

February/March 2022

# High Park

Community League

NEWSLETTER

HOW CAN  
I HELP?

#VOLUNTEER

## Bingo Volunteers Needed

### Upcoming Bingo Dates

Thursday March 3

Wednesday April 27

Sunday May 29

Wednesday June 8

Tuesday July 12

Castledowns Bingo

5pm - Midnight

\$75 Community League Credit

Free Dinner

As always, we will pay for your meal and issue a community league credit for \$75 which can be used towards events in the community as well as children/youth activities outside the community.

Please Contact Jean at 780-945-1911

## HIGH PARK FAMILY DAY ANNUAL SLEIGH RIDE

Friday Feb 18, 2022

5pm - 8pm

Come and Join us at the High Park Hall for some Family fun. We will have a Real old fashioned Horse and Sleigh that will take you for a ride throughout the Community.

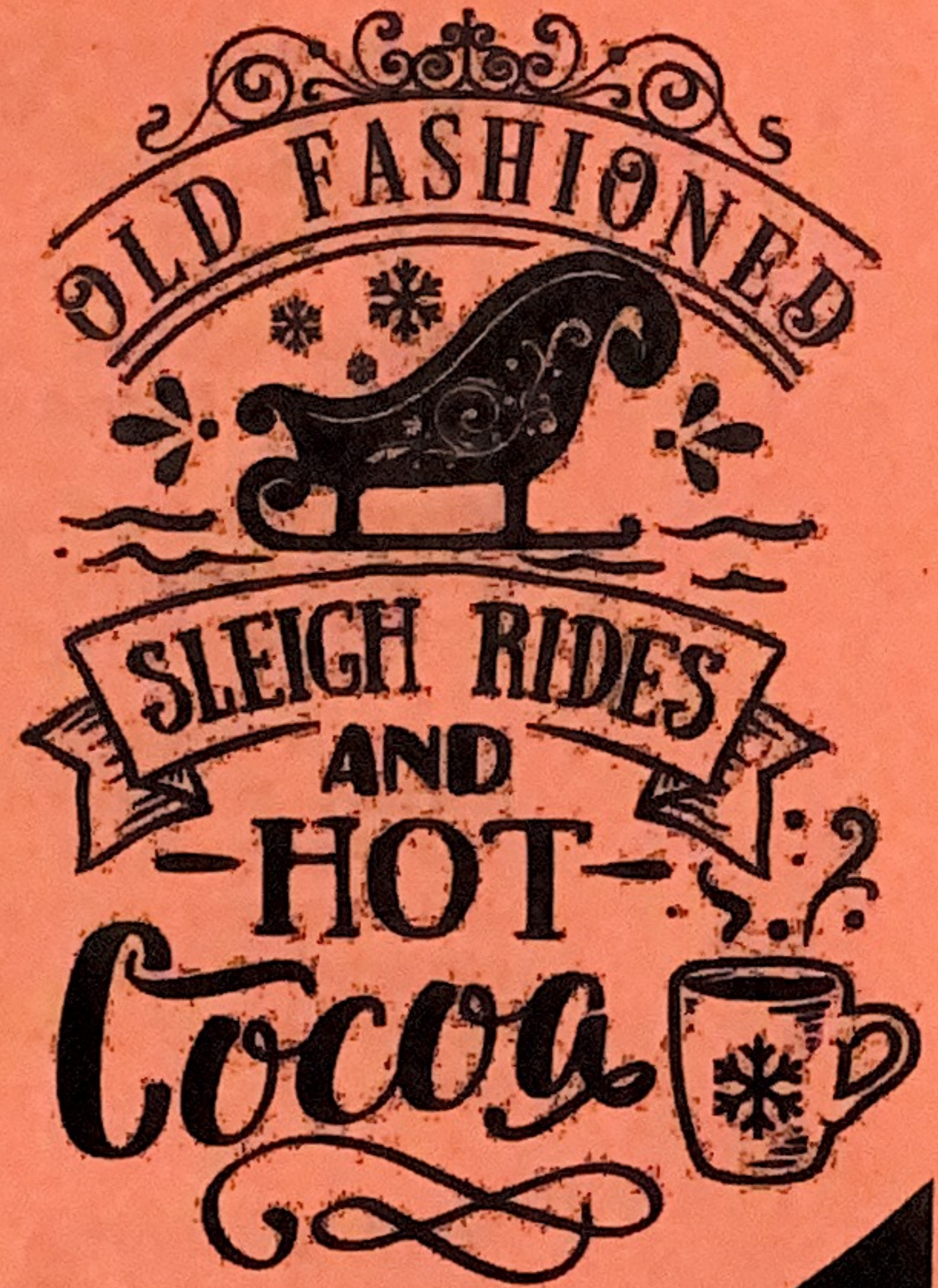
There will be hot chocolate, hot dogs a fire and Bannock Making.

\$5.00 per family

or

\$2.00 per person

EVERYONE IS WELCOME





## Yoga - Vinyasa flow

Yoga Instructor: Kim Pelensky-Rimmer  
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

## KUNG FU

Kindergarden Kung Fu - ages 4-10  
Tuesdays - 5:30 - 6:30 p.m.  
Thursdays - 5:30 - 6:30 p.m.  
Wing Chun and Shaolin Kung Fu  
Tuesdays - 6:00- 8:00 p.m.  
Thursdays - 6:00 - 8:00 p.m.  
Open Kung Fu Training  
Mondays - 6:00- 8:00 p.m.  
Beginner lessons  
Tuesdays - 7:00- 8:00 p.m.  
Thursdays - 7:00- 8:00 p.m.

\*10 class session starts March 1-31  
\$100

### 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  
Punch Cards: 10 pass - \$100  
Family discounts, 2 or more family members - 20% off

More information about our Kung fu program  
[grasshopperkungfuclub.com](http://grasshopperkungfuclub.com)

For more information on any of the High Park Programs contact program director:  
Bing Phung - 780-707-9557  
[programs@highparkcommunity.com](mailto:programs@highparkcommunity.com)

Please fill out our Survey  
Link is on Facebook  
and Website

[www.highparkcommunity.com](http://www.highparkcommunity.com)  
780-484-4646  
11032 154 Street  
Edmonton, AB  
T5P 2K1

Please Check  
out our  
Facebook Page



## 50+ Easter Dinner

April 7, 2022 6pm  
High Park Hall  
Members are Free  
\$5 non Members  
Doors Open at 5:30  
Call 780-484-4646 to RSVP