



# FEBRUARY - MARCH 2026

## Belvedere Bulletin

Belvedere Community League 13223-62 Street Edmonton, Alberta T5A 0V5 (780)476-1224  
info@belvederecl.com

**Kara Family Resource Centre  
give you FREE Fun For Everyone**

# Snow Much Fun Day

**Spaghetti  
Lunch**  
11:00 - 12:30 pm

Rink Open  
at Noon  
Bring Your  
Skates

**Horse &  
Wagon Rides**  
11:00 - 1:00 pm



**Free!**

**Saturday, February 14th**

**11-1 pm**

**13223-62 st**



**Valentine's Craft  
Sledding  
Hot Chocolate**



#### 2025-2026 Belvedere Board

President	Vacant	president@belvederecl.com
V.President	Vacant	vicepresident@belvederecl.com
Secretary	Connie	secretary@belvederecl.com
Treasurer	Alana	treasurer@belvederecl.com
Bingo	Lisa	bingo@belvederecl.com
Bldg&Grounds	Bob/Susanne	facility@belvederecl.com
Casino	Connie	casino@belvederecl.com
Drop-in	Sandra	dropin@belvederecl.com
Facebook	Carmen	facebook@belvederecl.com
Membership	Mabel	membership@belvederecl.com
Newsletter	Mabel	newsletter@belvederecl.com
Programs	vacant	programs@belvederecl.com
Social	Alana	social@belvederecl.com
Sports	Kevin	sports@belvederecl.com
Website	BD	webmaster@belvederecl.com
Area 2 Rep	Alana	
Hall phone		780-476-1224

#### **FREE Community Swim Pass Times:**

**O'Leary:** Saturdays 4:15 – 6:15 pm

**Londonderry:** Sundays 4:15 – 5:45 pm

**Grand Trunk:** Fridays 7:15-9:15 pm

*Must present **current** Community League  
Membership Card and Swim Pass.*

**These swim cards are free to you as a  
member but do come at a cost.**

**We encourage you to utilize the free swim  
times or we could lose this  
membership benefit.**



#### **BELVEDERE COMMUNITY DROP IN**

Tuesdays from 9:00am to 12:00pm at Belvedere Hall

We welcome you to come and meet new & visit with old neighbours; there are a variety of things to do, play ping pong, darts, cards &/or board games; do some crafts; or just visit.

This is a FREE casual morning for adults of all ages. Coffee, tea and snacks provided.

#### **VOLUNTEERS NEEDED FOR EVENING BINGO FRIDAY, APRIL 3RD**

4:45- 9:30 Kensington Bingo Hall

Free supper, good fun and a great way to  
contribute to the community. Contact [bingo@belvederecl.com](mailto:bingo@belvederecl.com)



#### **Belvedere Rinks - Hours of Operation:**

Monday:	Closed
Tuesday:	4:30 – 8:30pm
Wednesday:	4:30 – 8:30pm
Thursday:	4:30 – 8:30pm
Friday:	4:30 – 9:30pm
Saturday:	1:30 – 8:30pm
Sunday:	1:30 – 5:30pm

#### **Come out and Enjoy both the Skating and Hockey rinks everyone!**

It's been a really, really long 4 year process but it is finally complete!  
The new Hockey Rink is ready for you!



Loaner skates in various sizes are available for anyone to use

**FAMILY DAY FEBRUARY 16TH  
RINKS OPEN- NOON - 8:00PM**



## FREE FALL PREVENTION SESSION

Friday February 27 from 1-3 pm at

Belvedere Community Hall.

**WHY** you should attend fall prevention sessions:

- 85% of injured seniors go to the hospital because of a fall
- 20% of falls cause serious injury which leads to surgery, longer hospital stays, and higher risk of getting pneumonia and other infections
- Falling one time doubles your chance of falling again

**WHY** do we fall?

- Decreased mobility in the joints causing shuffling (more likely to trip)
- Decreased strength: people lose up to 8% muscle mass every decade starting at 30 years old, and more per decade after 60 years.
- Decreased balance and sensation in the limbs, reducing stability in nerve receptors and circulation

### FIGHT BACK!!

Session is presented by a certified physiotherapist from Flare Fitness. and gives insight on how to prevent fall injuries. Light refreshments provided, and some free items to take home.

Wear comfortable clothes and shoes, and we will see you there!



## FREE NUTRITION SESSION

Friday March 27 from 1-2:30 pm at the Belvedere Hall.

Preparing healthy nutritious meals for 1 or 2 people can be a challenge, and we can help!

Belvedere Community League is hosting a free session full of tips and tricks to promote a healthier you.

It is presented by a Flare Fitness

nutrition specialist.

Light refreshments will be provided.



**INFORMATIVE SESSIONS ON RELOCATION AND BANK FRAUD COMING IN APRIL**

## CLAREVIEW YOUTH NIGHTS



Scan the QR code for more launch details or visit [youthrise.ca](http://youthrise.ca) to learn more.

## DETAILS

## WHO ARE WE?

**WHAT** Drop-In, Open Gym, Games, Food

**WHEN** Every Friday from 5-7PM

**WHO** Youth 12-17 with a current School ID

**WHERE** JD BRACCO SCHOOL  
3150 139 AVE NW

Youth Rise is a non-profit organization that exists to empower youth to rise to their full potential. We run drop-in programs that are fun, safe, non-judgemental, and **100% free!**

In partnership with the City of Edmonton, J.D. Bracco, and other organizations, we are excited to invite you to Clareview Youth Nights! Anyone aged 12-18 is welcome to join us. There's no catch. Show up, come as you are and bring a friend.

**\*SCHOOL ID REQUIRED TO ATTEND\***

## BE PART OF THE TEAM!



**BELVEDERE COMMUNITY IS LOOKING FOR PLAYERS AND COACHES FOR THE UPCOMING SPRING SEASON**

**Register Online!**  
**February 2<sup>nd</sup> - March 18<sup>th</sup>**  
**[WWW.EMSANORTH.COM](http://WWW.EMSANORTH.COM)**

For those interested in coaching:  
please reach out directly  
[sports@belvederecl.com](mailto:sports@belvederecl.com)



# NOT Falling For You

Preventing Falls  
with Balance & Buddies

Belvedere Community League

## Prevent Falls

- Improve your balance
- Increase your mobility
- Led by a senior
- Ideal for adults 55+

**Day/Time:** Fridays 10:00 to 11:00 a.m.

**Location:** Belvedere Community Hall

**Address:** 13223 - 62 St NW

**Dates:** January 16 to March 27, 2026

**Cost:** Free to community league members

For more information visit:

**FindingBalanceAlberta.ca/nffy**

Or to join contact:

**Ph: 780-476-1224**

**dropin@belvederecl.com**

**THIS IS A DROP IN PROGRAM- COME WHEN YOU CAN**

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Belvedere Community League memberships are available for purchase at the hall during Tuesday's community drop in (9am-Noon), at all league events and at the rink. Payment by Cash, e-transfer or they can be purchased online at [efcl.org](http://efcl.org)  
Family \$20.00 / Senior \$10.00 / Single adult \$10.00.