

GREENFIELD

Community League

Gazette

Sept - Oct 2023

Community League Days

Sept 16 & 17

We Are Celebrating Our
Incredible Community!

Come Join the Fun!

Sept 16

7:30pm - 10:30pm

An Evening Out

- ~ Meet your Neighbours or Reconnect with Old Friends
- ~ Music Bingo at the Hall \$10/Ticket
- ~ Beer & Wine \$5/glass
- ~ Must be 18 yrs +

Sept 17

11:00am - 2:30pm

Family Fun Carnival at the Hall

- ~ Hot Dogs, Ice Cream, Cotton Candy & Refreshments
- ~ Jumping Castle ~ Spray-on Tattoos
- ~ Entertainment & Games ~ Tennis Drop In
- ~ Clothing Drive



Win up to
\$10,000!

AGLC #642820.
License held by the Edmonton Federation of
Community Leagues. Tickets sold only in
Alberta. Draw held on September 18, 2023.
Please play responsibly.



PLAY TO SUPPORT YOUR COMMUNITY

CLDAY

50/50

efcl.org/50-50

Community League Day is Sept. 16,
2023. Ticket sales end Sept. 17, 2023.
Draw on Sept. 18, 2023.

News from the Board!

On behalf of the Greenfield Community League Board, we hope you had a great summer. We are getting back into full swing in September and you can expect the regular, expanded version of the Gazette in November.

In the meantime, watch your inbox for the Greenfield Express.

If you haven't signed up for our newsletter, you may be missing important community updates and announcements. You can sign-up on the website:
www.greenfieldcommunityleague.com.

Membership Drive

It is that time of year to renew or purchase your Community League Membership.

On September 13th, you can expect someone from the Board walking through the community to place door knockers on your front door, inviting you to renew or purchase your Community League Membership.

We hope to see you at Community League Days on September 16th & 17th.

Get In On The Benefits Of Being A Greenfield Community League Member!

Are you looking for amazing discounts and exclusive benefits? Look no further than becoming a member of the Greenfield Community League!

Your membership comes with an array of great perks, from soccer registration discounts to reduced rates for passes at City of Edmonton facilities, Insurance savings with NFP Insurance and wholesale pricing at Cloverdale Paint. Oh, and did we mention Greenfield members' nights at Mimi's? Purchase your membership online: www.greenfieldcommunityleague.com (choose the membership tab at the top) or send us an email: memberships@greenfieldcommunityleague.com



Greenfield Casino Volunteers Needed!

Sunday , October 8

Monday , October 9

Starlight Casino (WEM)

All shifts available

No experience necessary

The Greenfield Community League is assigned one casino every 24 months from AGLC. Funds received from the casino assist the community in hall, rink , tennis and grounds maintenance. It is only possible by having over 36 volunteers.

If you are interested in helping , please email, Wendy Lauber (casino chairperson) at: hallmanager@greenfieldcommunityleague.com

Programs at the Community Hall



HATHA YOGA CLASSES

with Patricia MacTavish RYT 200

TUESDAY MORNINGS 9-10 AM
September 19 - December 19/2023

Schedule time for yourself with a weekly yoga class. Large room and small class sizes allows for physical distancing. Enhanced cleaning protocols.

Students are required to bring their own yoga mats and props. Registered students only, no drop in.

To register or for more information email
pattimact@hotmail.com

AUTHENTIC JAPANESE KARATE OF THE LEGENDARY MOTOBU-RYU

FALL 2020 REGISTRATION



Thursday's Early Dismissal days
3:00pm - 4:00pm
September 21 - November 30/2023

Monday's
6:00PM - 8:30PM
September 11 - December 4/2023

Please contact: 780.439.8967
Instagram: mumonkan.dojo
Email: info@MMK-Karate.com

Proud to serve Edmonton Community for close to 30 years.

Classes taught by legitimate instructors actually certified in Japan. Our Chief Instructor (Shihan Japanese master licence, 6th dan), being a former police officer, adds a unique and realistic content of safety and application not found in any other martial arts in our city!



KITA KAZE BUDO ASSOCIATION



JAPANESE
MARTIAL ARTS
SUPPORTING JAPANESE
WEAPON ARTS IN
EDMONTON, ALBERTA

FALL session: September 6 - December 21/2023

Wednesdays:

6:00pm - 7:15pm - Bogu Kendo Kids
7:15pm - 8:30pm - Beginner Kendo Adults
8:30pm - 9:45pm - Bogu Kendo Adults

Thursdays:

6:00pm - 8:00pm - Iaido

For more information please visit:
<https://kitakazebudo.org/>

The Kita Kaze Budo Association is a non-profit organization dedicated to the promotion of Japanese weapon arts in Edmonton, Canada.

Kendo, meaning "way of the sword" in Japanese, is a full-contact sport where practitioners put on armour and strike each other with bamboo swords.

Iaido, the art of cutting a target immediately from the draw and sheathing the katana, utilizes a dull blade while performing special choreographed sequence's called kata.

The Naginata is the Japanese polearm, A full-contact sport comprised of sparring with armour and bamboo weapons as well as kata (choreographed sequences of attack and defense)

Programs at the Community Hall



LUNCH and a PROGRAM (\$25)

Greenfield Community Hall
3804 -114 Street

The 3rd Tuesday of the month

11:45 am to 2:00 pm

(Please be seated no later than 11:40 am)

Please call the Friday before to confirm:

Betty Mullen (780) 434-0711

or Claire (780) 435-3051

People aged 55 and older are invited to attend a luncheon and educational program.

Guest speakers and educational topics.

**All Seniors are very Welcome
Come Join the Fun!**

Upcoming luncheon dates:

2023

September 19

October 17

November 21

December 12

2024

January 16

February 20

March 19



**Check out
our drop-in
program!**

Fall Program Dates:

WEDNESDAYS

September 13 - November 15, 2023

inclusive (10 weeks)

10:00am-11:30am (1.5 hours)

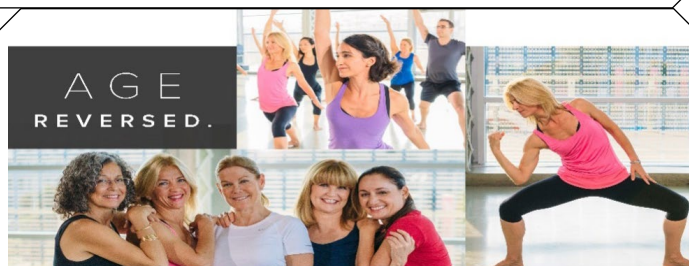
Program Cost to Participants: FREE

Rhymes, Songs & Story Time drop-in program (for parents/caregivers and children 0-3 years of age)

This fun and interactive program includes stories, musical movement, rhymes and creative props.

Connect with your little one in this literacy, arts and movement program with time built in between activities to interact with other children and families.

More information on our agency and programming can be found at <https://www.familyfutures.ca/>.
Phone: 780-413-4521



Essentrics Fitness Classes (eOne Fitness)

Fall Session: September 11 - December 18/2023

Monday from 1 pm to 1:45 - Essentrics for Seniors

Monday from 2 pm to 2:45 - Essentrics RR&R (Release, Re-balance & Restore)

The 2:00pm class will start October 2 - November 27/2023 (8weeks)

Discount offered to Greenfield Residents with valid membership.
Contact Lori Griffith at (780) 916-4483 for more information.

To register online go to www.eonefitness.ca.

This class is aimed at regaining your mobility while slowly building strength and reawakening the power of your 650 muscles.

Ideal for Seniors who are looking for a gentle, slow tempo class that focuses on improving mobility, balance and strength.

Level 1 - Gentle Fitness, standing and chair work. Bring your yoga mat and water to drink.

Tips for Fall Yard Care

As the weather turns colder and leaves start to fall, it's time to think about getting your yard ready for the winter. Proper lawn care during the fall months can make a huge difference in how your yard looks come springtime. Here are some tips on how to prepare your yard for the cold weather and keep it healthy and vibrant through the winter.

Rake Leaves Regularly

Leaves can smother grass, blocking sunlight and trapping moisture which can lead to a host of problems. To prevent this, you should rake your leaves frequently throughout the fall. This will help reduce lawn disease and give your grass a chance to breathe. It's also important to remove any large twigs, sticks or other debris that can get caught in your lawn mower and damage your grass.

Aerate Your Lawn


Aerating your lawn helps to open up compacted soil so that air, water and nutrients can get down into the root zone. Aerating also helps to reduce thatch build-up and encourages more vigorous growth. You can aerate your lawn using either a garden fork or a special aeration machine.

Water Your Lawn

Watering is another important part of fall yard care in Edmonton. You should water your lawn once or twice a week, depending on the weather. Water deeply and less frequently for better results. Deep, infrequent watering encourages grass roots to grow deeper in the soil, which makes them more resilient against cold temperatures and droughts.

With a bit of effort and attention during the fall months, you can ensure that your yard is ready for winter and looking great come next spring!

Thank You Greenfield Community League Sponsors!



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Do you need help with yard work?

- Spring cleanup - power raking & aerating
- Regular or holiday lawn mowing
- Pressure washing house, sidewalk, or driveway
- Window cleaning
- Eavestrough cleaning
- Help with gardening tasks
-and more!

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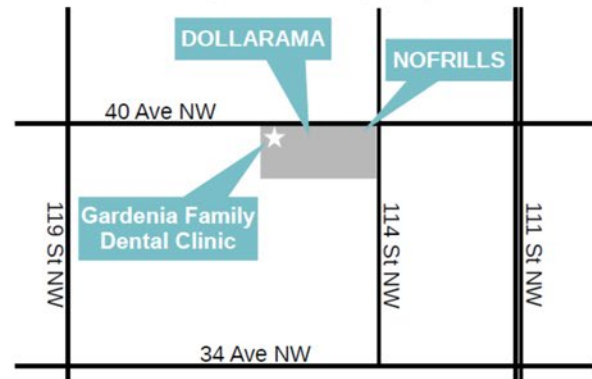
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All services are provided by a general dentist



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- FREE Real Time Market Update Anytime

Josh Jin



Contact Me :

- 780-655-9156
- josh.jin@exprealty.com
- www.joshjin.exprealty.com



MIMI'S PUB

11403 40 Ave

587 490-8952

Greenfield Community

Member Tuesdays

7 pm to 9 pm

**Member Specials include
Discounts on Pizza & Drinks**

Ask for the new
Greenfield Signature Drink

Think Local ~ Shop Local

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2023 - 2024

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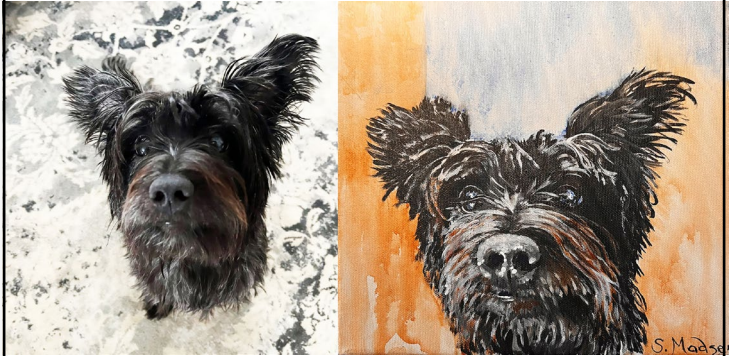
Follow me on FaceBook:
<https://www.facebook.com/mauranuumusic>

PET PORTRAITS

from photographs



by Greenfield
Resident Artist
Shauna Madsen



Now Booking Pet Portraits for Christmas Gifting

Limited Availability, Call Shauna to book your gifts before
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Forever in Art

For More Info, call or email
Shauna: 780 803 4250
shauna@madsenavenue.com

See Samples at:
www.MadsenAvenue.com

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<https://drizly.com>
www.petrolialiquorstore.com

Next Door NeighbourAds

If you have a current Greenfield Community League membership, you can post a free ad about your small business in Greenfield!

Visit our website for more information: www.greenfieldcommunityleague.com/gazette--express.html)

New Season Silver Jewelry

Handmade sterling silver jewelry.
Contact Teresa.

P: (587) 590-2822
E: newseasonsilverjewelry@yahoo.com
W: newseasonsilverjewelry.ca

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Good Worm Gardens

I am a registered social worker turned urban agriculturalist and am excited to live in the Greenfield community! I provide garden services: planting, coaching and maintenance.

Call Nicola at (778) 584 - 4619
E: goodwormgardens@gmail.com
www.goodworm.org for more details.

Dan Martin Books

Provides novels and short stories with excellent critical reviews. Most novel settings are local. Purchases can be made through the website, or at Amazon.ca, or Audrey's Books on Jasper Ave.

Learn More:
danmartinbooks.com

Online Music Lessons

Professional musician in the Greenfield neighbourhood with a BMus degree. I offer on-line lessons via zoom for violin, guitar, drums, ukulele, banjo and didgeridoo.

Call/text Ryan Berends at (780) 243-7857
ryanalexanderberends@gmail.com

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Instagram: [@evelyn_and_esme](https://www.instagram.com/evelyn_and_esme)

Hall Rentals

Rent the community hall for your next function.

Contact Wendy for info:

hallmanager@greenfieldcommunityleague.com



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