



ICRWP January 2019

FOR MORE INFO CONTACT REBECCA KAISER or MIKE SIEK
 EMAIL: RKAISER@BISELLENTRE.ORG or MSIEK@BISELLENTRE.ORG
 FACEBOOK: INNER CITY RECREATION AND WELLNESS PROGRAM
 TWITTER & INSTAGRAM: @RECANWELLNESS



Monday	Tuesday	Wednesday	Thursday	Friday	Sat.	Sun.
No Programs 31	NEW YEARS DAY No Programs 1	HUM 101 (5:45-8:30 PM, U of A Old Arts Building) 2	Collective Kitchen (YMCA, 11:30-1:30PM) 3	Pet Food Bank (BSCS, 9:30-11:30 AM) Floor Hockey (Boyle Plaza, 1:00-3:00 PM) Street Prints (BCW, 2-4PM) 4	5	6
Pet Food Bank (BSCS, 9:30-11:30AM) 7	Pet Food Bank (BSCS, 9:30-11:30AM) Making Strides (10AM-12:30PM) Drop-In Soccer (Boyle Plaza, 1:00-3:00 PM) Youth Snowboard Trip (12:00 PM, BSCS) 8	HUM 101 (5:45-8:30 PM, U of A Old Arts Building) Community Yoga (2-3PM Wicitowin Room, Bissell Centre) 9	Collective Kitchen (YMCA, 11:30-1:30 PM) 10	Pet Food Bank (BSCS, 1:30-3:30 PM) Floor Hockey (Boyle Plaza, 1:00-3:00 PM) Street Prints (BCW, 2-4PM) 11	12	13
Pet Food Bank (BSCS, 9:30-11:30AM) 14	Pet Food Bank (BSCS, 9:30-11:30AM) Making Strides (10AM-12:30PM) Drop-In Soccer (Boyle Plaza, 1:00-3:00 PM) Youth Snowboard Trip (12:00 PM, BSCS) 15	HUM 101 (5:45-8:30 PM, U of A Old Arts Building) Community Yoga (2-3PM Wicitowin Room, Bissell Centre) 16	Collective Kitchen (YMCA, 11:30-1:30PM) ESSC Soccer (5:45 PM) 17	Pet Food Bank (BSCS, 9:30-11:30AM) Floor Hockey (Boyle Plaza, 1:00-3:00 PM) Street Prints (BCW, 2-4PM) 18	19	20
Pet Food Bank (BSCS, 9:30-11:30AM) 21	Making Strides (10AM-12:30PM) Drop-In Soccer (Boyle Plaza, 1:00-3:00PM) HUM 101 (5:45-8:30PM, U of A Old Arts Building) Youth Snowboard Trip (12:00 PM, BSCS) 22	HUM 101 (5:45-8:30 PM, U of A Old Arts Building) Community Yoga (2-3PM Wicitowin Room, Bissell Centre) ICRWP Trip (Bissell Centre, 11:30 AM) 23	Collective Kitchen (YMCA, 11:30-1:30PM) Street Prints at Alberta Hospital Craft Sale (10AM-4PM) ESSC Soccer (9:45 PM) 24	Pet Food Bank (BSCS, 9:30-11:30AM) Floor Hockey (Boyle Plaza, 1:00-3:00 PM) Street Prints (BCW, 2-4PM) 25	26	27
Pet Food Bank (BSCS, 9:30-11:30AM) 28	Making Strides (10AM-12:30PM) Drop-In Soccer (Boyle Plaza, 1:00-3:00 PM) HUM 101 (5:45-8:30 PM, U of A Old Arts Building) Youth Snowboard Trip (12:00 PM, BSCS) 29	HUM 101 (5:45-8:30 PM, U of A Old Arts Building) Community Yoga (2-3PM Wicitowin Room, Bissell Centre) 30	Collective Kitchen (YMCA, 11:30-1:30PM) ESSC Soccer (8:45 PM) 31	Pet Food Bank (BSCS, 9:30-11:30AM) Floor Hockey (Boyle Plaza, 1:00-3:00 PM) Street Prints (BCW, 2-4PM) 1	3	4

REGULAR PROGRAMS:

- o ALL PROGRAMS ARE **FREE**.
- o BOYLE STREET COMMUNITY SERVICES (BSCS) IS AT 101 16-105 AVE.
- o BOYS AND GIRLS CLUB IS AT 9425 109 A AVE.
- o BISSELL DROP IN IS AT 10527-96 STREET.
- o BOYLE PLAZA AND THE YMCA WELCOME VILLAGE ARE AT 9538 103A AVE.
- o THE MUSTARD SEED IS LOCATED AT 10635 96 STREET NW.
- o McCAULEY APARTMENTS ARE AT #B08, 9541-108A AVE. (meet at sliding doors on South side of the building)
- o TRIPS LISTED AS LEAVING FROM THE BISSELL CENTRE, ALSO STOP BY BOYLE STREET COMMUNITY SERVICES BEFORE DEPARTURE (usually a half an hour after the posted time)

PET FOOD BANK: Need food or supplies for your animal? The Pet Food Bank is normally open Monday and Friday mornings at Boyle Street Community Services (unless otherwise posted). We also partner with the Prevent Another Litter Subsidy (PALS) at the Humane Society for spaying and neutering, and Alberta Helping Animals Society (AHAS) for veterinary care. The Pet Food Bank runs on a first come, first serve basis and is stocked by donations only, thank you for your understanding.

SOCCER DROP-IN: Tuesdays from 1-3 PM. We meet at Mccauley Apartments (9541 108A Ave) to develop skills and play soccer.

FLOOR HOCKEY DROP-IN: Every Friday from 1-3PM, we'll be in the Boyle Plaza gym playing floor hockey. All equipment is provided.

SOCCER TEAM PRACTICE: The Boyle Street Football Club usually plays in the Edmonton Sport and Social Club's recreational league, this season we are practicing up our skills on Thursday evenings from 8-10PM at the Boys and Girls Club of Edmonton.

SEASONAL PROGRAMMING: The ICRWP host many seasonal programs , in the summer months, the programs runs an inner city Slo-pitch team, a garden and food security program known as Lady Flower Gardens, an outdoor soccer team and summer trips to city of Edmonton Attractions. During the cooler months the program runs a combination of the Women's Wellness program, Trips to Elk Island Park and drops into public skates at City of Edmonton Arenas.

REGISTRATION REQUIRED PROGRAMS:

STREET PRINTS ARTIST COLLECTIVE: Visual artists, sculptors and photographers are given tools and opportunities to share and sell artwork and knowledge in a supportive and cooperative environment.. Please contact msiek@bissellcentre.org for more details.

COLLECTIVE KITCHEN: Happening every week at the YMCA Welcome Village, participants make a monthly meal plan, and then get cooking together! Normally 3 meals are made each time, and everyone gets to take the healthy food with them (after spending some quality kitchen time with each other of course).

BOYLE STREET FOOTBALL CLUB: This registration required Soccer program focuses on building capacity to participate in organized sports in a team setting. Our team with the ESSC Rec. league is composed of community members, students and staff from the Inner City area. Please ask for detail if you or someone you work with is interested in playing on our team!

HUMANITIES 101: Join us at this Free, non-credit university class which resumes for the fall semester on September 25th. Located on the University of Alberta Campus in the Old Arts Building. To find out more information or to register phone (587) 709-5472 or Email Hum101@ualberta.ca.

MAKING STRIDES: This is an equine or horse therapy program that takes place in the wonderful setting of the Whitemud Equine Centre south of the river valley. Please contact Rylan Kafara at rkafara@boylestreet.org for inquiries.