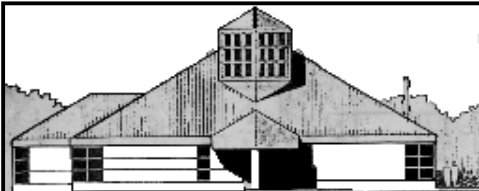




RIDGEWOOD COMMUNITY LEAGUE

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

Ridgewood Community League Directors And Community 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	780-450-2072
Membership	Luis Jepas	780-450-2072
Sports	Canute Cupid	780-462-5133
Director at Large	Linda Hogstead	780-462-6819
Director at Large	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
- Kate Chegwin - Junior High

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



Wishing you and yours the best in the New Year!



Skating season is soon approaching!
We're still looking for Rink Supervisors for this season
If you're willing to volunteer your time,
Please contact Ken: 780-461-5573



MOVIE TICKETS!!!

for Cineplex Odeon, Galaxy Cinema and Famous Players
are available for Ridgewood Community League members
for \$9.00 per adult ticket

Children's Combo Packs are also available for \$11!



Ridgewood would like to thank all
members who volunteered for the bingos
in November and December, 2009.

Thanks for all your hard work during the year!

Susie, William, & Tyler Gajda, John Mitchell, Jeanni
Oltmann, Amanda Forster, Crystal Stark, Pat Aucoin, Gayle
Wall,

Ashima Sharma and Jaswinder Mann

UPCOMING BINGOS

Fri - Jan 15/10 - Evening and Late Night

Sat - Jan 30/10 - Evening and Late Night

Sun - Feb 14/10 - Evening

Sat - Mar 06/10 - Afternoon

Fri - Mar 19/10 - Evening and Late Night

Tue - Mar 30/10 - Evening

Mon - Apr 12/10 - Evening

Sat - Apr 24/10 - Evening and Late Night

Sat - May 08/10 - Afternoon

Sat - May 19/10 - Evening

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

"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.

New Program!

Survivor Bootcamp

We Kick Butt (yours)



Monday/Wednesday/Friday 6:00 am - 7:00 am
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