

ZUMBA



**Come join the party and
dance yourself into shape!**

*It is a Latin, calorie burning,
dance and fitness program.
Come and join in the party to
fitness and health.*

**Mondays
January 23rd - April 16th**

No class on Family Day

6:00-7:00 pm

\$9 drop-in fee.

\$50 for 8 classes (for members)

For more information, contact
Cynthia at 780 720 4409

Stay in touch...

<http://www.avonmore.org>

*Check out our website and see
what is happening in*

Avonmore
COMMUNITY

Avonmore
COMMUNITY

News



January/February 2012

Happy New Year!

Just wanted to let you know about the free, drop-in programs offered at the Idylwylde Library this month.

A new program this month is our Club de lecture, a French book club for adults, which will start on Monday, January 30 at 7 p.m. Everyone is welcome to join our discussion and hopefully discover some new books to read.

Our ongoing programs include:

- Baby Laptime - Tuesdays at 2 & 7 p.m.
- Sing, Sign, Laugh, & Learn - Wednesdays at 2 & 7 p.m.
- Rhymes that Bind - Thursdays at 10:30 a.m.,
Starting January 19
- Family Storytime - Fridays at 10:30 a.m.
- Book clubs for adults, teens, and tweens (Book Punks) – various days and times
- Story Stops (short storytimes for all ages) – Saturdays and Sundays at 2 p.m.

Please see <http://www.epl.ca/programs-and-events/programs-calendar?locid=idylwylde> more information about these programs, or feel free to email or phone me for more info.

We also offer one-on-one computer or eBook tutorials. Please call Mike at [780-496-1808](tel:780-496-1808) to book a time.

Hope to see you soon!



WENDY GRONNESTAD-DAMUR
COMMUNITY LIBRARIAN
IDYLWYLDE BRANCH
8310-88 AVE
EDMONTON, ALBERTA, CANADA T6C 1L1
T: [780.496.1808](tel:780-496-1808) F: [780.496.7092](tel:780-496-7092)
wgronnestad-damur@epl.ca



Spread the words

“Learning the Basics” Art Classes

With
Sandee Smith Armstrong



Sundays

Jan 29th – Mar 11th

(No class Feb 19th and 26th)

7:00-9:00

Adult classes

Avonmore Community Hall
7902 – 73 Avenue

“Creating an Abstract Picture”

Class 1 and 2
(a small canvas is needed)

Introduction to abstract art and a
“hands on” opportunity to try
out different techniques such as
encaustics to see their effect.

Classes 3, 4 and 5
(canvas size of your choosing)

You will plan, work on and
completing our own Abstract
painting.

Cost: \$50 community league
members;
\$65 for non league members.

Drop in cost is \$15.00

To register:
Call Faye (780) 465-6086

Yoga for rest and Relaxation

Yoga

Avonmore Hall
7902 – 73 Avenue

January 10th to April 3rd

Tuesdays

6:30 – 8:00 p.m.

Instructor – Georgie Pesaruk



Learn relaxation, meditation, powerful breathing techniques while you exercise.

Hatha Yoga

Avonmore Hall
7902 – 73 Avenue

January 11th to April 4th

Wednesdays

6:30 to 8:00 p.m.

Instructor Tori Lunden



Session of 13 Classes

- \$ 100.00 for members of an Edmonton community league.
- \$ 115 for non-members

Drop in

- \$ 10.00 per class for members and non-members.

For more information call or e-mail Anita at lunden@telusplanet.net or 780 462-4439

MILL CREEK ADVENTURE WALK

January 27 & 28, 2012
Friday and Saturday 7-11pm
Mill Creek Park

a mysterious journey through a snowy winter wonderland

<http://www.winterlight.ca/joomla>

A Brand New Story
Adventure.....

Set in the snowy beauty of the Mill Creek Ravine Park, the light-filled paths are animated by featured creatures of the Creek: The Magpies, Ravens, Beavers and Skunks.

There is a drama afoot; news of creek Developments have got the animals in a tizzy and on the lookout for Aurora's Light.

Lantern making, fire watching, path walking, and a trip to the snowy fun of Aurora's Winter Meadow are all part of this exciting outdoor winter evening with friends and family.

Mill Creek Adventure Walk is FREE and suitable for all ages.



I want you to be concerned about your next door neighbor. Do you know your next door neighbor?

-Mother Teresa-

Outdoor Soccer Registration

Sat, Feb 18 - 9:30 - 12:30
Thurs, Feb 23 - 6:30 - 8:30

Avonmore Community Hall
7902 – 73 Avenue

We require three cheques, Alberta healthcare card, birth certificate and community membership (also sold at registration).

SE Basketball Spring League Registration



Please visit website for more information
www.southeastbasketball.com

Hall Rental

Anyone interested in renting the Avonmore Community Hall please contact Tanya @ (780) 637-5640

Discount to Community Members!

Parents & Tots Program

Parents of new babies and toddlers are invited every **Monday** to come to the **Community League Hall** between 9:30 am - 11:30 am to meet and chat, while the little ones play.



For more information, please contact Tami 780 465-9996

Avonmore Community League Crib Tournament

Sat, January 28th, 2012



Doors open: 6:00p.m.
Games start 7:00p.m. Sharp

\$20.00 per team or \$10.00 per person, individuals welcome

Late lunch provided

**Avonmore Hall
7902 – 73 Avenue**

To register please call
Louise at 469-7765 or
Faye at 465-6086

PLAYGROUND NEWS

Avonmore Playground Fundraising:

Thank you to all who have donated or mentioned you would consider donating, and took our “Donate to Play” donation form.

The “**Donate to Play**” fundraising campaign enables the Avonmore Park Committee to apply for a dollar matching Community Spirit grant. This means that a \$50 donation doubles in value to \$100! If you are considering donating, please do not delay – every dollar raised through the “Donate to Play” campaign will count towards this strategic grant!

If we are unable to talk to you directly, you can always send a donation cheque payable to the City of Edmonton to:

The City of Edmonton
Attn: Susan Dack
Millcreek Site
221 Bonnie Doon Shopping Centre
P.O. Box 2359
Edmonton, AB T5J 2R7



Please include Project #PP10-0145 on the cheque. All donations over \$25 will receive a tax receipt from the City of Edmonton.

For more information about donations, please contact Susan Dack, our Community Recreation Coordinator (780-496-1470) or email at susan.dack@edmonton.ca.

Bottle Drop Avonmore is joining with our community partner, Roper Road Bottle Depot (5618 - 54 Street) to raise funds for our playground. When you return your bottles/cans to this location, please consider donating all or a portion of your return to our playground project!

Please tell them these bottles are for Avonmore Playground Fundraising & Roper Bottle Depot will keep track of these donations for us. Thank-you for your support!

The Avonmore Playground Committee is also looking for more volunteers to help with their committee. If you are interested in helping out the committee in anyway, please contact Susan Dack, our Community Recreation Coordinator (780-496-1470) or email at susan.dack@edmonton.ca.

CITY OF EDMONTON'S

SNOW AND ICE CONTROL PROGRAM

Transportation and Streets Department makes sand available to residents for icy sidewalks.

Avonmore Community league has a sandbox by the community hall at the East end of the ice rink.

The sandbox will be filled throughout the winter season as required.

Avonmore Playschool

Children 3-4yrs
Upstairs of Rink Building at
Avonmore Community Hall
(7902-73 Ave)

We offer a small class size in a wonderful Parent Cooperative Playschool, which operates Monday, Wednesday and Friday mornings, 9:00am-11:15am from September till June.

It is an exciting “learning through play” program with playground access for three and four year olds.

For further information or to register they can leave a message at 465-1941



Community
League
Memberships

Contact Anita at
lunden@telusplanet.net or at 780
462-4439 (evenings) for
information on purchasing a
membership.

Family - \$25.00
Single - \$15
Senior (single or couple) \$10

The current membership year ends on
September 1, 2012 so purchase a
membership now for more benefits!

Avonmore
Outdoor Rink

Weekdays 6-9pm
Weekends 12-9 pm

Community members skate
free

Non-Members - \$2.00 ea

**(Skate tags must be worn
and are available with all
community memberships)**

Volunteers are welcome!

Contact Fred at 780 461 0586

FARLEY MCKENZIE
Family Fun Day



Monday, February 20th, 2010

12 noon to 4:00pm

Avonmore Community Hall

7902 - 73 Avenue

*Free Sleigh rides, snowshoeing, crafts, skating,
bon fire, hot food and drinks*

Fun and socializing for the entire family!



Avonmore Community has some important positions vacant. We need some good neighbors to step up, and dedicate some time, skill and energy to keeping our community a safe, interactive and vibrant community.

The following positions are vacant:

- Civics
- Memberships
- Fundraising
- Programs
- Socials

If you are interested please contact Joanna at 780 465 0783.



As you read through the newsletter keep in mind that the events and activities offered are being organized and sponsored by volunteers of the Avonmore community.

These volunteers are good neighbors, offering their time, energy and skills to transform houses into a community. They present and support opportunities for people in the community to improve their lives through communications, events, activities and opportunities.

As a volunteer contributes they also gain skills, self esteem and improve their own lives.

**Happy
Valentine's
Day**
♥♥♥