secretary	Ann Friesen	secretary@eeca.ca	780-250-9870
Treasurer	Al Innes	treasurer@eeca.ca	587-372-8110
Memberships	Jen Semple	memberships@eeca.ca	780-803-9822
Facilities Director	Tony Friesen	facilities@eeca.ca	780-250-9870
Fund Development	Troy Girard	troy_girard@yahoo.ca	780-935-9611
Civics Director	Margaret Verhagen	civics@eeca.ca	204-212-3282
Programs Director	Marin Wilson	programs@eeca.ca	780-263-9725
Seniors Liaison	Al Innes	treasurer@eeca.ca	587-372-8110
Youth Centre Liaison	Alice Hobbins	tafey@shaw.ca	(780) 413-8248
Newsletter Editor	Ann Friesen	secretary@eeca.a	780-250-9870
Resources			211
City of Edmonton			311
Health Link			811
Emergency			911
Parkbridge	Office Enquiries		780-472-9777
Parkbridge	Emergencies		780-472-9777
Edmonton Police	Non-emergencies		780-423-4567
Manning MLA	Heather Sweet	Edmonton.Manning@assembly.ab.ca	780-414-0714
Conservative Rep	Zaid Aboultaif	Zaid.Aboultaif@parl.gc.ca	780-822-1540
City Rep	Aaron Paquette	aaron.paquette@edmonton.ca	780-496-8138



We are still in need of volunteers for Spring Fling, Block Party, and to hold programs! If your interested let us know.

Email Ann @ secretary@eeca.ca



Evergreen Skate Shack

Community League members skate free every day with a family membership costing only \$20 that you can purchase at Skate Shack, the value in free skating alone is obvious. Some skates and helmets are available to borrow. First come, first served! Helmets are required for all skaters under 17 years of age.

Rink is closed if temperature or wind chill colder than -20 degrees or warmer than 0C degrees or other emergency issues arise!

Concession open during official rink hours of operation.

Hours of Operation:

Monday to Friday

Public skating 4:30 pm — 6:00 pm

Shared Ice 6:00 pm — 7:00 pm

Shinny Hockey 7:00 pm - 9:00 pm

Saturdays, Sundays, Holidays and No School Days.

12:00 pm — 4:00 pm Public Skating

4:00 pm — 6:00 pm Shared Ice

6:00 pm — 9:00 pm Shinny Hockey

Any use of the Ice outside these times is strictly at the Users own risk!!

No sticks, pucks or nets will be permitted during Public Skate!

Evergreen Annual General Meeting Coming in May

Just a heads up that our Annual General Meeting will be on the 25th May 2020, so please mark your calendar!

There are several positions coming available so please think about “volunteering”!

EVERGREEN COMMUNITY HALL RENTAL



Become A
Volunteer

For more information:

Email: eeeca@shaw.ca

Call: 780-473-6962

**And leave a message
and a Council member
will returned.**

**PURCHASE A
MEMBERSHIP**

**Our Hall is available to rent for
any occasion.**

Rates:

- ♦ **\$400 for Friday, Saturday or
Sunday with bartender**
- ♦ **\$350 Damage deposit is
required**

**Contact SHARON for full pricing
and more information. She will be
happy to give you more details
and any updated pricing!!**

**You can text or call 780-782-7653
Email: President@eeeca.ca**

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glbhtg@gmail.com
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Playground 2020—Development and Fundraising

Playground Committee Help!!

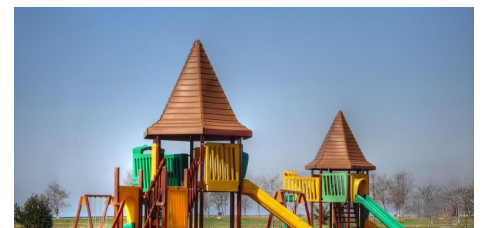
EVERGREEN PLAYGROUND

Evergreen Playground Committee needs “**Volunteers!!**”

As part of the Community League, the playground committee is made up of Volunteers from within our Community and a Board Member. The key job of the committee is to organize the upgrade of the Evergreen Playground, do Fundraisers and oversee construction. The Committee would work on building a better and safe playground for the children of Evergreen to have a place where they can laugh and play outside!

Volunteers representing a variety of background, such as: Seniors, Young Adults (ages 18—30), Business Representatives and any of our Youth.

If you are interested in joining the Playground Committee please contact Margaret at civics@eeca.ca





High Blood Pressure: Using the DASH Diet

Introduction

- The DASH diet focuses on foods that are high in calcium, potassium, and magnesium. These nutrients can lower blood pressure.
- Taking calcium, potassium, and magnesium supplements doesn't have the same effect as eating foods that are high in those nutrients.
- Don't make big changes in your diet all at once. Make small changes, and don't give up. As soon as those changes become habit, add a few more changes.
- You'll have more success if you make a plan that includes long-term and short-term goals as well as ideas for getting past barriers—things that might get in the way of changing your eating habits.

Support from family and friends can go a long way toward helping you find success in changing your habits. Don't be afraid to let family and friends know what you're trying to do. And ask for their help.

Snow Removal Help for Seniors and Persons with Low Mobility

- Is it difficult for you to maintain sidewalks due to age or restraints on your mobility
- Do the winter months make it unsafe and difficult to leave your home
- **Seniors Home Supports Program** gives seniors referrals to vetted service providers (businesses, community groups and individuals) offering these types of services. Seniors are not charged for referrals but they will pay a fee to the service providers by Boyle Street Community Services
- **Hiregood** is a social enterprise owned and operated by Boyle Street Community Services. They Offer on-demand snow removal on sidewalks and driveways. Snow will be cleared within 24 hours after the snowfall ends.

Earn Money by Helping Seniors

- Is your community group looking for ways to raise funds or participate in a service project where you can make an impact in the community
- The Seniors Home Supports Program offers community groups in Edmonton an opportunity to raise funds by providing snow removal and/or yard services to seniors living in the community. By helping seniors with these tasks you'll be giving them peace of mind and helping them stay alive.
- **Services Needed:**
 - ⇒ Snow removal: remove snow and put down anti-slip material to cover icy spots
 - ⇒ Yard Help: mow lawn and do spring/fall clean-up.





Memberships

- ♦ Free Swimming Access @ Clareview Rec Centre,
Saturdays from 6—8 pm
- ♦ Free access to Outdoor Skating Rink, hours posted
- ♦ Canada Day/Fireworks
- ♦ Youth Christmas Party
- ♦ Community Garage Sale
- ♦ Annual Block Party/Spring Fling
- ♦ Family Programs
- ♦ Garden Club
- ♦ Evergreen Seniors
- ♦ Adult Games (Crib & Darts)
- ♦ Ceramics

***some programs charge a small fee, this is to help with costs*

Contact:

Sharon @ 780-782-7653 or president@eeeca.ca

and

Ann @ 780-250-9870 or secretary@eeeca.ca



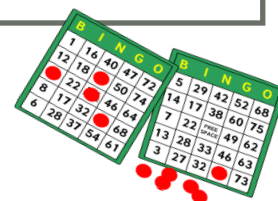


VOLUNTEERS NEEDED! WE NEED YOU!!!

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.

EECA needs you!! Contact Troy: troy_girard@yahoo.ca or 780-935- 9611 to help.

The EECA provides the Evergreen Community with a variety of events throughout the year, if you would like to volunteer for an event or sit on a committee we would love to hear from you. Contact Sharon @ 780-782-7653 or email president@eeca.ca.



EECA 2019 Bingo Dates

Monday, 2nd March 2020, AFT & EVE— Fort Road
Saturday, 7th March 2020, AFT—Kensington Bingo
Sunday, 5th April 2020, AFT—Kensington Bingo
Saturday, 11th April, Eve—Fort Road
Saturday, 2nd May, AFT—Kensington Bingo
Tuesday, 19th May, AFT & EVE— Fort Road

TAFEY 2019 Bingo Dates

Tuesday, 10th March, 2020 — AFT & EVE— Fort Road
Friday, 15th May, 2020—AFT & EVE—Fort Road



As we get more
Bingo dates
throughout the year we will add
them here on this page.

Who do you call?

Police Services - report break-in, vandalism, suspicious behavior

Dial 780-423-4567 or #377 (mobile devices within city limits) for EPS Complaint Line

*If you require the attendance of a police officer at your location, but there is **NOT** a crime in progress or report online.

<https://www.edmontonpolice.ca/ContactEPS/OnlineCrimeReporting>

City of Edmonton Dial 311 for Services or Information such as:

Animal Control: report concerns such as, dogs at large, unlicensed cat or dog, dog biting/attacks or out of control. Excessive barking or defecation.

Edmonton Bylaws allow maximum per residence, 6 cats and 3 dogs over the age of 8 weeks. You must be 18 or older to license a pet. NOTE: **Your landlord may have different rules.**

Nuisance Conditions: untidy, unsightly, offensive and dangerous conditions on private property. Report concerns such as, excessive accumulations of garbage, loose litter, tires and vehicle parts, very long grass or weeds, used building materials and boxes. Buildings in disrepair showing signs of serious damage.

STREET LIGHTS NOT WORKING

Call EPCOR 780-412-4500 Press 2 at the first option menu and press 4 on the second menu

OR

Resolving issues with your Landlord

- Make your complaint, request for service or concern in writing
- Ask for their response in writing (or email)
- Keep a copy of all correspondence so that if your issue is not resolved you can take it further

If you are unable to resolve your issue or you need assistance, call or email the Community Association they will help either by directing you to who can, or bringing to those who can.

REMEMBER: Document everything, this will help if you need assistance from other authorities.

Phone 780-473-6962 or email: civics@eeca.ca



DARTS

On Wednesday evenings from 7:00 pm,
come check us out and have some fun!!



CRIB

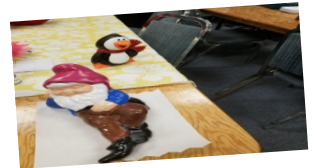
On Thursday evenings weekly at 7 pm at the Evergreen Hall.

Everyone is welcome to drop in and have
some great fun!!

We have snacks and bar is opened!



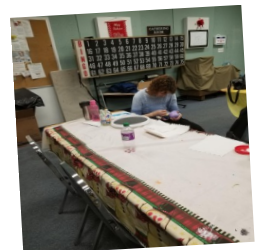
Ceramics



*Sunday evenings at 7:00 pm - 9:00 pm and runs every Sunday
evening at the Evergreen Senior Centre. Everyone is welcome
to drop in and have some great fun!!*

⇒ *Paints and some supplies are supplied.*

⇒ *We do charge 1/2 price for (this is half of what PJ Ceramics charges us) if you stay and paint but if you are purchasing to take home to paint you are charged full price for ceramics.*



Family Night at the Community Hall

Children 13 and under must be accompanied by someone 16 years of age or older.

Tuesday March 10 6:30-8:30pm	We will be making Easter Cards All supplies will be provided Refreshments Served	Pre-registration is not required but is appreciated
Tuesday March 24 6:30-8:30pm	We will be making Easter Wreaths All supplies will be provided Refreshments Served	Pre-registration is not required but is appreciated
Friday March 27 7:30-9:30pm	Family Dance Refreshments Served	Children under 13 must be accompanied by someone 16 years of age or older

*Please call **Marin** @ 780-263-9725 for more information, to pre-register or to volunteer*

Family Bingo

at the Community Hall

Saturday March 21

1:30 – 3:30 pm

Prizes for all children

Bingo cards .25 cents each.

Children 13 and under must be accompanied by someone 16 years of age or older.

*Please call **Marin** @ 780-263-9725 for more information or to volunteer*

Evergreen Seniors News



The Seniors Program of Evergreen extends a
"Welcome to all Seniors 55+".



Come join us anytime during the week days from
9:00 AM until noon for coffee, treat and some
companionship, shuffleboard and a game of pool!! We invite Seniors to come out on
Wednesday evenings from 7:00 PM to 9:00 PM for a game of Bingo or Crib and
have an enjoyable evening of fun!! Check calendar for these scheduled evenings!
Our Annual Monthly meeting on **Wednesday, 4th March 2020.**

Thank you to those that brought the delicious dishes to the Potluck! We truly enjoyed!

The Dinner scheduled for members only, will be held where stated:

- ♦ On Wednesday, 11th March we will be having a St Patrick's Day Meal at 6 pm before Bingo
- ♦ On Wednesday, 8th April we will be having a Easter Potluck!

Please check the bulletin board to sign up for each of these Events. For meal please rsvp by 8th March and let us know if you will be at dinner!

The Ceramics program is on Sunday evenings from 7:00 pm to 9:00 pm . All are welcomed!!

We will be collecting for the "Easter Basket" during March and tickets will be on sale soon!

Seniors Calendar:

4th March

General Meeting & Bingo
7:00 PM

11th March

St Paddies Dinner 6:00 pm

Bingo
7:00 PM

17th March -



18th March

Bingo 7:00 PM

25th March

Crib 7:00 PM

Seniors next General meeting will be on
Wednesday, 4th March @ 7:00 PM.

All Seniors members welcome!

Seniors Financial Assistance

Eligible seniors can access a variety of financial and health support programs.

SHARP Grant

Seniors Home Adaptation and Repair Program (SHARP) grants may be available to eligible senior homeowners with low income who do not qualify for a SHARP loan to help with certain home repairs. You must submit a completed SHARP to be considered for a grant.

Address:

Seniors Home Adaptation and Repair Program (SHARP)

PO Box 1050 STN Main, Edmonton AB T5J 2M1

Special Needs Assistance for Seniors

Seniors with low-income can get financial assistance to help afford the cost of appliances and specific health and personal supports.

In general, a single senior with a total annual income of \$28,150 or less, or a senior couple with a total combined annual income of \$45,720 or less, may be eligible to receive assistance.

Address:

Special Needs Assistance for Seniors
PO Box 3100
Edmonton AB T5J 4W3

Alberta Seniors Benefit

Seniors with low-income can get financial assistance to help with monthly living expenses. In general, a single senior with an annual income of \$28,150 or less, and senior couples with a combined income of \$45,720 or less, may be eligible for a benefit. These income levels are guidelines only, and are for seniors whose incomes includes full Old Age Security pension.

Address:

Alberta Seniors and Housing
Seniors Financial Assistance
PO Box 3100
Edmonton, AB T5J 4W3

Dental and Optical Assistance for Seniors

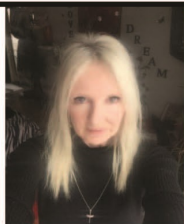
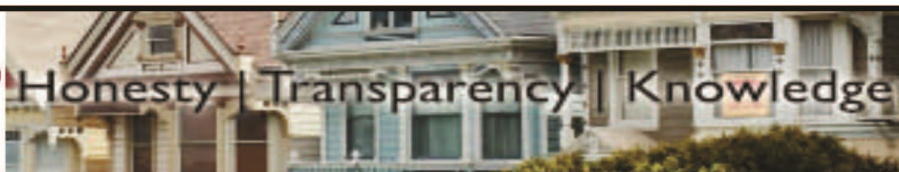
Eligible seniors can get help covering the cost of basic dental and optical services. Eligible seniors are covered for select dental services up to a maximum of \$5,000 every 5 years. Eligible seniors are covered for select optical services up to \$230 every 3 years.

To connect with the Alberta Supports Centre:

Hours: 7:30 pm to 8:00 pm (open Monday to Friday, closed on Statutory holidays)

Toll Free #: 1-877-644-9992

Fax: 780-422-5954



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LISTINGS

PENDING



#580 Evergreen Street
\$138,900 (Reno effective
year 2018)
4 bed /2 bath 1500+ sq ft



#655 Larch Drive
\$69,900 (2002)
3 bed /2 bath 1216 sq ft



#194 Cedar Drive
\$68,000 (2002)
3 bed/2 bath 1216 sq ft



#264 Juniper Way
\$69,900 (2007)
3 bed /2 bath 1103 sq ft

NEW LISTING

SOLD

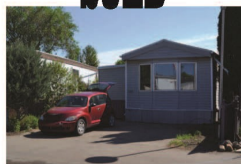


#646 Spruce Drive
\$71,900 (2004)
3 bed /2 bath 1216 sq ft



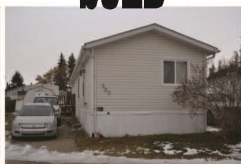
**WHERE
REAL ESTATE
HAPPENS™**

SOLD



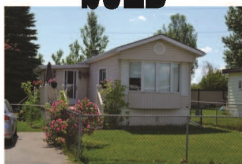
#539 Evergreen Street
\$45,900 (1987)
3 bed/1 bath 1081 sq ft

SOLD



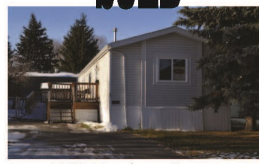
#500 Ravine Road
\$49,900 (2002)
3 bed /2 bath 1216 sf

SOLD



#4 Evergreen Avenue
\$55,500 (1973)
2 bed /1 bath 934 sq ft

SOLD



#385 Juniper Street
\$59,900 (1998)
3 bed/2 bath 1216 sq ft

SOLD



#485 Cedar Drive
\$59,900 (1987)
3 bed /1 bath 1120 sq ft

*Not intended to solicit properties already listed for sale or buyers under contract.

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We want to hear from you!

As many of you are aware we hold various events throughout the year in the Community. We want to hear from the residents any ideas for events what do you want to see at these events? What can we do to create more participation from you our residents?

You can email, text or call:

Sharon 780-782-7653

Marin 780-263-9725

Email: eeeca@shaw.ca

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Garden Club News

It was election time at the Evergreen Garden Club. Linda Zdebliak officially became President after filling the position in the past months; Secretary is Karen Shykowski and Newsletter is Barbara Carlson. Positions for election in alternate years are: Gloria Krawchuk, Treasurer. Vice-President, Tammy Beach.

If you have questions regarding the Gardening Club, please contact any of the above. Meetings are held the third Monday of the month at 6:30 pm at the Community Hall.

A "Thank you" was extended to former Secretary for many years, Sherry Mierau and Newsletter Correspondent, Cori Ramsey.

Evergreen Garden Club 20th Anniversary Party

11th July 2020 from 1:00 pm to 4:00 pm

At Evergreen Hall

Plans for the 20th anniversary of the Garden was held. This will be at the Community Hall July 11th, 2020 so mark your calendars. Parkbridge has given us a space at the Park entrance to place a commemorative plaque and plant trees. A contest will be held for the design of the plaque. We are looking for all past member's of the Garden Club. Please call Linda @ 780-474-8211, Tammy @ 780-244-5830 or Mary@780-406-5710. We are in need of addresses or phone numbers so that we may send invitations for our celebration. Please call ASAP!!



Older lady looking for babysitting job
here in the park.

During day is best, have a lot of grand
children so lots of experience with little
ones.

Please call Francis Bertrand 780-244-
5830



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.ca 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 \$50

1/2 Page Ad B/W - Ad Size 8 1/2" wide x 5 1/2" height \$25

1/4 Page Ad - Ad Size - 4 1/4" wide x 5 1/2" height \$15

Classified Ad's - Rear Inside Business Card Size or smaller Free for Residents

You can find your newsletter in the Senior Centre, Store, RR Automotive and Park Office! We are now delivering door to door!!

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- TIRE REPAIRS & SALES
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30
Years!
In Business



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**With spring just around the corner it is a great time
to list. We need listings so please call soon!**



Just Sold
53 Evergreen



NEW 3 bed 2 bath
#287 Evergreen

\$109,900



Recently Sold
64 Evergreen

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www.albertahomes.ab.ca

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HOME SALES**



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 or to advertise their services. Space is limited and is based on first come first served.

LOCAL HANDYMAN LOCATED in EVERGREEN

- Frozen pipes



- plumbing issues

- drainage



Can repair other issues as well

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quote AT 780-902-9689**

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Services offered:

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- ♦ Grocery shopping or Pick-up of Groceries and/or other Goods
- ♦ Light cleaning duties
- ♦ Meal Preparation/Cooking
- ♦ Co-ordinate Outings and Activities (upon request)
- ♦ Tax and Bookkeeping Services
- ♦ Planting and Maintaining Flower Beds (upon request)
- ♦ House-sitting
- ♦ Laundry Services

I have previously worked in Home Care for a number of years.

Contact Linda Z. at 780-474-8211 or

Cell 780-719-5793

Are you in
need of your
Sidewalks,
Driveway or
Deck being
cleared of
snow?



Call Larry -
780-472-9683

Evergreen Classifieds Cont'd

Dayhome Services

My name is Myranda, I am a stay at home mom and wife. I have been babysitting for 14 years

I provide:

- ♦ Fun safe caring environment
- ♦ Provide lunches and snacks
- ♦ Provide receipts
- ♦ Have lots of toys, activities and crafts
- ♦ Take children to play outside and to parks, etc
- ♦ Open Monday to Friday, 6 am to 6 pm

I am looking for spots to fill

Contact Myranda Draganiuk

Cell 825-993-4205

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- Home Walkthrough and adjustments
- Heat tracing Repair and inspection
- Belly Inspection
- Drainage Inspection
- Freeze Prevention
- Energy Efficiency



TAX TIME IS HERE!

*Deadline for Tax Returns to
be completed and mailed is by 30th
April 2020*

*We help with your individual or small
business taxes to be prepared!*

(No corporations) Reasonable Rates!

Call Linda @ 780-474-8211

*Please leave a message and will return
your call!*



ELECTRICIAN

\$40/hour in the park

Call/text Cori @ (780) 860-3582

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furnace or air conditioner*










FOR MORE INFORMATION CALL FRIESENS: 780-486-2787 OR EMAIL: info@friesens.ca



MARCH

2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4 Snr Mtg & Bingo @ 7 pm Darts 7 pm	5 Crib 7 pm	6 	7 Member Free Swim Clareview Rec Ctr. 6-8
8 Ceramics at 7 pm Daylight Saving Time begins	9 EECA Board Meeting 6:30 pm	10 Easter Card Making 6:30—8:30 pm	11 Senior Bingo/St Paddies Dinner 6 pm Darts 7 pm	12 Crib—7 pm	13 	14 Member Free Swim Clareview Rec Ctr. 6-8
15 Ceramics at 7 pm	16 Garden Club 6:30pm 	17 	18 Seniors Bingo 7 pm Darts 7 pm	19 Crib—7 pm	20 	21 Family Bingo 1:30—3:30 pm Member Free Swim Clareview Rec Ctr. 6-8
22 Ceramics 7 pm	23 SPRING —	24 Easter Wreath 6:30—8:30 pm —	25 Seniors Crib 7 pm Darts 7 pm —	26 Crib—7 pm BREAK	27 Family Dance 7:30—9:30 pm 	28 Member Free Swim Clareview Rec Ctr. 6-8
29 Ceramics 7 pm	30 Back To School 	31				

Every weekday morning from **9 am to noon** the Seniors has a pot of fresh coffee on. Drop in for a visit, stay for a game of pool and meet other Seniors in the