

# THE DELWOOD VIEWS



May 2023

JOIN US FOR A ONE-DAY INDOOR

# GARAGE SALE

*Find the treasure you never knew you needed!*

**MAY 27**  
10 am - 4 pm  
Delwood Hall

CONCESSION ON SITE  
MEMBERSHIP SALES

**BOOK YOUR  
TABLE TODAY!**

\$30 for Members  
\$40 for Non-Members

Visit  
[delwood.ca/tables](https://delwood.ca/tables)  
or email  
[hall@delwood.ca](mailto:hall@delwood.ca)



## 2023/2024 Delwood Community League Executive

**PRESIDENT** Carol Dragich Bishop  
president@delwood.ca 780.439.1235

**VICE PRESIDENTS**  
**Administration** Erin Hunt  
vp-admin@delwood.ca

**Operations** Colin Bishop  
vp-operations@delwood.ca

**TREASURER** Darlene Clark  
treasurer@delwood.ca

**SECRETARY** Victoria Powluk  
secretary@delwood.ca

**DIRECTORS**  
**Civics** Craig Turner  
civics@delwood.ca

**Communications** Nathaniel Soroohan  
communications@delwood.ca

**Facilities** Pat Hunt  
facilities@delwood.ca

**Fundraising** VACANT  
fundraising@delwood.ca

**Membership** Shallen Esteves  
membership@delwood.ca 780.667.0340

**Program** VACANT  
program@delwood.ca

**Seniors Liaison** Josie Palosky  
seniors@delwood.ca 780.476.7803

**Sports** Jon Buck  
sports@delwood.ca

## Delwood Community League

7515 Delwood Road  
Edmonton, AB T5C 3A9  
contact@delwood.ca

delwood.ca

 facebook.com/delwoodcommunityleague  
 instagram.com/delwoodcommunityleague

## Executive Meetings

Delwood Community League Executive meets the third Monday September - June at 6:30 p.m.

Delwood residents who have questions or ideas to share are welcome to attend a meeting or contact a member of the executive.

## Delwood Hall Rental Info

Rental Type	Public Rate	Delwood Resident Member Rate
Friday/Saturday	\$450	\$350
Sunday	\$300	\$200
Weekday	\$200	\$150
Wedding Package (Fri 4 p.m. - Sun 4 p.m.)	\$800	\$700
Funeral Package	\$300	\$200

For more information on our hall, or to make a booking, contact our Hall Facilitator:

Chantal Chinni delwood.ca/hall  
hall@delwood.ca



# Family Games Nights

6:30 p.m.

**Monday June 12**

Cards – Board Games – TTRP

**Join us at Delwood Hall  
for a fun evening for all ages!**

If you have questions, please contact  
[games@delwood.ca](mailto:games@delwood.ca)

**Drop-In**

**Seniors: what can the Delwood Community do for you?**



Do you have suggestions or ideas for activities, events or classes for seniors in the Delwood Community?

Could Delwood be serving you better?

Contact your Seniors Liaison, Josie Palosky, at

**780-476-7803** or  
**[seniors@delwood.ca](mailto:seniors@delwood.ca)**

to share your thoughts.

# TELSCO

SECURITY • FIRE • VIDEO • ACCESS

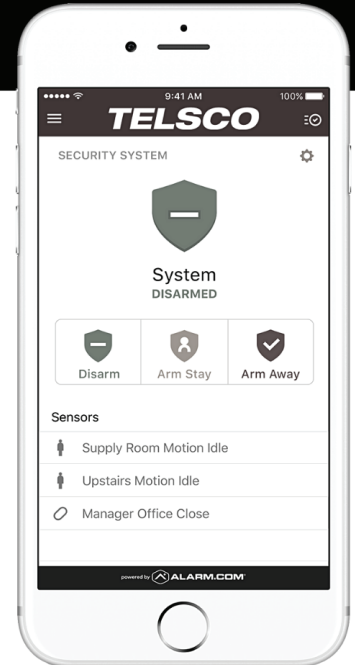
Protecting our Community Since 1970

## Smart Security for your Home and Business

- ✓ Alarm Systems
- ✓ Monitored Smoke & CO Detectors
- ✓ Video Cameras
- ✓ Flood, Freeze & Sump Monitoring
- ✓ Video Doorbells
- ✓ Edmonton Monitoring Centre
- ✓ Home Automation
- ✓ For New or Existing Security Systems

**Ask about Special Pricing for Delwood Community League Members**

**780.424.6971 • telsco.com**



Delwood Community League

## MEMBERSHIPS



Did you know that for \$25 a household you will get...

- Discounts on Delwood Sponsored Programs & Events
- Free Ice Skating
- Discount on Delwood Hall Rentals
- Discounts on Table/Booth Rentals at our Events
- Present your membership card at any one of the City of Edmonton's sports and fitness facilities and get these discounts:
  - Annual Pass — Community League members receive a 20% discount on Adult, Family, Child, Youth and Senior Annual Passes.
  - Continuous Monthly Pass — Community League members enjoy a 20% discount on Continuous Monthly Membership Program using our convenient Pre-Authorized Debit Program.
  - Multi Admission Pass — Community League members receive a 15% discount on our already discounted multi admission pass (starting at 5 visits).
  - Community Swim — Fridays at Grand Trunk, Saturdays at O'Leary, Sundays at Londonderry pools
- Discounts with some of our local businesses
- Free membership at the Edmonton Tool Library ([www.EdmontonToolLibrary.ca](http://www.EdmontonToolLibrary.ca))

**Only \$10 for a Seniors Household**

Contact Shallan Esteves, Membership Director at [membership@delwood.ca](mailto:membership@delwood.ca) or call/text **780.667.0340**

Memberships can also be purchased online at [efcl.org](http://efcl.org)



# Lawn Care Service in Delwood

Delwood provides a match-up service between people who need lawncare and people who provide lawncare.

If you provide a grass cutting service or are a student looking to make some summer cash, add your name to our list.

If you are in need of lawn care assistance, call us up and we can connect you!

Phone **780.475.6806**  
and leave a message.



**BEGINNERS  
WELCOME!**

**Tuesdays &  
Thursdays**

## Karate is for ALL AGES!

Karate is not only a great way to improve your fitness, it also teaches focus, self-confidence, better learning habits, leadership skills and much more. Classes will be held on Tuesday and Thursday at Delwood Community Hall (7515 Delwood Road). **JOIN TODAY!**

For more information or to register call

**780-238-KICK(5425)**

or visit us online on Facebook or at  
**www.premierma.net**

## Little Dragons Program

**Ages 3 - 5**

- Learn Karate through fun and games
- Achieve better focus and attention skills
- Learn street proofing skills

## Kid's Classes

**Ages 6 - 14**

- This program teaches focus, discipline and better learning habits through routines
- Gain leadership skills through teamwork exercises
- Acquire confidence through self defense

## Adult Classes

**Ages 15+**

- Training fit to your needs
- Great exercise through high energy classes
- Good stress reliever

**5:30 - 6 pm**

**6 - 6:45 pm**

White - Yellow

**6:45 - 7:30 pm**

Orange - Brown

**7:30 - 8:15 pm**

ONLY \$100/month. Community League Members receive \$10/mo discount.

**START TODAY — FIRST CLASS IS FREE!** Ask about our family discounts!

Green Shack  
Program

Edmonton

FREE DROP-IN



# GREEN SHACK PROGRAM



Each day of the week you will get active and experience a variety of crafts, games, sports, and free play!

This program is targeted for **children aged 6-12**, but all children accompanied by an adult are welcome to attend.

## Delwood

7515 Delwood Road  
10:30am-1:30pm, Monday - Friday  
July 4 – August 24



*The City of Edmonton would like to acknowledge that our programs respectfully take place on Treaty 6 Territory, and Metis Nation Region 4.*

## Get in touch with us:

**Email:** [greenshack@edmonton.ca](mailto:greenshack@edmonton.ca)

For more information, call 311 or visit:

**[edmonton.ca/Greenshacks](http://edmonton.ca/Greenshacks)**



Emergency  
Medical  
Services

# Bicycle Helmet Safety



Head injuries are the leading cause of serious injury and death to kids on wheels\*. Most injuries occur when a cyclist suffers a fall, strikes a stationary object, or collides with another cyclist/pedestrian. Remember – it's the law in Alberta that cyclists under the age of 18 must wear a helmet (and highly recommended for all ages). Helmets should be CSA approved and worn during recreational activities such as skateboarding, in-line skating, and cycling.

## Getting informed

- Wearing a helmet while cycling can prevent a serious injury, or even save a life;
- Brain injuries can cause permanent disability or death;
- Reduce your risk by always wearing your helmet;
- Replace any helmet that has been involved in a crash, even if it appears undamaged.

## Getting started

- Allow children to assist when buying their helmet. Cyclists who choose their own helmet are more likely to wear them;
- Start the habit early. Young children learning to ride tricycles need to wear helmets;
- Parents must lead by example – always wear a helmet when cycling.

## Getting the right fit

- Take the time to properly fit and adjust your helmet to ensure maximum protection in case of a crash;
- When worn properly, helmets should fit level, not tilted up, or down over the forehead;
- Helmets should feel snug, but not too tight. To test the fit, the helmet should not fall off when you shake your head from side-to-side while the straps are unfastened;
- Adjust the chin straps to form a "Y" below and slightly forward from the ears;
- Only one finger should be able to fit under the chin strap when it is fastened;
- Do not forget to use the sizing pads included with the helmet. They will help improve the overall fit, comfort and safety.

\*Parachute Canada

<http://www.parachutecanada.org/injury-topics/item/wheeled-activities1>

[www.albertahealthservices.ca](http://www.albertahealthservices.ca)

**June Movie Night**

**Friday June 16  
@ 7 pm  
Delwood Hall**

# **PUSS IN BOOTS**

The Last Wish

**\$5 Admission**

Cash, Debit and Credit  
options available

**Popcorn &  
Concession**

