



RIDGEWOOD COMMUNITY LEAGUE

Bisset Minchau Weinlos 3705 Mill Woods Road East T6L 5X2

Office: 780-450-6338 Rink: 780-461-0242 Email: ridgecl@telus.net Website: http://www.ridgewoodcl.org

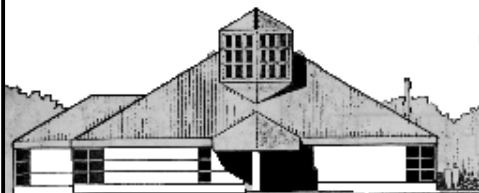
Community Hall hours:

Monday, Wednesday and Friday
 9:00 - 11:30 am and 1:00 - 3:00 pm
CLOSED Tuesday, Thursday,
Weekends and Statutory Holidays.

Call Susie @ 780-450-6338
 for appointment to view the hall
 email address: ridgecl@telus.net

Ridgewood Community League Directors and Representatives

President	Canute Cupid	780-462-5133
Vice President	John Mitchell	780-777-1114
Secretary	John Mitchell	780-777-1114
Treasurer	Justine Candelora	780-990-8941
Facility	Ken Herbert	780-461-5573
Grants	Ken Herbert	780-461-5573
Gaming	Jeanni Oltmann	780-461-6128
Social	Lori Kunert	780-450-6338
Publicity	Luis Jepas	780-297-3031
Memberships	Luis Jepas	780-297-3031
Sports	Canute Cupid	780-462-5133
Director at Lg	Linda Hogstead	780-462-6819
Director at Lg	Mike Fedyna	780-450-0098
Soccer Rep	Canute Cupid	780-462-5133



Our Community Schools

Mary Hanley Catholic - Elementary
 Minchau - Elementary
 Weinlos - Elementary
 Bisset - Elementary

2009/2010 MEMBERSHIP

Member's Name: _____

Member's Name: _____

Address: _____

P/C: _____ Phone: _____

Email _____

Children's Names: Y/M/D Sex

Membership Cost: \$25.00
 Send Cheque to:
 Ridgewood Community League
 3705 Mill Woods Rd. East T6L 5X2



ACTIVITIES IN THE WORKS:

Ridgewood's Curling Funspiel will be taking place in late March. Time and location will be revealed in the next newsletter. Stay tuned!

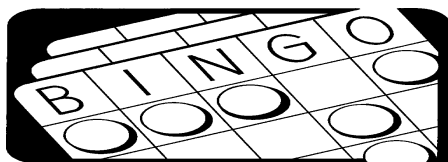
Ridgewood's Annual Slopitch Event is scheduled to take place on June 18th and 19th. Details to follow.

STAY TUNED FOR UPCOMING SCHEDULE CHANGES FOR PUBLIC SWIM AT THE MILL WOODS RECREATION CENTRE!!



The Ridgewood skating rink is now open!
 We're still looking for a Rink Supervisor for Saturday evenings.

If you can help out please contact Ken: 780-461-5573



Ridgewood would like to thank all members who volunteered for the bingos in December.

Susie, William, & Tyler Gajda, John Mitchell, Crystal Stark, Pat Aucoin, Gayle Wall, Candy Hamilton, Ashima Sharma, Lori Kunert and Debbie Greenwood,

UPCOMING BINGOS

- Sun - Feb 14/10 - Evening
- Sat - Mar 06/10 - Afternoon
- Fri - Mar 19/10 - Evening & Late Night
- Tue - Mar 30/10 - Evening
- Mon - Apr 12/10 - Evening
- Sat - Apr 24/10 - Evening & Late Night
- Sat - May 08/10 - Afternoon
- Sat - May 19/10 - Evening
- Tue - Jun 01/10 - Evening
- Sun - Jun 13/10 - Afternoon
- Sat - Jun 26/10 - Evening & Late Night
- Thur - July 08/10 - Evening
- Wed - July 21/10 Evening

For more information and/or to volunteer call Jeanni at 780-461-6128.

COMMUNITY HALL PROGRAMS

"Dance to Fitness" with Dance Moves

All ages, all abilities and no partners necessary. Learn JAZZ, FUNK, HIPHOP, LATIN, SWING & LINE DANCE routines for a complete body workout including warm up, strength and endurance, upper body, cardio, cool down, stretching, relaxation and meditation.

Mon & Wed 7:30 pm or Tues & Thur 7:00 pm

10 weeks - starts January 11 & 12, 2010

Phone: 780-434-4FUN (4386)

dancemoves@telus.net

www.dancemoves.ca

Ask about our other specials and the

NEW Gentle Dance Moves Program

lighter choreography, lighter workout.



SURVIVOR BOOTCAMP We Kick Butt (Yours)

Monday/Wednesday/Friday 6:00 am - 7:00am
 Tuesday and Thursday 5:45 pm - 6:45 pm

Contact: Dione Chambers

phone: 780-701-3558 ext. 9797
 e-mail: dione@survivorbootcamp.com
 website: survivorbootcamp.com

SHAPE UP FAST

SYNERGISE is a unique core exercise program that uses deep muscle exercises, resistance bands and stretches to tighten your body and let you develop your best muscle tone ever.

SYNERGISE will help you lose inches fast and that's only the beginning...

SYNERGISE® Your Body

- ✓ Great for knee & back problems
- ✓ Increases bone density
- ✓ Excellent stress release

To Register Call Dennice

920-3553

10 classes per session. First session \$90. Additional sessions \$80.

Ridgewood Community Hall
 3705 Millwoods Road E
 Monday & Wednesday - 6:00 to 7:00 pm

Start Dates: January 4th
 February 8th