

## BQCL BOARD GAME NIGHT

Blue Quill Community League  
11304-25 Avenue NW

Friday, November 22, 2019  
6:30pm to 10:00pm

Bring your best dice rolling skills  
and join your neighbours for a fun  
evening!



**Blue Quill Community League**

11304-25 Avenue NW

Edmonton T6J 5B1

780-438-3366

[www.bqcl.org](http://www.bqcl.org)

**Office Hours**

8:30am to 1:00pm

Monday to Friday



Blue Quill  
Community  
League (BQCL)



@BlueQuillCL

# **BQCL PROGRAMS**

BQCL strives to bring a variety of programming to the league, hoping to provide something for everyone. If you have an idea for a program you would like to see us offer, or if you are an instructor, we would love to hear from you!

## **Chair Yoga and Meditation 6 Workshop**

**Fridays 11:15am - 12:15pm**

**October 25 to November 29**

**\$60 Members/\$65 non-members**

A low impact Yoga and Meditation for Seniors or those with mobility issues, or anyone who want to learn Yoga and Pranayama on the comfort of chair. All stretching, poses and meditation will be performed seated on a chair as well as some standing pose with support of chair. Props will be used like the Bender ball, Weights, Strap, block depending on the class theme for the day and your own ability.

Let us feel young again. If you are looking to have an hour of Fun-Filled Yoga, then this is the place for you! Learn the techniques of going within, talking to the soul, healing oneself and finding a long-term solution to staying stress-free and healthy. Regular yoga practice can help with mood, muscle tone, balance, strength, improved lung capacity, and even better sleep.

**This class includes** Fun connectivity stretching or Chair Yoga dance, different forms of traditional Pranayama practice - (Breathing work), Asana practice on chair (no mat required), Partner chair yoga poses. Participants will learn the healing power of Meditation techniques like Tratak and Eye Gazing, Candle Gazing, Laughter Yoga, Guided Relaxation, Mantra Chanting and Fun Yoga games,.

## **Fall Kids Yoga and Meditation 7 week Series**

**Wednesdays 3:45-4:45pm**

**October 23 to December 6**

**Ages 5-10**

**\$70 Members/ \$75 non-members**

Join us for 7 sessions of kid centric yoga designed for young yogis to learn and have FUN while improving coordination, balance, strength and flexibility!

Kids will learn to harness their Yoga energy and practice Yoga stretching, chair yoga stretching, and even Yoga in a dance form. Each week will contain a different theme and poses including Partner Yoga poses, Acrobatic Yoga poses, Traditional Pranayama techniques (Breathing work- different forms), Fun Yoga games, Mindfulness activities, Eye gazing, Candle gazing to learn the power of healing oneself.

Give your kids the gift of flexibility, confidence, body awareness, self-regulation and improved concentration through this 7 week course. Families will have the option to sign up for a bonus 1 day yoga workshop for the whole at the end of 7 weeks.

Bring a Mat, Socks, Water bottle. Register online at <https://www.bqcl.org/> or in person at Blue Quill Community League Hall.

# SWESA

BQCL would like to welcome SWESA to our building and neighbourhood!

We look forward to having you and the programs and people that this will bring to

Blue Quill!

<http://swedmontonseniors.ca/>



**SouthWest Edmonton  
Seniors Association**

City of Edmonton at BQCL



## Hawaiian and Polynesian dance classes

Escape to the tropics every week right here at Blue Quill! Hawaiian hula and Polynesian dance classes are held on Thursday nights starting at 6:30.

Polynesian dance is more than learning dance steps. It is about connection – with each other and with the culture.

Check out our Facebook and Instagram pages for more information. January open registration dates will be posted there! All abilities and experience welcome! Send us a message or email and let us know you'd like to come check it out before January. First class is always free!

Ho'omaka Hanu A Ke Aloha Polynesian Dance Society is a non-profit group that means to begin to breathe with aloha.

Facebook.com/alohadancersYEG

Instagram.com/alohadancersYEG

### Questions?

[alohadancersYEG@gmail.com](mailto:alohadancersYEG@gmail.com)





# Open House

## January 15, 2020

### 6-8 PM



- Classes for 3 or 4-year olds
- Three hour classes with daily outdoor time
- Wonderful teachers who offer play-based learning
- No parent duty days or mandatory fundraising

Meet our teachers and see the playschool at  
12105-39A Avenue NW in Aspen Gardens!

**Online registration opens January 20:**

<https://littleaspenplayschool.com>



## Yardly - SAVE 10% on Snow Removal & Lawn Mowing

Enjoy the best-looking yard on the block, by only lifting a finger. Yardly offers easy and reliable yard care services through their website.

Members SAVE 10% on snow removal and lawn care services by using promo code EFCL on the [Yardly website](#).

**YARDLY**

# BQCL MEMBERSHIP

## Membership Rates

**Family \$35/year**

**Single \$25/year**

**Senior Free**

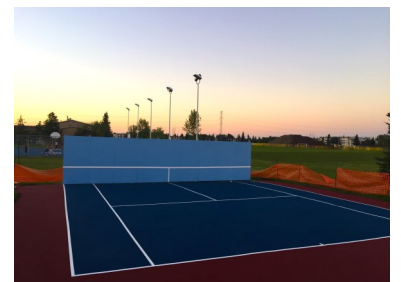
**Associate \$35**

**Business \$125**

Blue Quill Community League offers membership to our residents that comes with many benefits. With membership, you get the use of our skating rink, tennis courts, basketball courts, beach volleyball courts and all our programming comes with a discount. Not only this, but your hall rentals come at a discounted rate and you have the use of Confederation Pool on both Saturdays and Sundays from 4:00pm to 5:30pm. You can enjoy these and many other benefits, all while getting involved in your Community!

If interested, contact Toby at [membership@bqcl.org](mailto:membership@bqcl.org)

## Amenities



## Rent our Hall

The Main Hall and Kitchen can be rented for \$525.00 per day, or \$90.00 per hour. **BQCL members receive discounted rates of \$425.00 per day and \$60.00 per hour!**

The upstairs loft at BQCL is an ideal meeting space as it can accommodate up to 60 seated and has tables, chairs, a sink and a deck. This space can be rented on a weekday evening for \$175.00 (non-member) or \$125.00 (member). Weekend rental rates are the same as other rooms in the hall (\$90 per hour for non members and \$60 per hour for members).

**A \$500 Cash Security Deposit applies to all rentals.**

**Blue Quill Community League does not rent on Sundays.**

## Membership Benefits

### **Acclaimed! Heating, Cooling, and Furnace Cleaning (Recommended Contractor)**

Acclaimed! offers community league members a 10% discount on furnace and duct cleaning services (with the exception of the \$19.95 Material and Waste Handling Fee, which is not discounted). Must mention discount at time of booking and CL membership card must be shown to the technician at the time of the cleaning. Discount cannot be combined with any other offers or discounts.



## Upcoming Events

BQCL Board Game Night  
November 22, 2019  
6:30pm to 10:00pm

## City Programs

The City of Edmonton runs a number of great Youth Drop-In Community Programs every season. This summer stop by for YEGyouth, Green Shack, Flying Eagle, Pop Up Play and City Skateparks to check out what's going on.

Please visit [www.edmonton.ca](http://www.edmonton.ca) or [Get the App!](#)



**"THE NEW WAY TO PLAY"**

**BUBBLE SPORTS**

SPORTS + GAMES BUBBLE BOWLING WATER BUBBLES



**ARCHERY TAG**

TEAM BATTLE DOUBLE TEAM FREE FOR ALL



**LASER TAG**

DOMINATION TEAM BATTLE FREE FOR ALL INFECTED



**YEG COMMUNITY LEAGUE DISCOUNT**

**USE PROMO CODE: EFCL18**

\*We have a number of offers available, click, book or call for more info.

**BOOK TODAY!**

**BOOKINGS@ORBISSPORTS.COM**  
**1.888.901.7426 > ORBISSPORTS.COM**



## Community League Wellness Program

Reduced rates to City of Edmonton recreational facilities through the [Community League Wellness Program](#) which offers the following discounts:

**Annual Membership** - 20% discount on Adult, Family, Child, and Youth/ Senior Annual Memberships.

**Multi Admission Pass\*** - 15% discount on already discounted multi admission pass (5+ visits) \*Applies to new purchases only.

**Continuous Monthly Membership** - 20% discount on an on-going monthly membership.



## Neighbourhood Watch

Blue Quill is trying to help residents be aware of what is going on in their neighbourhood. We have started a facebook page where neighbours can join and report anything others should be aware of. Please Join!

<https://www.facebook.com/groups/1157529387663802/>

# BQCL Board of Directors

The BQCL Board meets once a month on the 3rd Thursday of the month at 7pm.

If you are interested in coming to a meeting or joining our board, please feel free to call 780-438-3366.

| BQCL Board Members |                                        |
|--------------------|----------------------------------------|
| POSITION           | NAME/EMAIL                             |
| President          | Leslie Hieratch<br>president@bqcl.org  |
| Vice-President     | Travis Ball<br>vicepresident@bqcl.org  |
| Treasurer          | Sam Tomte<br>treasurer@bqcl.org        |
| Secretary          | Tami Wong<br>secretary@bqcl.org        |
| Past President     | Travis Ball<br>pastpres@bqcl.org       |
| Civics             | VACANT<br>civics@bqcl.org              |
| Facilities         | Garth Williams<br>facilities@bqcl.org  |
| Fundraising        | Richard Hughes<br>fundraising@bqcl.org |
| Memberships        | Tamara Arnold<br>membership@bqcl.org   |
| Programs           | VACANT<br>programs@bqcl.org            |
| Publicity          | Kelly Haylock<br>publicity@bqcl.org    |
| Social             | VACANT<br>social@bqcl.org              |
| Sports             | VACANT<br>sports@bqcl.org              |

Should any be of interest to you, please call 780-438-3366 or email [bqcladmin@bqcl.org](mailto:bqcladmin@bqcl.org).

**Thanks!**

Winner of a new IPAD!

DEAN!!!

Thanks for joining BQCL!



Volunteer of the Year!

Wanda Vlahac

Thanks for everything!!!

**ADVERTISE in the  
Blue Grass Rattler!**

If you wish to  
advertise in the Blue  
Grass Rattler, please  
call 780-438-3366 or  
email  
bqcladmin@bqcl.org.

## **Advertise in the Blue Grass Rattler**

The Blue Grass Rattler is a local community newsletter published monthly that provides news and details of events, programs and civic issues. It is circulated via email to our membership and all those that subscribe. Advertisements are accepted according to the rate schedule below with priority given to local businesses and organizations. The newsletter is published and circulated by the Blue Quill Community League who maintains editorial control and reserves the right to limit advertising as required.

| <b>SIZE</b> | <b>(width x height)</b> | <b>RATE</b> |
|-------------|-------------------------|-------------|
| 1/8 page    | (3.5" v 2.25")          | \$100       |
| ¼ page      | (3.5" x 4.75")          | \$125       |
| ½ page      | (7.5" x 4.75")          | \$200       |
| Full Page   | (7.5" x 10")            | \$350       |
| Back Page   | (7.5" x 10")            | \$450       |

**BQCL is starting this news-  
letter as an online edition.  
Ads in the online edition are  
\$100 for up to 1/2 page.  
Within a year, we hope to  
mail out print editions which  
would have the above rates.**

**PETROLIA SENIORS GROUP (55+)**

**Invites YOU to come to ENJOY**

**LUNCH and a PROGRAM (\$18)**

**Every Third Tuesday (except July and August)**

11:45 a.m. (sharp) to 2:00 p.m.

at Greenfield Community Hall - 3803 -114 Street

**December 10<sup>th</sup> –Turkey Dinner with trimmings (\$25)**

“The Brail Tones” directed by Susan Farrell

**Musical Entertainment and Carol Sing**

**January 21<sup>st</sup>** - Bob Tatz, author of book “Lost in the Battle for Hong Kong” 1941

Stories of living in Hong Kong as a youth and later as a Japanese Prisoner

To **CONFIRM** your attendance or for **more** information

**Call:** Nick - 780-435-1045 or Betty - 780-434-0711

## **Cloverdale Paint**

Show your Community League membership card, mention Edmonton Federation of Community Leagues (code 057EFCL) and receive wholesale pricing at any Cloverdale Paint location. Find your closest [Cloverdale Paint store](#).

