



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
- Kate Chegwin - Junior High

2010/2011

RIDGEWOOD 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**



COMING ACTIVITIES:

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

For team fee & registration info call Susie @ 780-450-6338



MOVIE TICKETS!!!

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!

Community Garage Sale

Saturday June 5, 2010
9 AM to 2 PM

Millwoods Church
4415 - 36 Avenue
To rent a table for \$10
contact Keith
780-437-7233

e-mail: bienert@telus.net



Ridgewood would like to thank all members who volunteered for the bingos in March and April 2010.

John Mitchell, Susie Gajda, Jeanni Oltmann, George & Lisa Haycock, Pat Aucoin, Ken Herbert, Deanna Gagnon, Lori Kunert, Margaret Wilczynski, Crystal Stark, Ashima Sharma, Cathy Station, & Ali Hathaway

UPCOMING BINGOS

Sat - May 08/10 - Afternoon

Wed - 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

Sun - Aug 01/10 - Evening

Sun - Aug 15/10 - Afternoon

Fri - Aug 27/10 - Evening & Late Night

Thur - Sept 09/10 - Evening

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

Annual General Meeting!!

**June 6th at the
Ridgewood Community Hall
19:00**

Positions available for election:

- Vice President**
- Treasurer**
- Membership Director**
- Social Director**
- Sports Director**

Come out and support your community!

COMMUNITY 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 - 10 weeks/20 classes

Starts April 7, 2010

Tue & Thur 7:00 pm - 10 weeks/20 classes

Starts April 8, 2010

Register and pay by April 1, 2010 and SAVE \$\$\$

www.dancemoves.ca

Ask about our other specials and the

NEW Gentle Dance Moves Program

lighter choreography, lighter workout.

Comming Soon.....

"No More Excuses" Boot Camp
Starting on Tuesday July 05, 2010

@

Ridgewood Community Hall

Monday to Friday

Time: 8:00 am - 9:00 am

For all fitness levels

For more information or to register, call

Cheryl @ 780-722-6340

SHAPE UP FAST

SYNERGISE is a unique core exercise program that uses deep muscle exercise, 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 \$10. Additional sessions \$10.

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

Start Dates: March 15th
April 19th
May 26th