

World Bee Day

May 22
12-3pm

High Park
Hall

EDUCATION

ARTS
& CRAFTS

Join us for some Family Fun!

Guest Speaker

Barb Kreller is the owner of Sweet Infusion Honey, an Edmonton based small business with a passion for bees and honey. She grew up on a commercial honey farm, learning all about the life and usefulness of the Honey Bee from her father, Paul Hawthorn. A few years after building her successful, unique business, based on flavoured honey, Barb was asked to share her knowledge of Honey Bees with her daughter's school. Following that presentation she looked around and discovered that area of education didn't have anyone providing good information. From this, the idea came to build a program to share with and teach school children about these important creatures. Of course, Bees are interesting to talk about and are cute too look at in pictures but it was missing something exciting. Barb wanted something more real and interactive so, with the help of her husband, Jason, they figured out a design for a portable observation hive. To be able to safely bring a live colony of bees for children to watch and learn from was awesome! Barb is very excited to share her knowledge, experience, and research related to the life and wonder of the Honey Bee in an accessible way to our community on May 22, 2022. For more information visit the Sweet Infusion Honey website at: <https://sweetinfusionhoney.com>

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Programs

Yoga - Vinyasa flow

Yoga Instructor: Kim Pelensky-Rimmer
Monday Afternoons 3:00 - 4:00
Wednesday nights 6:30- 7:30 p.m.

*Free for High Park community league members or 5\$ drop in

Vinyasa yoga for all ages, mats and equipment provided,
Please bring your own towel.

Vinyasa is an approach to yoga in which you move from one pose directly into the next. Poses transition coordinates with your breathing. It's done specifically as you exhale or inhale, and it gives you the feeling that your breath is moving your body.

Painting and Art

Watercolour paint nights
Monday nights, 6:00 p.m. - 9:00p.m.
Check the website for Dates

Learn to paint with watercolours in a fun and supportive environment!
No experience required.
Materials and supplies provided

Location: High Park community hall
Ages 12+
Prices per season: 8 classes \$80
Drop in rates: \$20

Wing Chun and Shaolin Kung Fu

Mondays - 6:00 - 8:00 p.m.
Tuesdays - 6:00 - 8:00 p.m.
Thursdays - 6:00 - 8:00 p.m.
Kindergarden Kung Fu - Children ages 4-10
Tuesdays - 5:30 - 6:30 p.m.
Thursdays - 5:30 - 6:30 p.m.
Training Fees:
Monthly \$75 - 2 classes / wk
Monthly \$40 - 1 class / wk
Quarterly - \$200 - 2 classes / wk
Quarterly - \$120 - 1 class / wk
Yearly - \$700 - 2 classes / wk
Yearly - \$400 - 1 class / wk
Family discounts,
2 or more family members - 20% off
For more information contact program director:
Bing Phung - 780-707-9557
programs@highparkcommunity.com
More information about our Kung fu program
grasshopperkungfuclub.com

BINGO DATES

Sunday May 29
Wednesday June 8
Tuesday July 12

Castledowns Bingo Hall
12222 137 Avenue
5:00 until midnight
\$75 credit and dinner provided

Bingos@highparkcommunity.com

HIGH PARK SOFTBALL BOTTLE DRIVE

Check the website or our facebook page for more info

MEMBERSHIPS

Membership has its privileges get yours today!
memberships@highparkcommunity.com

Community Clean Up

As winter is coming to an end, and the snow is melting away, unfortunately it exposes the large amount of garbage that accumulates throughout our winters. If our community members could please take the time to clean around your back alleys, front yards, if you are out walking, grab some gloves, take a bag to collect some of the garbage and it will help keep our community clean and ready for the flowers and leaves to emerge! It would be very much appreciated.



Please Check out our Facebook Page