

VOL. 9 | FEBRUARY 2022

IN THE LOOP



La Perle Community Newsletter



Open for Business

We're excited to announce that we are once again open for bookings. But we need to take a cautious approach to maintain the health and safety of our staff and visitors.

If you're interested in making a reservation, visit our website laperle-community.ca/hall-rental to fill out a Hall Rental Inquiry form, or email Facilities Manager Cathy at laperle@laperle-community.ca.

Mark your Calendars!

Family Day is February 21, 2022

OVERVIEW:

- La Perle Community Rink
- Bottle Drive
- Membership Benefits
- Soccer Registration
- West Edmonton Seniors Activity Centre
- Seniors Drop-In & Fitness Classes
- Report a Crime Online
- Who We Are

Facebook: LaPerle Community League

Twitter: @LaPerleCommLeag

La Perle Community Hall

18611 - 97A Avenue

Phone: 780-486-4426

Email: laperle@laperle-community.ca

www.laperle-community.ca

Monday & Thursday 9am-12 noon

La Perle Community Rink

Our Rink Committee is pleased to announce the La Perle Community Rink is open for the 2022 season! Big thanks to our volunteers for their early mornings and late evenings making sure we have a rink to skate on. If you'd like to help, email rink@lpcl.ca.

Skate times are weather-permitting and subject to change.

Visit the website for more information including skate times:
www.laperle-community.ca/rink

Valid 2021/22 Community League Skate Tags are required,
email membership@lpcl.ca to purchase your membership.

Please be respectful of Volunteers and other Community Members using the rink.

If you're feeling unwell please stay home.

Hours of Operation

Sunday - 8am - 8pm

Monday - 8am - 11pm

Tuesday - 9am - 11pm

Wednesday - 8am-11pm

Thursday - 9am - 8pm

Friday - 8am - 11pm

Saturday - 9am- 11pm

Skip The Depot

We've partnered with SkipTheDepot! The La Perle Community League has launched our bottle drive fundraiser for community activities - including the skating rink. Help out your community and reduce landfill waste, while crossing a chore off your list.

Have you tried Skip the Depot yet? It is probably the easiest way to donate ever invented. Simply download the app, have someone come pick up your bottles and cans and donate the proceeds to La Perle Community League! That's it!

1. Download the app and book a pickup using app.skipthedepot.com/laperlecommunity
2. Place your bags outside
3. Receive a refund or donate to us!



 **SKIP THE DEPOT**

Download the app and started donating to us today!

Membership Perks

With the purchase of your Community League membership you're supporting your neighborhood.

If you live between 179 St. to 190 St. bordering between 95 Ave. and 99 A. Ave. or within Terra Losa, then you are considered a La Perle Resident

- Vote at our Annual General Meetings. Two (2) Votes per Family Membership. One (1) Vote per Single Membership at our Annual Town Hall Meeting in April (Member in good standing for 6 months) Must have Membership to be on the Board
- Register for Indoor and Outdoor Soccer, Basketball and La Perle Playschool
- Free skating at EFCL Rinks with skate tags
- La Perle Member Prices on Hall Rentals (must have held a membership from the previous year as well)
- Reduced rates for La Perle Sponsored Community League Events / Classes
- Community League Day in September, Big Bin Event, Fireworks presentation and more!
- Green Shack at the La Perle Playground during the months of July and August – a joint venture with the City of Edmonton
- Free Community Swim at Jasper Place Pool, Sundays 4-6pm.
- Eligibility for Today's Dental \$500 post secondary scholarship. Must apply by the end of October.
- Save \$50 off the Full Course at A&J Driving School. Proof of membership req.
- Save 25% off the first tutoring session with each child at Bird's Eye Tutoring. Proof of membership req.
- 20% off Pick up orders of \$50 or more at Jam's Pizza. One for each member, proof of membership req. when ordering.
- Save \$10-\$12 per ticket on groups minimum of 2 on shows Wednesday - Sunday at Jubilations Dinner Theatre. Proof of membership req. when booking
- Present your membership for 10% off passes at House of Wheels.
- Various discounts at Orbis Sports - contact for details
- Save 10% on furnace and duct cleaning (-\$19.95 Enviro charge) with Acclaimed Heating and Cooling
- Reduced rates for City of Edmonton Wellness Facilities
- Wholesale pricing at any Cloverdale Paint location
- 10% off lawn care and snow removal with Yardly
- 25% off select courses through the U of A Technology Training Center
- 10% off large format printing at the U of A Campus Design and Print Solutions
- 10% U of A crested clothing



Memberships are valid September 1 - August 31. \$35/Family, \$20 Single/Senior.

You can purchase your membership online through the EFCL website, at one of our Community League events, or through our Memberships Director, email: membership@lpcl.ca.

Add your Business to the list of local Vendors who offer Community League Membership Perks!

Outdoor Soccer Registration

Attention youth Soccer Players! Registration for Outdoor Soccer opens February 1st, and closes March 11, 2022.

You must have a valid 2021/22 Family Community League Membership to register. Purchase your membership at efcl.org or through our Membership Director membership@lpcl.ca.

For more information about the Edmonton Minor Soccer Association West, including game days, fees, age divisions and Covid protocols, please visit their website at www.emsawest.com.



West Edmonton Seniors Activity Centre

Are you over 55? Looking to try something new in 2022?

The West Edmonton Seniors Activity Centre offers a wide variety of activities, courses, and classes for seniors in west Edmonton. Members can participate in virtual and in-person classes for Arts, Dance, Fitness, and Learning.

Or take advantage of the \$2 "Toonie Talks", covering a wide variety of topics, from Tips on Downsizing, to Avoiding Slips and Falls.

Anyone can take advantage of the West Edmonton Senior's Frozen/Takeaway Meal Program. Enjoy Soups, Muffins, and Prepared Frozen Dinners. Order online for Pickup or Free delivery for seniors who don't drive. View their menu online: weseniors.ca/what-we-offer/meal-program/

Drop in Activities - La Perle Community Hall

The West Edmonton Seniors Activity Centre has partnered with La Perle Community as part of a Community Connector program to bring activities to our residents in our very own hall!

Contract Bridge & Whist
Mondays 10am- 12pm
\$2 Drop in fee

An active mind is a sharp mind!

Bridge enthusiasts encouraged to join this group. No partner necessary.

Euchre & Scrabble
Thursdays 10am - 12pm
\$2 Drop in fee

Come and dabble, and play a little scrabble!

A tile word game of wit and fun! No partner needed. All levels welcomed. New players encouraged.

Seniors Spring Classes at La Perle Community Hall

Pre-Registration is required. Please contact Barbara Jaffray – Programs Manager
Email: Bjaffray@weseniors.ca | 780 483 1209 Ext. 228.

Age Reversing Essentrics

Tuesday, March 8 - April 26 (8 Classes)

10am - 11am

\$88/Session

- If you are unable to get down on the floor you can do this part of the class from a chair
- We are standing through the majority of the class, with 10 minutes on the floor doing stretching and the last 15 minutes standing using a chair to do stretching.
- This is not designed for people with mobility issues (those who need a walker or a cane). We have an Essentrics Gentle Stretch class that might be fit.

Hatha Yoga

Wednesday, March 2 - 30 (5 Classes)

10 - 11am

\$40/Session

- Participants must be able to get down to the floor to attend this class.
- Designed for those who have had little exposure to yoga, but are eager to learn and start experiencing the amazing benefits of a yoga practice.
- We will introduce the basics of yoga, fundamental principles of alignment in yoga postures, types of breath work, relaxation techniques and much more in a step-by-step approach that is easy to follow!
- Gain an understanding on the names and techniques of various postures to make you feel comfortable in any yoga class.

Essentrics Gentle Stretch

Wednesday, March 2 - April 27 (9 Classes)

12:30 - 11:15

\$81/Session

- This class is aimed at regaining your mobility while slowly building strength and reawakening the power of your muscles.
- This is a slower paced class and is designed for those who have muscle stiffness/atrophy, frozen shoulder, chronic aches and pains, and for those who are beginning to exercise after being inactive
- Ideal for Seniors who are looking for a gentle, slow tempo class that focuses on improving mobility, balance and strength.
- Can be adapted for people using a cane/walker

Total Fitness for Active Agers

Thursday, March 24 - April 28 (6 Classes)

11:30- 12:30pm

\$88/Session

- The instructor starts at level 1 for each movement but provides more intensive options; “try this for level 2 and if you want more, go here for level 3” for those at a higher level of fitness or who want a challenge!
- We don’t use a step, we are doing low impact steps that get your heart rate up and gets you having fun.
- The music is fun and if you remember fitness classes that followed patterns paired to music you will love this class!



18715 – 97A Avenue Edmonton, AB



La Perle Community Playschool is accepting registrations for the 2022-2023 school year!

3-Year-Old Program: Mondays & Tuesdays
(9:00am-11:00am or 1pm-3:00pm)

4-Year-Old Program: Wed, Thurs & Fri
(9:00am-11:15am or 12:45pm-3:00pm)

Highlights of the Program include:

- “Learn Through Play” philosophy with core subject and emergent literacy/numeracy learning embedded within the program
- Kindergarten readiness skill development
- A non-profit parent-cooperative, allowing families to play a crucial role in their child’s education through volunteering
- Fun, developmentally appropriate themes to enhance learning
- Located inside LaPerle Elementary school, allowing strong relationships and easy transitions for students and their families
- Child-centered, holistic approach to management, teaching, and learning
- Subsidy is available for eligible families

Check our website or contact our Registrar for further details:

laperleplayschool.com

Phone: 1-866-927-6020

Email: laperle.community.playschool@gmail.com

REPORT A CRIME ONLINE

Online reporting is a convenient reporting option that can provide you with a copy of the police report and a file number. Reportable crimes that can be submitted online are:

- **Sexual assault** (If you are 16 or older at the time of reporting and the event occurred more than seven days ago.)
- **Break and enter** (i.e. Entered detached garage/shed/fenced compound.)
- **Damage to property** (i.e. Rock thrown through a house window)
- **Damage to a vehicle** (i.e. Slashed tires; keyed exterior of vehicle)
- **Lost property** (i.e. Leaving personal items in a restaurant, lost wallet/purse)
- **Theft from vehicle, under \$5,000** (i.e. Stolen stereo, auto accessories, vehicle parts stolen from a vehicle)
- **Theft under \$5,000** (i.e. Stolen bike, cell phone or personal property)

Online reporting does not replace other forms of crime reporting; if you are not comfortable reporting an incident online, you can still attend a police station, call 780-423-4567 or dial #377 from your mobile device. If you are deaf or hard of hearing, dial 780-425-1231.

If this is a life-threatening situation or a crime in progress, dial **9-1-1** immediately.

EDMONTON
POLICE
SERVICE



To report a crime online, scan the QR code.

edmontonpolice.ca/ReportACrimeOnline

Volunteer call

We're always on the look out for new members to join our team! Events like Movie Nights, Outdoor Concerts, and Big Bin Events, or activities like skating at our rink are only made possible with volunteer support from the community.

Volunteer Support

Do you love working with people? Would people describe you as a “cheerleader”? We need someone to help us rally the troops and organize our volunteer army around events and activities in La Perle. Having a solid database of volunteers we can rely on for events helps take the pressure off our amazing event organizers, and allows us to host the best events possible.

Event Support

We know life is busy, but occasionally we need a few helping hands for one-off events or activities in and around the Community Hall – things like setting up and tearing down tents, moving tables and chairs, directing traffic, etc.

Students

Volunteering is a great way to get work experience, learn new skills, build confidence, and meet new people (plus it looks good on a resume!).

If you're a student looking for volunteer hours, or you just want to help the Community League on a casual basis, let us know if we can put you on our short list of volunteers to help out!

For more information, email board@lpcl.ca

Who We Are

La Perle Community League centers around our Community Hall, where we strive to bring the community together. The Community League is a non-profit organization and has a Board of Directors made up of volunteers.

President: Bill Bowers

Vice-President: Shaun Jones

Treasurer: Cassie Ackroyd

Secretary: Tiffany Conrad

Casino Director: Jeannie Hawksworth

Communications Director: Karin Ferrari

Crime Prevention Director: Terry Tiebe

Events Director: Christa Ruel

Membership Director: Debbie Goodhue

Social Director: Louis Ruel

Facility Director: Janet Doblanko

Director at Large: Dan Schuler

Director at Large: Dave Umrysh

Facility Manager: Cathy Johannesson

Soccer Coordinator: Jeannie Hawksworth

