



Sept. 2019 Inner City Rec. & Wellness

For more info contact:
 Rebecca Kaiser or Mike Siek
rkaiser@boylestreet.org or msiek@boylestreet.org
 Facebook, Twitter, Instagram [@recandwellness](https://www.instagram.com/recandwellness)



Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sun
2 LABOUR DAY No programs	3 Pet Food Bank (BCE, 9:30-11:30AM) Drop-In Soccer (McCauley Apartments, 1-3 PM) Inner City Flash (Diamond Park, 6:00 PM)	4 Lady Flower Garden Trip (Bissell Centre @ 9:30 AM or BSCS @ 10:00 AM) Community Yoga (Wicitowin Room, BCW, 2-3 PM)	5 Collective Kitchen (YMCA, 11:30-1:30PM) Bike Edmonton Membership Borrowing Hours (BSCS Drop-in 1-4 PM) Women's Harvest (BSCS, 12:30 PM)	6 Harmony Music (BCE, 9-11 AM) Pet Food Bank (BSCS, 9:30-11:30 AM) Floor Hockey (Boyle Plaza, 1-3 PM) Street Prints Studio Time (BCW, 2-4 PM)	7	8
9 Pet Food Bank (BSCS, 9:30-11:30AM)	10 Drop-In Soccer (McCauley Apartments, 1-3 PM) Inner City Flash (Diamond Park, 6:00 PM)	11 Lady Flower Garden Trip (Bissell Centre @ 9:30 AM or BSCS @ 10:00 AM) Community Yoga (Wicitowin Room, BCW, 2-3 PM)	12 Collective Kitchen (YMCA, 11:30-1:30 PM) Bike Tuneups (BCW, 12:00 PM - 2:00 PM) Bike Edmonton Membership Borrowing Hours (BSCS Drop-in 1-4 PM)	13 Harmony Music (BCE, 9-11 AM) Pet Food Bank (BSCS, 9:30-11:30 AM) Floor Hockey (Boyle Plaza, 1-3 PM) Street Prints Studio Time (BCW, 2-4 PM)	14	15
16 Pet Food Bank (BSCS, 9:30-11:30AM) Poetry Writing BSCS (Drop-in, 1:30-3:30 PM)	17 Drop-In Soccer (McCauley Apartments, 1-3 PM) Inner City Flash (Diamond Park, 6:00 PM)	18 Lady Flower Garden Trip (Bissell Centre @ 9:30 AM or BSCS @ 10:00 AM) Community Yoga (Wicitowin Room, BCW, 2-3 PM)	19 Collective Kitchen (YMCA, 11:30-1:30PM) Bike Ed. Membership Borrowing Hours (BSCS Drop-in 1-4 PM) Elk Island (TBA)	20 Harmony Music (BCE, 9-11 AM) Pet Food Bank (BSCS, 9:30-11:30 AM) Floor Hockey (Boyle Plaza, 1-3 PM) Street Prints Studio Time (BCW, 2-4 PM)	21	22
23 Pet Food Bank (BSCS, 9:30-11:30) Poetry Writing BSCS (Drop-in, 1:30-3:30 PM)	24 Drop-In Soccer (McCauley Apartments, 1-3 PM) Inner City Flash (Diamond Park, 6:00 PM) Hum 101 (U of A B-117 Ed North, 6:00 PM)	25 Lady Flower Garden Group (Bissell Centre @ 9:30 AM or BSCS @ 10:00 AM) Community Yoga (Wicitowin Room, BCW, 2-3 PM)	26 Collective Kitchen (YMCA, 11:30-1:30PM) Bike Ed. Membership Borrowing Hours (BSCS Drop-in 1-4 PM) Boyle Street FC Gym Soccer (Boyle Plaza, TBA)	27 Harmony Music (BCE, 9-11 AM) Pet Food Bank (BSCS, 9:30-11:30 AM) Floor Hockey (Boyle Plaza, 1-3 PM) Street Prints Studio Time (BCW, 2-4 PM)	28	29
30 Pet Food Bank (BSCS, 9:30-11:30AM) Poetry Writing BSCS (Drop-in, 1:30-3:30 PM)	1 Drop-In Soccer (McCauley Apartments, 1-3 PM)	2 Lady Flower Garden Trip (Bissell Centre @ 9:30 AM or BSCS @ 10:00 AM) Community Yoga (Wicitowin Room, Bissell Centre, 2-3PM)	3 Collective Kitchen (YMCA, 11:30-1:30PM) Bike Edmonton Membership Borrowing Hours (BSCS Drop-in 1-4 PM) Boyle Street FC Gym Soccer (Boyle Plaza, TBA)	4 Harmony Music (BCE, 9-11 AM) Pet Food Bank (BSCS, 9:30-11:30 AM) Floor Hockey (Boyle Plaza, 1-3 PM) Street Prints Studio Time (BCW, 2-4 PM)	5	6

REGULAR PROGRAMS:

- o ALL PROGRAMS ARE FREE.
- o BCW, (BISELL CENTRE WEST, DROP IN) IS AT 10530-96 ST. BCE, (BISELL CENTRE EAST, BASEMENT) IS AT 10527-96 ST.
- o BSCS, (BOYLE STREET COMMUNITY SERVICES) IS AT 10116-105 AVE.
- o BOYS AND GIRLS CLUB IS AT 9425 109A AVE.
- o BOYLE PLAZA AND THE YMCA WELCOME VILLAGE ARE AT 9538 103A AVE.
- o DIAMOND PARK #1 @ 98 AVE & 101 STREET NW.
- o McCAULEY APARTMENTS ARE AT #B08, 9541-108A AVE. (meet at sliding doors on the south side of the building)
- o TRIPS LISTED AS LEAVING FROM THE BISELL 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 the field behind Sacred Heart Church and McCauley Apartments (95 St and 108 Ave) to develop skills and play soccer. (Be prepared and dressed for the weather, which can change quickly in spring)

FLOOR HOCKEY DROP-IN: Every Friday from 1-3PM, we'll be in the Boyle Plaza gym (9538 103A AVE) playing floor hockey. All equipment is provided.

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.

COMMUNITY YOGA: There is an open, drop-in Yoga class held in the Bissell Centre West Building every Wednesday. All are welcome.

INNER CITY FLASH: Running Club for community members interested in improving their cardio and expand their running ability.

TRIPS: Usually occur once a month whether its to Elk Island Park, a City of Edmonton Attraction or Bowling! We stop to pick people up at both the Bissell Centre and Boyle Street Community Services.

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 details if you or someone you work with is interested in playing on our team! Starts up in May for the spring!

HUMANITIES 101: REGISTRATION IS NOW OPEN FOR THIS PROGRAM. 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.

To Chat with an Inner City Recreation and Wellness Program Staff, please connect with Rebecca at 587-337-9860.