

ELBOW PARK

RESIDENTS ASSOCIATION

GAZETTE

WINTER 2019/20



Elbow Park Residents Association

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Registered EPRA Members will receive an electronic copy of the Gazette in their inbox.

*"Thank you to
The Glencoe Club
for publishing the
Elbow Park Gazette!"*



President's Message

by Jane Virtue

ANOTHER YEAR PAST

The Annual General Meeting, held a couple of weeks ago, marked an official year of industrious work by a dedicated Board! The AGM provided the perfect opportunity to look back and brag about all our accomplishments. Thank you to everyone who came out to share wine and cheese with us, provide your feedback on the Conceptual Park Plan and Storage Facility plans and to chat about all things Elbow Park.

We had the opportunity at the AGM to honour two residents who have contributed almost 18 years on the Development Review Committee and they are now retiring. Chairperson, Donna Conway and Member, Al McDowell have been instrumental in assisting residents to view the development plans at meetings, writing letters to the Planning department with concerns and developing the Elbow Park Charter. Thank you to these two dedicated volunteers for their exceptional contributions to our community.

In case you missed the AGM, check out the Annual General Report included in this Gazette. Don't worry, you can still get a glimpse at the year past.

RENEWED INSPIRATION

You will see from the report that we are heading into 2020 with renewed inspiration, energy and enthusiasm to tackle our next goals. We are active in ensuring that Elbow Park is represented at the provincial level in regard with issues such as flood mitigation and education funding and at the municipal level with issues such as urban planning, transit and traffic.

MEMBERSHIP HAS BENEFITS

We are at the time of year where your memberships will expire (January 1) and I encourage you to renew when you see the reminder email come through. If you are not yet a member, I hope that you will see that the EPRA membership has benefits and you will make the move to join. Every time a resident purchases a \$40 household membership the volunteer Board gets inspired to keep working on your behalf.



The Ice is on it's way!

A new landscaping firm, Elite Yards, has been contracted to flood and maintain our ice rinks at the Clubhouse Park this year. Their crew will be out full force to ensure that our rinks are in great condition...weather permitting! They have the pleasure rink is open now and due to a delay in shipment of an extension to our new hose purchased this year, the other rinks will be ready soon!

The volunteers who put up the Boards are trying something new this year. They have left off the side boards on one set. They want to see if this will make it easier for volunteers to shovel the snow off the ice. It's an experiment that will help us decide how best to manage ice in the future.

New hockey nets are needed this year as the others from last year needed to be thrown out. If you are interested in making a donation toward the purchase of a net or two, go online at elbowpark.com/Donate You will automatically receive a charitable donation receipt when you donate online. Your contribution will make many hockey players happy!

EPRA has also purchased a new improved hose that will be easier to manage and won't be as leaky. We hope that this will ensure that the ice stays within the perimeter of the rinks and doesn't spread to other areas of the park. We hope this will improve safety for everyone using the park.

These rinks are funded by EPRA since this land is leased from the City. We don't get any support from the City to maintain our park or Clubhouse, so, although we are fortunate to have some funds for the landscaper, we still need the help of our volunteers who come out, grab a shovel and get a good workout! We are looking forward to seeing you out at the rinks again this year!



Warm up beside the fireplace in the Cozy Skate Room

Thanks to the donation from the Glencoe Club of the chairs, TVs and BBQ, the Clubhouse Skate Room has become a wonderful spot to not just lace up your skates, but, to sit by the fireplace to relax or take in a Flames game on the TVs.

The two boarded rinks and the Pleasure Rink, accessed through the unlocked gates, will be accessible to the public at all times.

SKATE ROOM HOURS

The Clubhouse Skate Room will be open on the following Winter days when ice and weather are suitable for skating.

Friday

Noon to 8pm

Saturday and Sunday

10am to 8pm

Monday to Thursdays

Upon request by a community member, the Clubhouse Skate Room can be opened for their use.

NOTE

For groups who want the Skate room open on a regularly scheduled time M-Th, a rental fee of \$55 per hr will be charged.

Contact the Clubhouse Manager at manager@elbowpark.com to request doors to be open off hours or to rent space at a regular time period M-T.

This could be your ad!

\$75 1/4 page

\$150 1/2 page

\$300 full page

If you would like to advertise in the

**Elbow Park Gazette, contact
manager@elbowpark.com.**

**WE LOVE CHILI NIGHTS –
IN FACT, THE COLDER THE BETTER.**



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Learn more at Valentine Volvo, proud sponsors of the EPRA Chili Night.

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valentinevolvo.com



A FEW TRAFFIC Nightmares Haunt

ELBOW PARK

EPRA and residents have been attempting to get the City to respond to our concerns about traffic safety in several areas including

- 38th Ave & Elbow Drive U-turns, speeding, high volume at rush hour as cars attempt to avoid the long wait in line for Sifton Drive turn (Dave Newby, Lead) along 38th Ave from Elbow Drive to 14 Street high volume at rush hour with speeds too high.
- A residential street with a sidewalk that ends and high volume of school children walking home (Linda & Graham McFarlane Lead)
- William Reid school at corner of 36th Ave and 11 Street has blocked sidelines from parked vehicles that create unsafe environment for high volume of children using crosswalks (William Reid Parent Counsel)
- 13th Street is seeing more cut through traffic and high speeds as a result of increased traffic along 14 Street (Contact president@elbowpark.com if you are interested in Lead for this initiative)

The EPRA efforts to have the City conduct a traffic assessment have been unsuccessful as a result of a hold put on all traffic studies until the Council decide on the Citywide Speed Limit motion. I have heard that Jeromy Farkas was successful in getting the funding set aside for this study transferred over to cover some costs around the Supervised Consumption site. This may mean that the City may be able to assist soon.

Heads up. Until EPRA is able to improve these trouble areas, there will continue to be increased enforcement in order to encourage changes in driver behaviour.

A Spooktacular Night!

Elbow Park homes had the BEST pumpkins for Halloween this year as a result of the very successful Pumpkin and Pizza event held at the Clubhouse. The Hall was buzzing as over 30 pumpkins were carved by a variety of families. Both adults and kids produced some pretty spectacular creations that you may have seen on the doorsteps of many Elbow Park homes this year. Thank you to the Events Committee for another fabulous evening at the Clubhouse.



Contact Lana Janmohamed and Silkie Deemter at events@elbowpark.com if you are interested in joining the Events Committee.

EPRA Membership

Many residents believe they are members of Elbow Park, however, when they check the database it turns out they are not. Please go online to elbowpark.com for online registration OR use this membership form below and mail or drop it off to 800 7 St SW T2T 2A3, make cheques payable to EPRA.

MEMBER BENEFITS

Meet Your Neighbours

Pub nights, kids' events, 55+ program, yoga, movies in the park, skating parties, Stampede Breakfast, pot lucks, happy hour, Kennel Club and others.

Stay Current

Stay current on our initiatives with our newsletter, website, and Facebook page.

Exclusive Members-Only Discounts

Discounts from local merchants, on Clubhouse rental, and newsletter advertising.

Clubhouse Open and Park Maintained

Skating room, community hall, playgrounds, green spaces, walking paths, skating rinks, tennis, soccer fields and basketball courts.

Have Your Say

Ability to vote at the AGM on community and redevelopment issues and election of Board Members.

MEMBERSHIPS

Name(s) _____
(Please include full names of both partners if applicable.)

Address _____ Postal Code _____

Phone _____ E-mail: _____

Children's Names and ages: _____

EPRA MEMBERSHIP (check applicable):

☐ Household Membership \$40 \$ _____

☐ Additional Donation \$ _____ (tax receipt will be sent) \$ _____

Total Enclosed: \$ _____

NEW TO ELBOW PARK? FIRST YEAR IS FREE

Welcome to our neighbourhood. Contact Don Ballance at membership@elbowpark.com in order to activate your free membership.

AUTOMATIC RENEWAL

If you don't want to be bothered signing up every year, activate it in your personal profile using your membership log-in and password.

Elbow Park

Rich in History

Welcome to our newest Board member, Tracey Johnson, who will join the Board as the Director of History & Heritage. There have been many historical projects completed in Elbow Park over the years and EPRA wants to find and preserve them for years to come.

We would also like to ensure that historical photos are displayed in the Clubhouse and see if there are other historical projects that residents would like to pursue with the support of the EPRA Board.

Contact Tracey at history@elbowpark.com

Safety

THROUGH A DIFFERENT LENS

We are lucky to have Amy Norman joining the Board as Safety Director. As a result of her research background, Amy will approach Safety using a different lens. We hope to find out more about the transient homeless population that wander through our neighbourhood collecting bottles in order to determine the best approach to this phenomena.

Amy's first job, however, will be to organize Block Captains for each of our blocks within Elbow Park. The Block Captain will coordinate the dissemination of information in regard to Crime & Safety, assist with the annual Membership Drive, coordinate a Block Party, Gather contact info and Notify EPRA of new residents.

Thanks to the work of Don Ballance last year, we have spreadsheets for each block in order to assist with this process.

Please consider becoming a Block Captain and contact Amy at safety@elbowpark.com

Elbow Park's Temperature

It is difficult for a community association to operate without knowing what most of the residents living in the area are thinking. That is why we are going to take the temperature of Elbow Park and complete a comprehensive survey early next year. We hope that you will take the time to complete it so that we will be better able to represent your views in City matters and make informed decisions about improvements we are planning.

We need to know what your views are about increasing density in our area, what types of events and programs you want to see and what your thoughts are about the Conceptual Park Plan and the Storage Facility.

If you want your voice heard, please become a member so we are better able to communicate to you. Membership renewals are due January 1.

Residential Parking Permitting

UNDER REVIEW AND ON HOLD AT THE CITY

There are some neighbours in the area near the Glencoe Club that are seeing an increasing trend of people parking their cars for over 8 hours after walking downtown to work. They would like to have the City assist them with this problem, however, the Residential Parking Permit program is being reviewed and is currently on hold. They are, subsequently, stuck waiting for the City to complete the review before they are able to get any assistance.

For more information go to <https://engage.calgary.ca/RPP>



2019

ELBOW PARK RESIDENTS ASSOCIATION ANNUAL REPORT

ELBOW PARK RESIDENTS ASSOCIATION BOARD MESSAGE

This past year has been one of growth, learning and planning for our residents association. We were pleased to welcome four new directors to our team, bringing the total to 14 volunteers serving as your EPRA board. We hope by having such a robust and diverse board we will be better able to serve our community.

This past year we have seen many successes - we invite you to read about some of these highlights later on in this report. At the heart of all of these wins is the support of members and donors like you. By becoming an EPRA member you're giving us the means to bring our neighbours together and enhance our community - we are so appreciative of your support!

We cannot wait to get to work in 2020! Read ahead to learn about some of the ambitious and exciting initiatives we have planned. And don't forget, you can stay up to date by visiting our new website at elbowpark.com Sign up for our email list or follow-up on social media to stay connected all year long.

It has been a pleasure to serve as your Elbow Park Residents Association board this year. We wish you and your family the merriest of holidays and a very happy new year!

2019 HIGHLIGHTS

MEMBERSHIP SUCCESS

We are so proud to announce that our membership for 2019 skyrocketed to over 400 members! Thank you to everyone who renewed this year and welcome to our new members! Did you know EPRA members have access to discounts and specials from local businesses through our Member Loyalty Program? Make sure you're on our email list to hear more about this exclusive opportunity!!

HOOP DREAMS

Thanks to the generous support of so many of you including the Parks Foundation Saddledome Grant, 2019 saw the big reveal of our new basketball court! Residents of all ages could be seen all summer long enjoying the new larger courts and space. Thanks to the positioning of the posts our new court can easily be converted for other sports like ball hockey. We are so excited to watch our community enjoy this investment for years to come!

CLUBHOUSE IMPROVEMENTS

2019 saw many new additions to our new clubhouse. After learning how our community uses the space we have outfitted our main hall to be comfortable for parties, business meetings, workshops, exercise classes and more! Improvements include, additional tables & chairs, upgraded wifi and kitchen essentials. We were excited to showcase our new Acoustical Panelling at our AGM which helps to decrease the echo making our space even more usable. Don't forget, EPRA members can rent the Clubhouse for a discounted rate!

CELEBRATE - MOVIE IN THE PARK

We were blown away to see so many of you at our annual Celebrate Movie in the Park. The weather cooperated and we were able to put on a party for over 500 of our neighbours and friends. Thank you to our incredible sponsors and team of volunteers that made this event such a huge success! We hope to see everyone at our monthly events including our upcoming PotLuck, Christmas Eve Skating Party, Happy Hour and Chili Night.

SUMMER SOLSTICE

Held last June in order to celebrate the resiliency of Elbow Park residents, this event had great weather, great food and great company.

STAMPEDE BREAKFAST

"The Sheriffs were in Town" for this year's 3rd annual Presidents Stampede Breakfast where past Presidents were honoured. The sun shined just in time for the tables to be placed outside and for residents to take part in the delicious breakfast, pony rides, country music and visits with friends.

JOIN US ONLINE!

This year we launched our new website. Although not fully complete, the membership specific website has provided the ability to book the Clubhouse Hall/Boardroom online, view a calendar of bookings and events, pay for rental fees and tickets online and donate online! We will be adding more information and news to the website in the coming months, make sure to bookmark our page to stay in the loop! elbowpark.com

TRY SOMETHING NEW

This year we have been successful in renting the Clubhouse to groups that provide Bridge games, Bridge lessons, Pilates and Gentle Yoga. Registration for programs can be made online.

NEW COMMITTEES

New this year, we have the Social Committee and Planning Committee. There are so many ways to get involved - if you want to join a committee or help out you can view our current opportunities online at elbowpark.com/Get-Involved

COMMUNICATION BOARD

A new communication board, located on the corner of 7th Street and 34th Ave, near the Clubhouse, is new this year. This easy to view space will allow us to communicate easily with you. Next time you mail a letter, swing by and take a peek!

A GREEN MAKEOVER

Thanks to a very generous donation from a resident family, our neglected trees were given a serious prune and clean-up. We love how open and inviting our park looks now - thank you to our generous donor!

TELUS PARTNERSHIP

Our partnership with Telus, provided wrapping to two of our three new fibre optic boxes, a \$5000 donation to our basketball court and they installed motion lights onto their building to help with safety in the alleyway. Thank you Telus!

THE GLENCOE CLUB PARTNERSHIP

Our longtime partner, The Glencoe Club, continues to support our community by typesetting and printing 1600 newsletters quarterly, providing the food, staff and grills for the Stampede Breakfast and shovelling the walks along a portion of Elbow Drive near the bridge. Our relationship remains strong and they continue to sublease the Clubhouse and Clay courts in order to assist us in operating the EPTC for both Glencoe members, residents and the general public.

PARTNERSHIP WITH INDIVIDUAL DONORS & SPONSORS

In the past year, we have received a \$50,000 and \$25,000 donation from two separate Elbow Park residents who wanted to give back to the community they live in. These donations are a very good start to our fundraising campaign for the Conceptual Park Plan and the Storage Facility. We also have great partnerships with our local sponsors. Many of our sponsors live in Elbow Park and are key to our fundraising efforts. A new sponsorship package has been created in order to clearly communicate the different levels of sponsorship available.

LOOKING AHEAD

PARK UPDATES

Work has begun on a conceptual plan for our park. We are excited to engage with our community to help update our park so that it can be further enjoyed by everyone!

Ideas include: gated playground area, pathways around the park so that it is fully accessible, new patio space and fire pit around the clubhouse, updated landscaping and more! Did you know our park is leased from the City which enables us to make decisions about the space that work specifically for our community? This also means that we can pay for park enhancements that will make our park truly spectacular...But we need your help! We will be going into a fundraising campaign in 2020 to help fund our park - watch your inbox to see how you can help our efforts!

STORAGE FACILITY

Part of our master site plan will include our own storage facility in order to accommodate the storage needs of the Clubhouse, Tennis and Hockey. We have applied for a Community Facility Enhancement grant and hope that we are successful. We will need to match the grant through our own fundraising efforts.

INCREASED CLUBHOUSE PROGRAMMING:

We have been so humbled to watch our community embrace our new clubhouse! From kids birthdays, wine and cheese nights, to pumpkin carving, to workshops and exercise classes, our clubhouse is bringing our neighbours together in a remarkable way. Our goal in 2020 is to provide even more opportunities to come on over to meet and build relationships with your neighbours. Check out our website to learn more.

REPORT ON THE FINANCIAL CONDITION AND RESULTS OF OPERATIONS

For the twelve months ended August 31, 2019, total revenue increased \$227,360 from \$186,857 in 2018.

Donations & Sponsorships of \$117,296 were received to handle repairs and maintenance to the park, Clubhouse improvements & supplies, and for the upgrade of the website and online services.

Membership revenue almost doubled the prior year due to an increase in our membership.

During the year, we held a successful Casino. Casino funds generated are restricted to spending approved by Alberta Gaming. Casino revenue is recorded when the funds have been applied to authorized purposes. In 2018 casino revenue was much higher due to expenditures for approved capital and operating expenses.

All other revenue items were comparable to the prior year. Costs were close to budget except for maintenance that was covered by donations and rental revenue. New online software and a website were implemented to enhance communication and control. Revenue over expense of \$37,196 was close to the prior year of \$34,455.

The Association has increased its cash by \$109,862. Uncertain ongoing economic support from the public sector is a consideration, as are facility and park improvements in the current strategic plan.

A new Board position has been set up to address Fund Development. Casinos are only granted every 18 months which means that we must carefully manage the restricted cash resource and yet attend to priority capital expenditures planned. Further support from Elbow Park residents will be necessary to make improvements as outlined in the Gazette and the Membership brochure.

The Board has achieved a strategic plan through collaboration and hard work. We look forward to serving the needs of our community.

THANK YOU TO OUR VOLUNTEERS, DONORS & SPONSORS

You know who you are and so do we! We appreciate you and want to take this opportunity to thank you for your contributions this year.

Next year, we promise to list each and every donor and sponsor in our Annual Report. We just need to get your permission and your name recognition preference so please complete your online profiles so we can do just that.





6 pm in the Clubhouse

Tickets \$10 per person

available at elbowpark.com.

This event is organized by the EPRA Event Committee
and Sponsored by Valentine Volvo!

Sponsorship funds are designated to general projects.

Kennel Club

BRAVES ALL WEATHER

No matter how cold it is, the Elbow Park Kennel Club gathers at the Clubhouse Park with their dogs at 9 -10 every morning. This group is growing and they are having a lot of fun! They just hosted a second successful pot luck dinner at the Clubhouse. Newcomers are more than welcome to join this group of enthusiastic dog owners for good conversation and a few good laughs. Introduce yourself to the others and, before you know it, you will have gained some new friends and belong to a fantastic Club.

In order to ensure the safety of everyone, they have a few expectations of Kennel Club members that need to be followed.



Ensure that your dog is:

- capable of socializing well with other dogs
- healthy and has no bugs that can be spread to others
- staying in the boundaries of the park (OFF limit areas include the ice rinks, tennis courts, Clubhouse, playground area and benches/tables)
- well monitored while you visit
 - Stay alert and pick up after your dog
 - keep the dog clear of the road
 - intervene when mischievous behaviour starts

For those of you who may be in the park during the hour, please watch the movements of the Kennel Club dogs. If they are running toward you, bend your knees and brace yourself in case of contact.

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CONCEPTUAL PLAN RENDERING

ELBOW PARK AND CLUBHOUSE GROUNDS IMPROVEMENTS



- 1** Park entry points connecting into the park with identity signage and information boards with universally accessible wheel chair ramps
- 2** Interior park pathway loop to provide contiguous universal access around the park for pleasure walking and promenading around the park and to create a contiguous and consistent interior park field edge. With seating benches and new trash receptacles
- 3** Evergreen trees and small non-fruiting flowering trees along the current tennis fence interface to create continuous treed interface with the interior of the park and to soften the transition from the tennis court facility and fencing to the park
- 4** Infill and additional new larger trees to continue and strengthen the tree interface along the interior field
- 5** Open, unobstructed interior park field (removal of current light poles, old basketball court paving, and baseball backstop fencing)
- 6** New winter and sports equipment storage facility structure. Facade aligned with current Clubhouse
- 6.1** Tennis practice area
- 7** Allocation on the field for one single lit seasonal ice skating rink closer to the clubhouse and new storage structure for easier and quicker access

- 8** Allocation on the field for seasonal youth soccer fields. Villains F.C. field dimensions: 18.3 x 27.4 meters (20 x 30 yards)
- 9** Entry Plaza at the Clubhouse main access doors to strengthen the visibility and identity of the Clubhouse with a feature signage wall
- 10** West Patio to provide a social interaction space with seating and a season fire pit and to create a better transition between the Clubhouse and the open park field. Recognition bricks set into the low wall defining the patio
- 11** Expanded amenities (seating, warming elements, dog fencing) in and near the interior East Patio of the Clubhouse
- 12** Contiguous fencing around current playground and gated entry points to eliminate conflicts with dogs using the park. Potentially add lighting to the illuminate the playground
- 13** Informal outdoor exercise area (granular paving and poles to attach resistance equipment)
- 14** Basketball and youth gathering plaza with feature seat elements
- 15** Potential community garden area (large ornamental pots rather than in ground plots)
- 16** New trash receptacles
- 17** New bicycle racks
- 18** New water fountain for people and dogs
- 19** New community announcements postings board around existing power pole
- 20** New garbage bins enclosure Existing backstop to remain

WORKING HARD:

Our NEW Planning Committee

Over the past six months, it has become clear that we needed to take a serious look into several issues that Elbow Park has been having with the City Development Application process and, subsequently, a new Development Committee was formed.

The Chairperson Margo Coppus and members, Lara Presber, Byron Brookwright, Linda McFarlane and Martina Walsh provide a diverse mix of residents who will be working hard to engage our community in the future.

Over the past few years, it seems that the City has ignored our residents' concerns and comments more often than not and they did not seem to know of the existence of the EPRA "Elbow Park Charter", which was developed on the City's recommendation in 2005.

At the same time, the City has been working on a new document to replace the existing Developed Areas Guidebook, which will change the way the City directs how Calgary will evolve and grow. This Guidebook for Great Communities was scheduled to be approved by Council on Dec 16, however, several communities, including EPRA, collaborated with the Federation of Calgary Communities to delay this process until April, 2020.

The delay will give the EPRA Planning Committee time to inform and consult our residents. A survey will go out in the new year so we are better able to represent the views held by Elbow Park residents and public engagement sessions will be booked at the Clubhouse.

In addition to reviewing Development Permits, the committee will

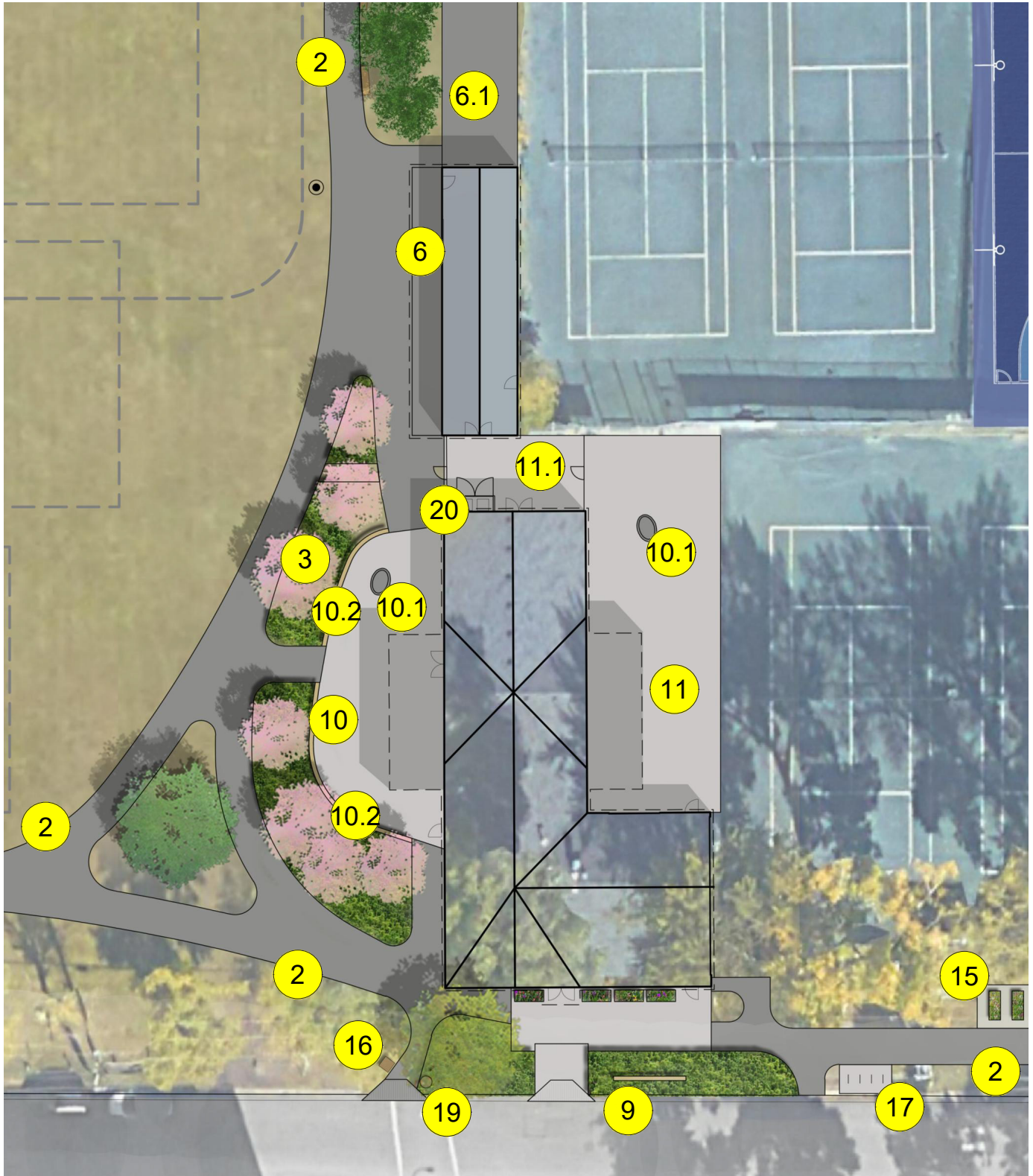
1. Analyze and map Elbow Park to identify what is important to our residents and how we can preserve our character and identity
2. Engage our residents with workshops and other consultation sessions
3. Update the existing 2005 Charter and get the support of a high majority of our residents
4. Take steps necessary to evolve the Elbow Park Charter into a statutory document.
5. Work with the City Planners to create a Local Area Plan, based on our updated charter.

For more information contact:

Margo Coppus at development@elbowpark.com

CONCEPTUAL PLAN RENDERING

ELBOW PARK AND CLUBHOUSE GROUNDS IMPROVEMENTS



- 2** Interior park pathway loop to provide contiguous universal access around the park for pleasure walking and promenading around the park and to create a contiguous and consistent interior park field edge. With seating benches and new trash receptacles
- 3** Evergreen trees and small non-fruiting flowering trees along the current tennis fence interface to create continuous treed interface with the interior of the park and to soften the transition from the tennis court facility and fencing to the park
- 6** New winter and sports equipment storage facility structure. Facade aligned with current Clubhouse
- 6.1** Tennis practice area
- 9** Entry Plaza at the Clubhouse main access doors to strengthen the visibility and identity of the Clubhouse with a feature signage wall
- 10** West Patio to provide a social interaction space with seating and a season fire pit and to create a better transition between the Clubhouse and the open park field. Recognition bricks set into the low wall defining the patio
- 10.1** Seasonal fire pit
- 10.2** Recognition bricks set into low retaining wall defining the patio
- 11** Expanded amenities (seating, warming elements, dog fencing) in and near the interior East Patio of the Clubhouse
- 11.1** Fenced-off area for dogs for visiting dog owners
- 15** Potential community garden area (large ornamental pots rather than in ground plots)
- 16** New trash receptacles
- 17** New bicycle racks
- 19** New community announcements postings board around existing power pole
- 20** New garbage bins enclosure



**Community Engagement Session at AGM
for Concept Plan and Storage Facility**

Pilates

in the Clubhouse

TUESDAYS

9:15 AM

with Christy Hayne



\$75 for 5 sessions or \$18 drop in fee

Pilates will continue in January.

This class, taught by Christy Hayne in the Clubhouse, focuses on using a variety of Pilates props to engage and strengthen all the muscles which contribute to your core strength, your deep abdominal and lower back muscles, and pelvic floor muscle. Improve your posture and functional fitness; this class ends with an extended stretching component. All levels welcome.

Christy has the reputation of being able to adapt to any level that joins her class. Whether injured, new to Pilates or nervous about joining, Christy will be able to fit the class to your needs.

Register at elbowpark.com

Gentle Yoga

in the Clubhouse

THURSDAYS

9:15 AM

with Phillis Lindsay



\$75 for 5 sessions or \$18 drop in fee

Yoga will continue in February.

Register at elbowpark.com

EPRA *Christmas Eve* CELEBRATION

December 24 | 2 - 4 pm

Brought to you by EPRA Volunteers and sponsored by Tom Plunkett, RAYMOND JAMES

EPRA invites all neighbours to bring the kids, grandkids and parents out to the rink for a festive skate and a great way to toast the season! Shhh...the kids might enjoy a skate with Santa too!!

- Warm by the fire pit
- Enjoy a drink of hot chocolate or wine
- Toast the season with your neighbours



Bring your skates, hockey sticks or just your good cheer!
We will also be accepting donations for the food bank.