

What's Inside

3 TTHOA	16 Kid's Letters
7 SWEFM	18 SWESA
12 Kid Zone	20 Garbage Cutout
14 TCC	22 Kids Artwork



www.terwillegar.org

Issue 85 Apr 2021

Next submission deadline:
May 28, 2021
Next issue: June 14, 2021

Community Update

Kathleen Mountford
TCL President

This winter we held our online Family Day event where members could receive a free movie code to Cineplex and a pizza discount to Panago. We thank the Riverbend Panago owners for supporting the community and our membership. If any members have not yet received a Cineplex code please send tclpresident@terwillegar.org an email and we will provide what passes we have left on a first come, first served basis.

Spring is now here, and it is nice to see the snow melting and the sidewalk chalk back out. The Community League is thinking of which programs to offer for the summer, so if you have any ideas, feel free to reach out to us. We will be posting all future events on our @tclevents Facebook page and we are now active on Instagram to help promote TCL events more broadly. On behalf of the board, I wish everyone in the community a great spring.



panago.com

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Community

Councillor Update

Tim Cartmell
Councillor Ward 9



Greetings Everyone!

I hope that you are able to get outside and take advantage of the warmer temperatures.

Just as we have been waiting for spring, another long wait is over! Construction on Terwillegar Drive is finally getting started!

There are three stages to the project.

- Stage One, starting in April, will see construction begin between Rabbit Hill Road and Whitemud Drive. Work will include adding two lanes in each direction, improving all the intersections, and straightening out 40th Avenue / Bulyea Road. In 2022, construction will start between Anthony Henday Drive and Rabbit Hill Road, continuing through to the summer of 2023. Work includes the addition of two lanes in each direction and improvements at all the intersections.
- Stage Two of the project is scheduled for 2023 to 2025. This stage includes rehabilitation and widening of the Rainbow Valley Bridge, improvements to the Whitemud - Terwillegar interchange, construction of a dedicated southbound transit lane from 53rd avenue to Terwillegar Drive and construction of a pedestrian bridge over Whitemud Drive.
- Stage Three includes the construction of a second overpass over Anthony Henday Drive, and widening of Terwillegar Drive south to Windermere Boulevard. This work is scheduled for 2023-2026.

During construction, two lanes will be maintained in each direction on Terwillegar Drive from 6:00am until 10:00pm. Dedicated turning lanes will also be maintained. During morning peak hours, all lanes will be open on Bulyea Road / 40th avenue, Rabbit Hill Road, 23rd

Moving Toward A Heart-Healthy Life

<http://www.albertahealthservices.ca>

Did you know that February is Heart Month? If you are trying to move toward a heart-healthy lifestyle, your journey begins in the kitchen – and by being active. Eating heart-healthy food can help lower your risk of heart disease. So can regular exercise. Here are some suggestions:

Choose higher-fibre foods, which include:

- Whole-grain foods such as breads, hot or cold cereals, crackers. Just look for “whole grain” in the ingredient list on food packages
- Whole grains such as barley, millet, quinoa, bulgur and oats.
- Dried cooked beans, peas and lentils. Use these instead of meat at some of your meals.
- Vegetables and fruits. Choose vegetables and fruits at every meal and snack.

Choose healthy fats.

- Every day, include a small amount (2 to 3 Tbsp or 30 to 45 mL) of olive oil, canola oil, peanut oil, sunflower oil or soft non-hydrogenated margarines made from these oils.
- Eat fatty fish at least two times a week.
- Choose up to 1/3 cup (60 mL) of nuts as a snack, or add to a salad.

Avenue and Hadow Road. Outside of peak hours, there will be times when some lanes on these crossing through roads are closed.

We all expect that this construction activity will increase congestion and frustration. And that may lead to more shortcutting - drivers will see the construction along Terwillegar Drive and will be inclined to take Riverbend Road or Bulyea Road instead.

I know this might come across as preachy - but please don't shortcut. We know that Riverbend and Bulyea Roads are already at capacity. These roads won't get you to your destination any faster.

And the equally frustrated residents in those areas will have their day to day lives disrupted. During the warmer months, my office already receives a lot of inquiries about speeding and noisy cars along our quiet residential roads. Residents of Brookview, Rhatigan, Ramsay and Brander already have a very difficult time getting access onto those roads. More traffic will not help. Those roads were not designed to handle increased volume that shortcutting will bring.

If you can, adjust your daily schedule, stay on Terwillegar, or use 23rd avenue or Anthony Henday to reduce construction related travel delays.

But regardless of where in Ward 9 you are travelling, please remember the houses you are passing are the homes of the children your kids go to school with or the people you see at the hockey rink, the rec centre or local shopping areas. They are your neighbors, and just like you, they prefer the peace, quiet and safety that comes with respectful driving habits.

Let's work together through this construction. And when it's all done, we will have a fantastic new mobility corridor for vehicles, transit, walkers and cyclists alike.

As always, I welcome your input and feedback on any municipal matter at 780-496-8130 or at tim.cartmell@edmonton.ca.

- Add ground flax, chia or hemp seeds to yogurt, hot cereals, salads or baked goods such as bread or muffins.



Be active every day.

Activity helps to lower your risk for heart disease and other diseases. It may help lower your LDL cholesterol and triglycerides, and may help increase your HDL cholesterol. Activity also makes you stronger and gives you a better quality of life.

- Be active for at least 30 minutes, five to seven days a week.
- Start with a few minutes per day, and build up to 30 minutes.
- Aim for at least 150 minutes (2 ½ hours) a week of activities that make your heart beat faster, such as brisk walking, swimming, bike riding, sports or running. You should breathe faster but still be able to talk.
- On at least two days a week, do activities to strengthen muscle and bone such as:
 - o Heavy hard work
 - o Lifting weights
 - o Yoga

If you haven't been active for a long time, talk to your doctor about your activity plans before you start.

TTHOA

6 Budget Friendly Ways To Boost Your Homes Curb Appeal

Basia Braaksma

TTHOA Executive Director

Spring is here - the exhilarating time of year when we embark on a treasure hunt to find the gems we all forgot to put away before the snow arrived. One of the many inquiries that the TTHOA receives from residents are questions about landscaping & the maintenance of exteriors. Our winters always take a toll on fascia boards & fences, especially the signature wooden stairs & whimsical front porches of Terwillegar Towne. A fresh splash of paint will not only revive the appearance of your home but will also rejuvenate your wood.

Adding curb appeal gives your home a polished look; it is one of the first details people see: ownership pride. If you have a limited budget, there are plenty of small projects that can offer a sizeable return.

1. Paint your front door or replace it if necessary. Terwillegar Towne is known for its distinctive doors in a wide range of brilliant colours.

2. Clean your home exterior. Pressure wash your windows & siding/brick.

3. Spruce up your yard – trim bushes, clear weeds & remove clutter. Rake your lawn to promote grass growth – this also prevents excess winter debris from flying around the neighbourhood.

4. Maintain your lawn. Overgrown or patchy grass makes your home stand out – but not in a good way. Tame your jungle & get out that lawnmower.

5. If you are feeling adventurous, perhaps you may want to add some unique landscaping pieces. Purchasing plants & shrubs that are drought tolerant & native to our region will require less maintenance.

6. Add landscape lighting - it looks oh so beautiful year-round!

Be a good neighbour – maintain your property. Ensure that you are familiar with the architectural and landscaping requirements of your Homeowners Association and the landscaping specifications set out by the City of Edmonton. In addition, if you have concerns about nuisance properties in your neighborhood, contact the City at 311 with inquiries about unsightly debris, noxious weeds & the like.

Finally, check in with your neighbours, especially during these unprecedented times. There may be a good reason why the grass is overgrown. Perhaps you have an hour to spare, which could make a world of difference for somebody as you never know what challenges they may be experiencing. One of the most valuable things you can contribute is an ear & a little of your time - never underestimate the power of a simple act of kindness.

Happy spring cleaning!



2019 Front Yards in Bloom Finalist courtesy of City of Edmonton



Photo Courtesy of Sherwin Williams



Photo Courtesy of HGTVs

Edmonton - Whitemud

Report From The Legislature

Rakhi Pancholi

MLA Edmonton - Whitemud

The past year has been difficult for all of us. While Albertans of all ages and walks of life have become sick or died as a result of COVID-19, the majority of those who have died have been seniors. We have lost more than 1,000 Albertans residing in continuing care.

Each of those deaths was someone's spouse, sibling, parent, grandparent or friend. Every one of these people still had love to give and wisdom to share. As we look to the months ahead, there are reasons to be hopeful about the future. But we cannot afford to forget the uncomfortable truths that this pandemic has exposed. This is particularly true in the case of how we care for seniors.

My NDP colleagues and I have done our best to provide constructive suggestions to the government throughout the pandemic, including recommendations specific to caring for seniors.

Last spring, we proposed a provincial investment of more than \$170 million to help keep residents and staff in long-term care, designated supportive living facilities and seniors' lodges safe from COVID-19. We proposed funding for enhanced staffing and extra cleaning supplies and to address lost accommodation revenue.

We called on the government to assist with the cost of life-saving PPE for residents and workers.

We called on the government to raise wages for workers and prohibit them from working at multiple facilities, to avoid spreading infection from one continuing care location to another. Sadly, the UCP government put that order on hold and no explanation was

provided for their decision to allow workers to move between facilities. The government also waited almost a year to provide support for frontline workers who had put their lives at risk, months after most other provinces.

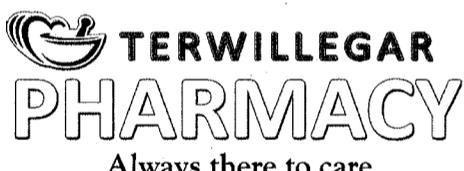
Last fall, we called for twice-weekly tests to be administered to residents and to staff at the beginning of each shift. Those testing positive would then be given a standard test. We argued that, if rapid testing was adequate for the NHL playoffs and travellers at airports, then it should be used to protect those most vulnerable to COVID-19.

We cannot afford to let a future pandemic take this kind of toll on seniors living in continuing care. We also need to address problems around the quality of care residents received and the effects of social isolation. We have called on the UCP government to launch a full investigation into the management of the COVID-19 crisis in Alberta's continuing care facilities. As of this writing, the UCP has refused to establish a public inquiry.

We have also called on the government to re-establish an independent Seniors' Advocate with investigative powers who can help seniors navigate a complicated system.

Seniors built our province and are the heart and soul of our community. They deserve to live with dignity and respect.

If you have thoughts on how to improve care for seniors or on other important issues, please reach out me by E-mail at Edmonton.whitemud@assembly.ab.ca or call my office.



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RAKHI PANCHOLI 
MLA for Edmonton - Whitemud

203, 596 Riverbend Square
780.413.5970
Edmonton.Whitemud@assembly.ab.ca

Edmonton - Riverbend

An Update From Your Member Of Parliament

*Matt Jeneroux
MP Edmonton - Riverbend*

It finally feels like spring is upon us and hopefully, if all goes well, we will start to see more opportunities to get out and enjoy our amazing community together soon!

I wanted to quickly update you on a few things from Parliament. I'm pleased to report that my Private Members' Bill unanimously passed its second reading on February 17. Bill C-220 proposed to extend the length of Compassionate Care Leave by up to three weeks beyond the death of a loved one before returning to work. All Members of Parliament from all parties voted to support this bill. It's extremely rare to get unanimous support but it's also important because it's an idea that was generated through many discussions with people in our community. So, thank you!

Since that vote, the bill has been referred to the House of Commons Standing Committee on Human Resources, Skills and Social Development and the Status of Persons with Disabilities (HUMA Committee). I appeared as a witness before the committee on February 25, alongside the Canadian Cancer Society and the Canadian Grief Alliance, to testify on the importance of this bill. There were a few amendments, but ultimately, we received

unanimous consent, again, and the bill will come back to the House of Commons for its third reading in April. I have more analysis on these changes on my website at www.mattjeneroux.ca/bill-c220.

Debate continues in the House of Commons on a number of other bills, including Bill C-12 (net-zero emissions by 2050) and Bill C-19 (changes to the Elections Canada Act to allow for mail-in voting). I've received a lot of feedback from our community about Bill C-7 (Medical Assistance in Dying), which just passed in the House of Commons and have a statement on this bill on my website at www.mattjeneroux.ca.

As always, my office is here to help if you need it. We know it's been difficult for many in our community, and if you have any questions about federal matters and need assistance, please email Matt. Jeneroux.C1@parl.gc.ca or call 780-495-4351.

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*Photo Courtesy of MP Office
Signing welcome letters for new Canadian citizens in the Edmonton Riverbend community. The riding welcomes several hundred new Canadian citizens every year and Matt signs a personalized letter for each of them.*



KLAUS HOFFMEIER
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Community

Pruning - Preparing For Spring

<https://www.agr.gc.ca/>

As spring approaches, many of us look forward to warmer weather and the return of all things green and growing. Our trees make a huge contribution to making Edmonton a great and healthy place to live. City staff put a lot of time and effort into making sure that our urban forest stays healthy so that when spring does come, it will be lush and vibrant--improving our air quality, mental health, and reducing urban temperature extremes.

Finding the perfect time to prune - Pruning requires careful consideration - not just for what part of the tree to remove and what tools to use, but also the timing. Pruning is best done outside of the growing season, in late winter or early spring - typically no later than the end of March (which also marks the end of when elm trees may be pruned as per city bylaws). This lessens the chance of potential infection or infestation of the pruned tissue. Spring is when trees grow most rapidly, so this ensures the pruned area heals as quickly as possible.

The benefits of pruning - Part of maintaining the long-term health of urban trees is pruning. While removing parts of trees to keep them healthy may seem counterintuitive, it is extremely important, especially with older trees; proper pruning removes damaged, diseased, or pest-infested branches and helps ensure the tree's ongoing health. Pruning can also improve the aesthetics of trees, reduce safety hazards as they grow too close to structures, and improve the growth of neighboring trees and vegetation.



If you have a tree on your own property that requires pruning, it is best to contact a licensed arborist - improper pruning can do more harm than good, and can easily cause premature death of a tree.

City staff are responsible for trees on City property such as boulevards and parks. If you see a City-owned tree that requires pruning (eg. a large, damaged branch), please call 311 so it can be assessed.

www.edmonton.ca

Capital City Clean Up

To report litter, graffiti vandalism or discarded needles, dial 311

Telephone: (or 780-442-5311)

For Capital City Clean Up program inquiries, call 311

Fax: 780-498-7098

Email: capitalcitycleanup@edmonton.ca

Trip Planning Now Available For New Bus Routes

www.edmonton.ca

The launch of Edmonton's new bus network is five weeks away. Customers can now use Transit app to preview what their transit trips will look like when the new bus network starts. To see a preview of future trips, please enter a trip date that falls in the week of April 25 - May 1. Until the new network launches on April 25, existing routes and schedules will remain the same as they are today.



Transit app is highly recommended for those customers who have a smartphone because its preview trip schedules are accurate. Some trips in other digital tools such as Google Maps and the ETS Google-powered trip planning tool on edmonton.ca/newbusroutes may not be accurate at this time due to technical issues with the Google platform. When the issues are resolved with these trip planners, a notice will be put on the ETS website and attached to the ETS trip planning tool. The 311 call centre uses the same Google-powered trip planner to assist customers with preview trips in the new network.

Transit app and Google Maps have accessibility features that can be turned on for customers who need them. This will show trips with less walking distance or fewer transfers.

PUBLIC SERVICE ANNOUNCEMENT

Edmonton

Several bus routes in west Edmonton were modified to move away from the path of the Valley Line West LRT construction, while still providing good service coverage for these neighbourhoods. This will support the delivery of this exciting LRT expansion project, while continuing to connect neighbourhoods through transit.

For the 37 neighbourhoods that will receive On Demand Transit service, trips can be booked starting April 25. Customers will have three options to book a trip. They can download the Edmonton On Demand Transit app, book online at edmonton.ca/ondemandtransit or phone the On Demand Transit call centre at 780-496-2400. These channels will be ready mid-April at which time Customers can create an account in preparation for the service launch.



Resources for Edmonton's new bus routes are available at edmonton.ca/newbusroutes and edmonton.ca/ondemandtransit. These include the City of Edmonton's new digital assistant to answer basic questions, new transit network maps, individual bus route maps, a Bus Network Guide and On Demand Transit Guide.

For more information:
Edmonton.ca/newbusroutes
Edmonton.ca/ondemandtransit

SWEFM

The 2021 Market Season Opens May 19th

Christie Anderson

The Southwest Edmonton Farmers' Market begins our 11th season on Wednesday, May 19th, and we cannot wait to see everyone there! Starting May 19th, you can find us in Parking Lot D at the Terwillegar Rec Centre from 4-7:30pm on Wednesdays. We have 21 market dates this year; the final one is Oct. 6th. This year's market will look similar to last year in terms of the COVID protocols; i.e. lining up to enter the market, expectations around keeping your distance when lining up at the vendors' stalls, etc... All up-to-date information will be posted on our website (www.swefm.ca) in early May, as well as on all our social media outlets.

We are excited to announce that most of our previous year's vendors will be returning for 2021. And, as well as the many fantastic returning vendors, we have many new gems joining us. By early May a full vendor list can be found on our website. We also release a weekly "Fresh Sheet" on Tuesday mornings, which lists all the vendors that will be in attendance that week, along with any seasonal products or specials they may be offering.

Sadly, we are not offering the Sprouts or Community Tent Programs this year. However, we expect to run our Curbside Pickup Program once again, as this program was such a hit in 2020! Beginning May 11th, you will be able to shop online from all participating vendors. Once you select your products, you pay online for your products upon checkout, book a pickup time through a link we provide, and voila! All you need to do on market day is pull into one of our designated curbside stalls and a market attendant will bring your order to your vehicle.

Lastly, we will be looking for volunteers to help in our curbside pickup tent. This is a fun role for post-secondary students or adult volunteers in the community who are looking to get out of the house and work with a great community initiative with a fun, hardworking team. Last year's volunteers had a blast, and many stayed on for the

entire season. We are happy to provide employment references/letters for any volunteers who work 5 shift or more. Please email swefm.manager@gmail.com if you are interested in this opportunity.



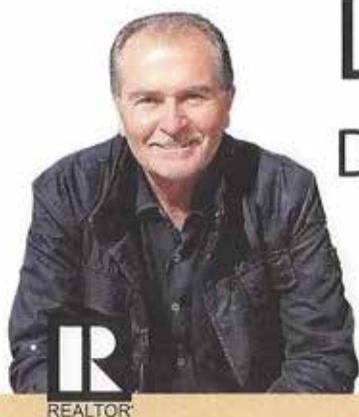
See you in six weeks!

The SWEFM runs every Wednesday from May 19th to Oct. 6th, from 4-7:30pm at the Terwillegar Rec Center. We are still accepting vendor applications; visit www.swefm.ca for more info.

FB: [@swefm.ca](https://www.facebook.com/swefm.ca) Twitter: [@SWEFM_YEG](https://twitter.com/SWEFM_YEG) Insta: [swefm](https://www.instagram.com/swefm) Email: swefm.manager@gmail.com

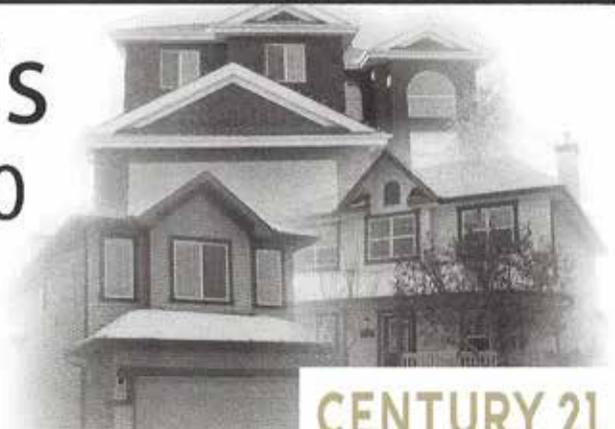


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TRAC Update

Karin Shott

TRAC Community Office, www.yegtrac.ca

The Terwillegar Riverbend Advisory Council (TRAC) now has a new website! Please check it out at www.yegtrac.ca if you haven't already done so.

TRAC Community Office

At the time of print, the TRAC Community Office which is located in the Terwillegar Community Recreation Centre is still closed to the public. We are hopeful that the office will be able to open soon. You may still reach the office by email: yegTRAC@gmail.com or by leaving a message at 780-439-9394.

During these uncertain times, please remember that your community league needs your support more than ever! A community league membership year is September 1 – August 31st.

"When you purchase a Community League membership, you help your Community League bring residents together, improve community amenities, and enhance the quality of life for you and your neighbours." - www.efcl.org

TRAC Community Wine

'The Ridge Vines' is the 3rd in our series of celebrating the community leagues in Area H. It's a red wine with grape du jour, dark brooding oak laden version crammed with plums, damson and mulberry fruits and is only available at 'Vines Wine Merchants'

TRAC Community Run/Walk - 2021

We are very pleased to announce that this year's TRAC Community Run/Walk will be a virtual event held from May 30th – June 30th, 2021. Added this year will also be an extra component - "Bike" Your Community! Register at www.runningroom.com

Save the Date for these Upcoming TRAC Events:

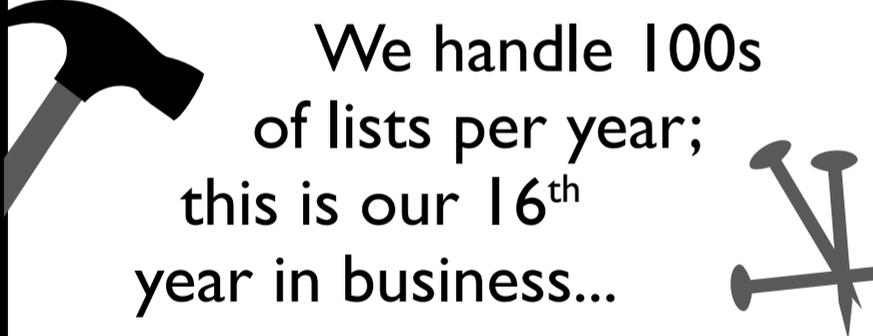
- *TRAC AGM: Wednesday, April 21: 2021 via Zoom
- Southwest Edmonton Farmers' Market Opening Day: Wed. May 19, 2021
- TRAC Community Run/Walk – Virtual event: May 30 – June 30, 2021



TRAC
Terwillegar Riverbend Advisory Council

Annual General Meeting
Wednesday, April 21, 2021 via Zoom

What's on your list?



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TRAC
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COMMUNITY
Virtually!

May 30 – June 30, 2021
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Community

Nail Down Your Summer Home Improvement Permit

edmonton.ca

Daydreaming about that summer BBQ on your new deck? Eagerly awaiting the warmer weather so you can soak in that new hot tub? Thinking about doing basement renos or building a basement suite for some extra income?

These kinds of improvement projects are a great way to enhance your home while enjoying the summer. Before starting a project, homeowners should visit edmonton.ca/naildownyourpermit to find out if their project requires a permit and what information is needed to submit a complete permit application to avoid delays.

If a permit is required, homeowners are encouraged to apply online early for their permit in order to beat the summer construction season rush and ensure they have their permit when they are ready to start their project. The City recently introduced changes to make online permit requirement information easier to understand for homeowners. Permits can take a few weeks to process and issue, depending on complexity of the project and the City's current application volumes.

Homeowners may set up a virtual Home Improvement Permit Application Appointment to have their completed permit application reviewed prior to submitting it for processing. Due to COVID-19, in-person permit application and payment processing services are not available.

Homeowners must start construction within 90 days of receiving an approved permit or they will need to re-apply. The City encourages homeowners to purchase construction supplies online for both



delivery or curbside pickup whenever possible to limit nonessential trips to home improvement stores.

Once complete, homeowners must have their work inspected by the City to ensure it meets building and safety code requirements. To help prevent the spread of COVID-19 and keep homeowners and City staff safe, innovative remote video inspections are being offered for certain projects.

Permits are an important part of building a vibrant, healthy and inclusive city. They help ensure what is being built is safe and fits in with the surrounding neighbourhood. The City is continually working to improve the permitting process, including streamlining requirements, establishing set permit processing timeline targets and increasing automation of permit applications.




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Health Canada has put out a recent warning about the serious health consequences of adult acetaminophen use in young children. This is a friendly reminder to please keep all medications and supplements out of reach of young children.

Here is the notice put out by Health Canada:

"Unintentional exposure of young children to adult acetaminophen tablets may pose serious health risks. Health Canada is advising Canadians to take precautions to prevent the unintentional exposure of young children to adult acetaminophen easy-to-swallow tablets following multiple incident reports to poison control centres. These tablets are red and sweet tasting, may seem like candy to young children, and can be packaged in bottles with a red, gear-shaped cap that is designed for easy opening and may seem like a toy. Unintentional ingestion of acetaminophen products can result in overdose and serious health consequences, including liver damage or death. Symptoms of an overdose include nausea, vomiting, loss of appetite and pain in the upper part of the abdomen or stomach."

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These are the people in our neighbourhood:

Residents' Association: Responsible for the maintenance of specific plots of designated land. It is also responsible for the regulation of neighbourhood architecture. (Do you have a mailbox on your property? Two bushes and a tree?) Annual fees are required and residents are contacted directly if payment has been missed. Different areas have different residents' associations. Please ensure you are contacting the correct association.

Community League: Responsible for the personality factor and all the extras. This includes all of those fun events you get to attend, our website (www.terwillegar.org), the Terwillegar Tribune, neighbourhood watch, and more. Membership fees are optional (but well worth it!). The Terwillegar Community League is a single organization for all of Terwillegar. E-mail memberships@terwillegar.org to join. Or check out our website www.terwillegar.org.

**Fees for one organization do not cover fees required for the other.
Please ensure your fees are up-to-date.**

Sensory learning, neuromuscular activities, and spatial awareness, otherwise referred to as,

"WEEEEEE!"



WINDERMERE REGISTRY

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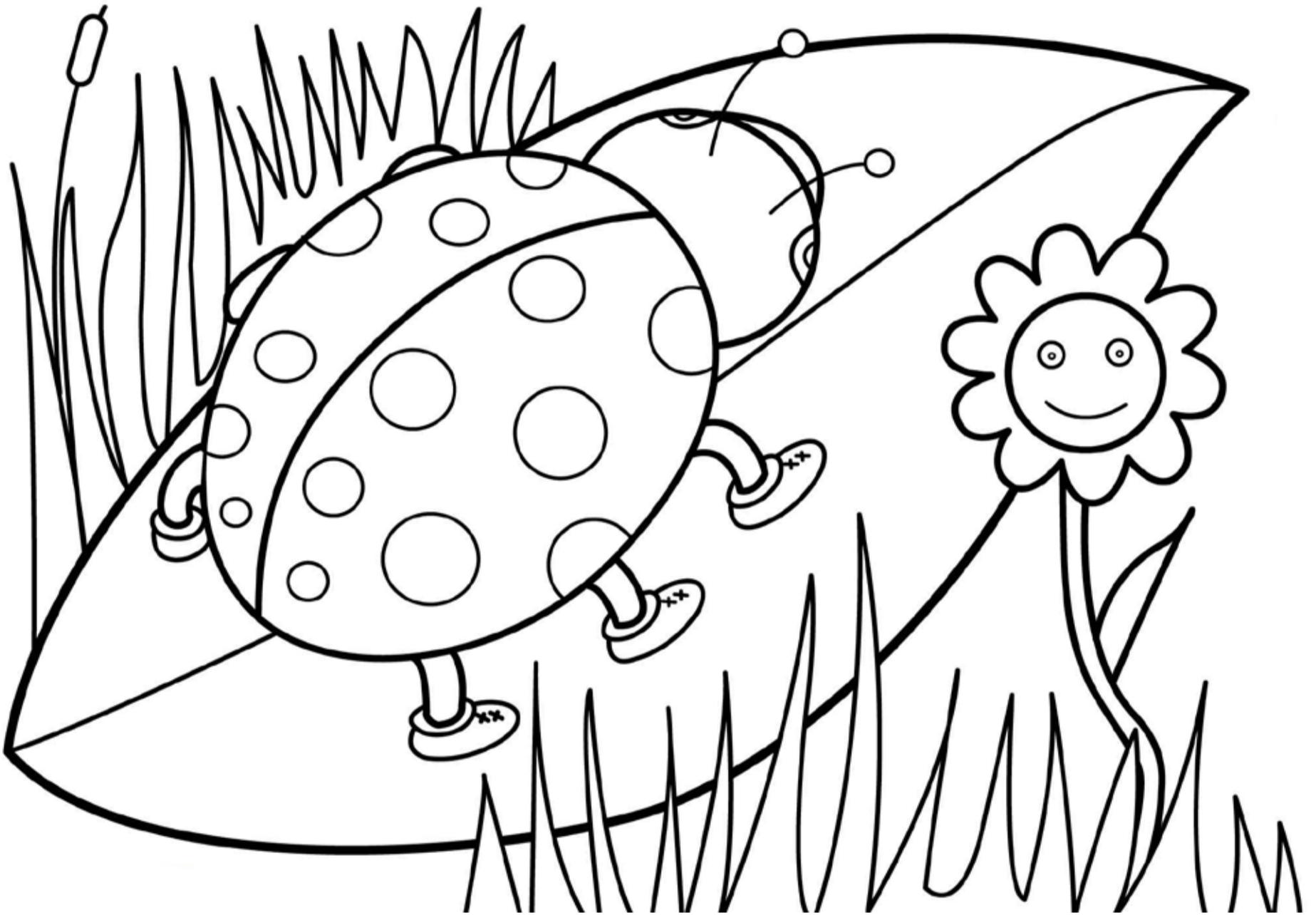


The Little Gym
Serious Fun.

WE ARE HERE FOR YOU

HOPECITY.CA/TERWILLEGAR

Kids Zone - Coloring Contest



Spring Coloring Contest

Name: _____

Age: _____

Address: _____

Phone: _____

Email _____

All entries must be received by May 21st. One entry per child. The contest is open to residents of the following areas:
Terwillegar, Magrath, South Terwillegar, and MacTaggart.

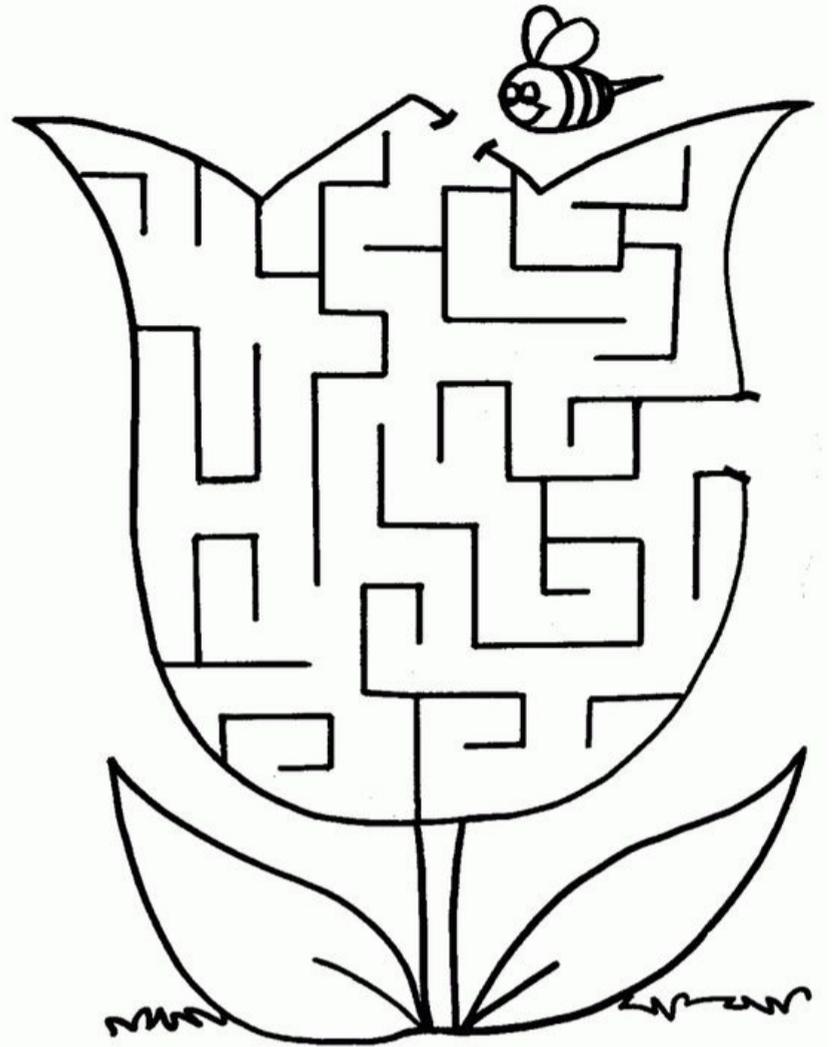
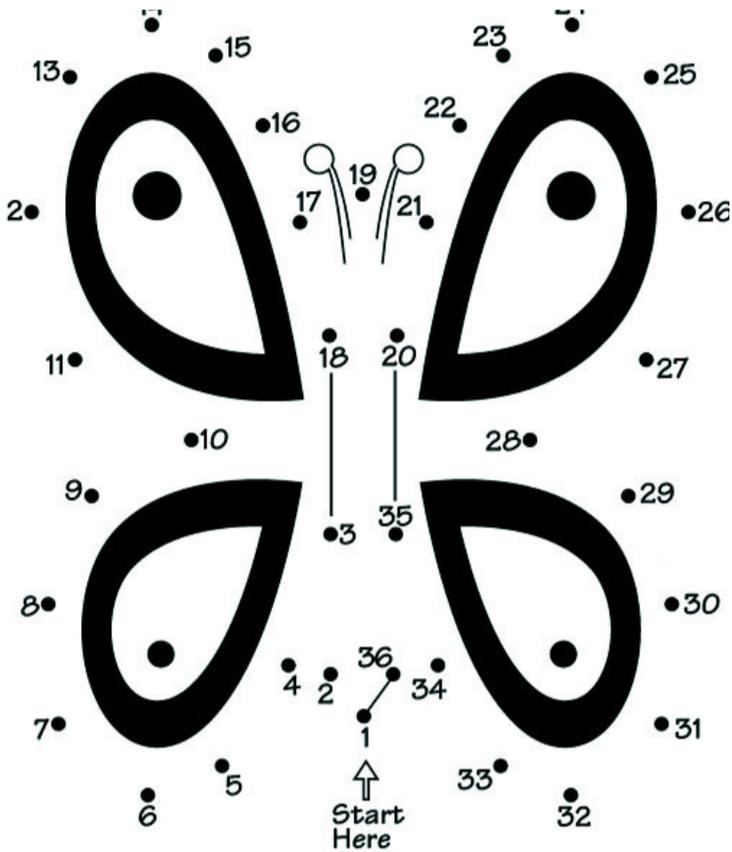
Age categories are: 2-4; 5-7; and 8-11. Prizes awarded to first place & runner up in each category are \$25 & \$10 gift certificates for Toys "R" Us

Entries should be mailed to:
Terwillegar Community League
PO Box 36508 , MacTaggart RPO, Edmonton, AB T6R 0T4

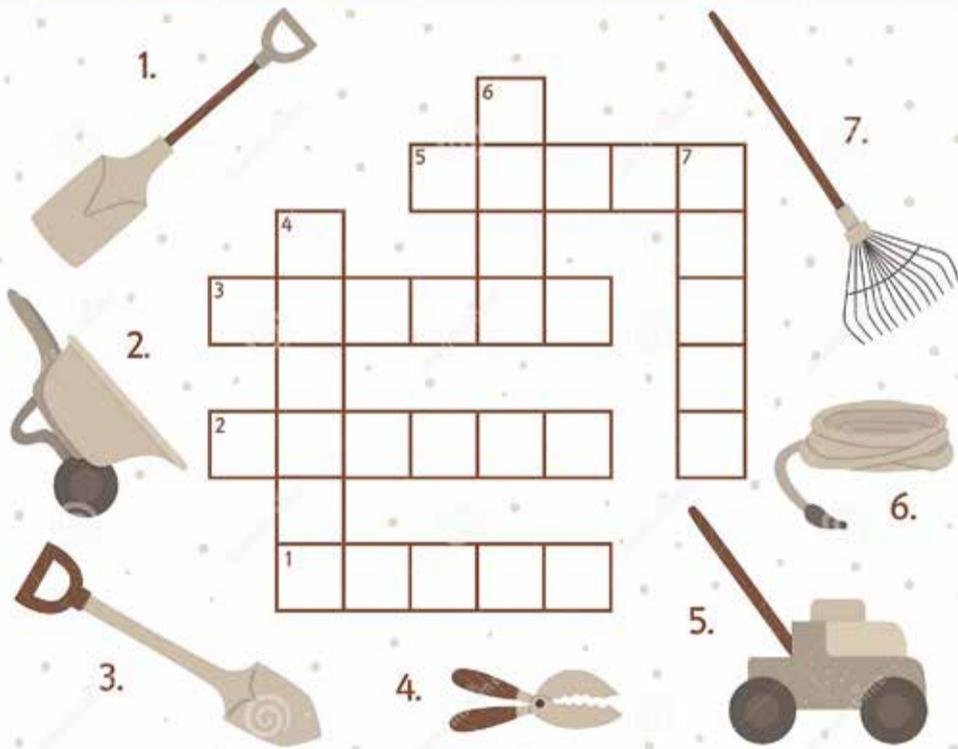
Kids Zone - Word Search

ARE YOU AN ARTIST? SEND US YOUR WORK!

Email your BIRD drawing to Editor@terwillegar.org by Monday, May 21, 2021. A few selections will be included in the next issue (space permitting)



GARDEN TOOLS crossword puzzle



ANSWER: 1. Spade 2. Barrow 3. Shovel 4. Hose 5. Mower 6. Hose 7. Rakes



Valentine's Colouring Contest Winners!

Ages 2-4
1st Place: Jack K.
Runner Up: Ann N.

Ages 5-7
1st Place: Tenley.
Runner Up: Matthew I.

Ages 8-11
1st Place: Jasmin A.
Runner Up: Brooke G.

Thank you to everyone who participated!

Community

Hope Springs Eternal

Marni Mrazik

Director of Community Life at Terwillegar Community Church

I don't know about you, but the beginning of spring brings hope and joy to my heart as temperatures rise, snow melts and summer fun is just around the corner. I love connecting more with my neighbours, taking longer walks with my dog, firing up the grill and I start hoping for a long, hot summer filled with memory making moments...all while wearing shorts and flip flops.

Summer is my favorite season; I'll take hot temperatures and t-shirts over cold days and bulky jackets every time. I feel more energized. In the summer I'll zip out at 10pm for milk as it's still light and warm out. I admire the beautiful gardens and flowers around the neighbourhood while trying to grow a few things on my own, I have picnics with family and friends, I jump into lakes, camp, hike and enjoy all I can outside. Yes, I can't wait until it's the summer and spring brings the hope and promise that it's on the way. And hope is a good thing.

After the year we have all just journeyed through. I think hope is more important than ever. The Webster dictionary defines hope this way "to cherish a desire with anticipation." When we hope for something, we don't yet have it. We don't hope for something we hold in our hand, as we already possess it. Hope has a future element, and also an element of uncertainty to it. We express what we would like to have happen, but can't be certain that it will. I might say, "I hope my husband gets home for supper on time," meaning that's my desire, but I can't be certain it will happen as traffic might be bad, his meeting might go long, he may have to finish up some work before heading home so there are multiple reasons why my desire might not come to pass, but I still remain hopeful. And that's a good thing, hope inspires us to move forward and anticipate good even in uncertainty.

But there's another hope that's more certain and that's the hope the bible talks about and the hope which is the cornerstone of my life. I believe this hope is anchored to an event, and that event is the resurrection of Jesus Christ. With the Easter weekend just behind us, I am reminded that Good Friday, the day Jesus was crucified on the cross, was a day when the followers of Jesus lost hope. Their friend, teacher, Lord and promised Messiah was dead. But all of that changed and hope returned when Christ was resurrected. He had predicted his death and resurrection and it came to pass and that is the reason why I have faith and eternal hope. My faith and hope are not based on theory, theology or belief; they are based on an occurrence in history as reported by eye witnesses who wrote about what they experienced. The letters became a part of the Christian bible. My hope is more than a future desire; it is a confident expectation. No matter what the circumstances may be

that I find myself in, whether they be filled with joy or despair, I trust that Jesus is with me, he will never leave me nor forsake me and I can expect, with confidence that I will make it through. This is the hope that sustains me.

Have you thought about what your hope is anchored to or what sustains you even in your darkest hours? What are you hoping for as you look further into 2021? We at Terwillegar Community Church want to let you know that there is hope if you are feeling hopeless and if you ever need someone to talk to, please reach out to us! Also, outside the church on Towne Centre Blvd, you will see some trees with some hanging foam stars on them. You are invited to grab a star and write on it that which gives you hope and joy and/or take a moment to read what others have shared, and we truly hope you do!



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Community Church

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Service

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visit tcchurch.ca

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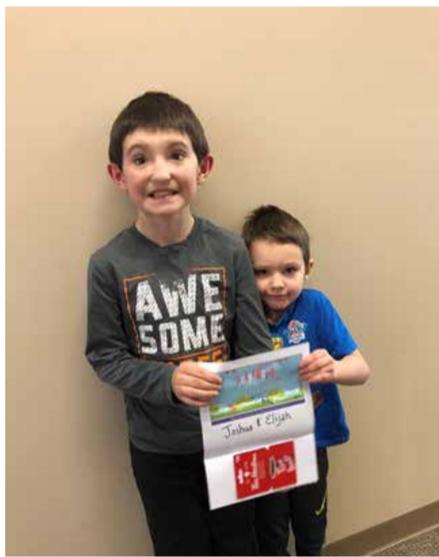
Terwillegar Community Church congratulates the winners of the Terwillegar Towne Hunt for Hearts!



Kate and John
Photo Courtesy of Bev Christie



Anna and Natalie
Photo Courtesy of Jenna Hiron



Elijah and Joshua
Photo Courtesy of Marni Mrazik



Troy (Photo unavailable)

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School

Improving Terwillegar - Kids Letters

For this edition of the Tribune, we are very fortunate to have Ms. MacLeod of Monsignor William Irwin and her grade 4 class write letters to Terwillegar on how they could be better Terwillegar-ians! If you have something you want to share with the rest of Terwillegar, please contact Felicia Truong at communications@terwillegar.org!

Dear Mrs. Truong,

I strongly believe that we should have me run tours of a forest in magrath it has a real teepee. Furthermore we can learn about who made it. We can also have lemonade stands and the money that we make can go to some charities in Edmonton!

FROM: SPENCER

Dear Mrs Truong,

My name is Michelle A. I would like to inform you that I know we should make Terwilliger a better place.

First of all, we should collect food and clothes for all the needy families out there because during the cold winters they freeze out in the cold so we should collect clothes and make sure they have enough food to eat during the tough times. I can imagine how it's like to be homeless it's not good

Furthermore, we should be able to have B.B.Qs. in the summer because we will be able to know our neighbors better. Considering this whole covid thing that we haven't been able to go out of our house. It will also make terwilliger more fun.

Last but definitely not least, I think we should plant more trees and flowers to make our environment more GREEN!!!

Sincerely, Michelle

Dear Mrs.Truong,

I strongly believe that Terwillegar should have a pick litter group so it will make our land cleaner and it wouldn't harm the environment furthermore I think this will be super great for the environment,I also think we should reopen lemonade stands it will be a refreshing drink for spring and summer,next I think we should have green houses to visit in the winter so at least we know we have some beautiful plant left to look at and on the plus side it provides more shelter for the plants we worked hard to plant last but not least we get the families who don't have much clothes and food and water because if they and cold and have the same shirt that has holes in them we need to help them.

Sincerely, ifedi

Dear Mrs.Truong,

My name is Zoe and I am from MWI school.I here to tell you how we all as a community can make terwilliger a better place to live and much more friendly.We should get the kids of terwilliger to do some lemonade stands it will definitely help people who get thirsty on walks,and the money could be given to the to the food bank.Furthermore B.B.Q's are great ways for people to socialize,and we will get to know our neighbours.

Additionally, from my point of view, I feel that a green house that could be used year round for our community would be a great idea. People will be happier to visit green plants and flowers during cold months.

In my opinion, our community members should plant more trees and flowers. I feel this would make Terwillegar nicer by giving kids a place to play and climb. Also give people shade on a hot day.

In conclusion these reasons will make Terwillegar a better community to live in.

Dear Ms Truong

I firmly believe that it would be a fabulous idea to open lemonade stands around Terwillegar. Because it could raise money for charity and people could get a nice tasty drink for the day. Another awesome idea would be to have B.B.Qs so neighbours could get to know each other and get to be friends. That's why I think B.B.Qs would be an awesome idea. It would be a great idea to have a community greenhouse so people can have a safe place to keep their plants during winter and keep them warm. That's my way of looking at it. Hope you liked the ideas

Sensurly Evan

Dear Mrs.Truong

I firmly believe that we should make Terwillegar a friendlier place to live. First of all I think that we should have lots of lemonade stands because it can help clenched third on a hot summer day. I am convinced that we should have a community greenhouse because if people want to plant flowers in the winter they can plant them in the greenhouse. In my opinion we should have community barbecues so everybody can meet everybody. Finally I think that we should plant more trees and flowers so the world can be a better and cleaner place.

Sincerely,
Jack

Are you interested in: Meeting New People? Helping plan resources in our community? Strengthening our Community Spirit? Join our Community League! We will help you find a role that interests you.
volunteercoordinator@terwillegar.org

Ways to Make Terwilliger Better

Lemonade Stands

I firmly believe that we should have more lemonade stands because when you are running on a hot summer day it would be nice to stop by a lemonade stand and have a nice cold drink of lemonade on a really hot day. In addition to that the money made from selling lemonade could be donated to charity. Last but not least, it tastes great!

Plant more trees and flowers

I am convinced that we should plant more trees and flowers and other greenery. In addition to that, if we had more trees and flowers it would make Terwilliger brighter and the oxygen would be cleaner and easier to breath in. Last of all, if we planted more trees and flowers the flowers would attract more honey bees and the flowers will grow beautiful, plus honey!

Sincerely, Mae

Dear Mrs. Truong,

I firmly believe that we could make Terwilliger a better place by having social Barbeques so we could get to know each other better.

I strongly believe that we should have greenhouses so we could plant flowers and our plants would be safe during the winter.

It is certain that we should encourage people to reduce, reuse and recycle to keep the earth healthy and safe.

Lastly, I am sure that we should give the needy families food and clothes so they could be healthy and strong.

Sincerely, Bolu

Dear Mrs Truong,

My name is Natasha and I want you to read this letter about how we can make Terwillegar friendlier, nicer and fun! Enjoy reading this please :)

First of all, we can motivate others to collect clothes and food for the Needy Families out there. Needy families will be happy and joyful with clothes and food. They will also never be cold or never too hungry.

Based on what I know, picking up litter from the ground will make our land clean and a bigger space to live in. So others can move into Terwillegar.

In conclusion Lemonade Stands can help with Charity and on Sunny days we can give Lemonade to the people walking by. We can also meet new neighbours.

Dear Mrs. Truong,

My name is Liam. I believe that we can make Terwillegar a nicer place to live by planting more trees and flowers. This would make the community prettier and the trees would give places for kids to climb and play.

Dear Mrs. Truong,

My name is Helene and I am attending Monsignor William Irwin in Grade 4A. I wrote this letter to help make Terwillegar a nicer community. I firmly believe that planting more trees and flowers in the community can help improve the environment by giving out more oxygen. Green houses can help plant more stuff in the cold so we can have more plants in summer/spring. Picking up litter can improve the look of outside and picking up all the trash can help the animals. I believe that if the trash remained, the animals could think its food and then eat it, and die. If that happens, all the pets would be gone :(I hope these ideas will come to use. Thanks You,

Helene

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“Terwillegar Community League” under groups

Seniors

News for 55+

Kathy Trepanier - Volunteer Extraordinaire

By Colleen Crozier

“The Value of One, The Power of Many, reflects the awe-inspiring acts of kindness by millions of individuals AND the magic that happens when we work together towards a common purpose.” So states the theme for the 2021 National Volunteer Week, April 18-24.



Photo Courtesy of Kathy

This could be the lifetime theme song for SWESA's Volunteer, Kathy Trepanier. Throughout her career as a nurse, and now as a super volunteer with the SWESA Board, Kathy's achievements are legion. Strongest among her gifts is her ability to figure out what needs to be done to reach a goal, and who needs to be on the team to do it. While working in the Edmonton area health system, she applied her talents to such lasting projects as the Mazankowski Alberta



Heart Institute and the coordination of disaster planning that included many levels of government and emergency services.. Her background gives her a unique perspective on the current Covid-19 pandemic.

“There are so many other volunteers and wonderful people at SWESA that inspire me,” says Kathy, “and I am very proud to be part of this wonderful resource for seniors in southwest Edmonton. There are all kinds of interesting volunteer opportunities here to support SWESA even if, like me, you are not yet availing yourself of their programming.”

Kathy firmly believes that having social connections, keeping active, and lifelong learning are key to a happy and healthy lifestyle as you age. That is why, when she retired, she looked for something worthwhile to do, something enduring she could help build. And that led her to SWESA in 2011, then in its infancy. She responded to an invitation from a friend to join the fledgling group of like-minded seniors in southwest Edmonton. Since then, she has worked with the Board to identify what needs to be done and who could help. With the contributions of many volunteers, SWESA has become a vibrant organization that helps seniors adapt to the many changes retirement brings, and is a centre for the social connections, activities and learning she holds so dear.

Kathy loves to discover the talents in other volunteers she works with. Therein lies the joy of accomplishment for herself and her team. If you would like to talk to Kathy about volunteering with SWESA, contact her through info@swesa.ca.

Good News – SWESA will open for select in-person classes on April 6!

Effective March 1, the province lifted some of the restrictions on group fitness classes, allowing for “in-person, low intensity” sessions. Select classes to be offered in person will be:

- Barre
- Essentrics for Seniors
- Essentrics Age Reversing
- Gentle Yoga
- Sit and Be Fit
- Yoga Stretch and Strengthen

All “high intensity” classes, such as Core and All, Zumba Gold, Body Weight and Total Body Bootcamp will be offered virtually until the province lifts restrictions on “high intensity” group fitness.

SWESA continues to offer virtual “Coffee and Chat” Mondays and Thursdays (a great way to meet people and keep in touch) and “Freestyle Art and Chat” Thursdays.

More Good News – SWESA Spring Program Guide out March 15!

The Spring Program Guide is available for viewing on the SWESA website

SWESA Office
Blue Quill Community Hall
11304-25 Ave. NW
780-860-3603
www.swesa.ca

WHO LIKES MONEY?

Now that we have your attention, let us tell you about some upcoming SWESA Fundraising. We are raising funds to enhance on-line and in-person programming for seniors in southwest Edmonton. Will you help develop these resources for seniors in our community? You can find out all the detail on our website www.swesa.ca

SWESA 50/50 Mother's Day Raffle – Online tickets are on sale now till May 8th. The draw date is May 8th at 2 pm.

<https://www.charity5050raffle.com/r/Swesa5050Raffle>

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Wellness

Improving Your Sleep

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Everyone has a "bad night" once in a while. Dogs barking, the wind howling, or overeating may make it hard to sleep. It is estimated that 35 per cent of adults have occasional sleep problems, which can have many causes.

The medical term for trouble falling asleep or staying asleep is insomnia. Insomnia can include:

- Trouble getting to sleep (taking more than 45 minutes to fall asleep).
- Frequent awakenings with inability to fall back to sleep.
- Early morning awakening.
- Feeling very tired after a night of sleep.

Insomnia usually is not a problem unless it makes you feel tired during the day. If you are less sleepy at night or wake up early but still feel rested and alert, there usually is little need to worry.

Occasional insomnia may be caused by noise, extreme temperatures, jet lag, changes in your sleep environment, or a change in your sleep pattern, such as shift work. Insomnia may also be caused by temporary or situational life stresses, such as a traumatic event or an impending deadline. Your insomnia is likely to disappear when the cause of your sleep problem goes away.

Take Care Of Your Brain

albertahealthservices.ca

March 15 marks the start of Brain Awareness Week.

A concussion is a type of traumatic brain injury that is caused by a blow to the head or body, a fall, or another injury that jars or shakes the brain inside the skull. Although there may be cuts or bruises on the head or face, there may be no other visible signs of a brain injury.

Post-concussion syndrome occurs after a concussion. Common symptoms are changes in the ability to concentrate, think, remember, or solve problems. Symptoms, which may include headaches, personality changes, and dizziness, may be related to stress from the events that caused the injury.

Follow-up care is a key part of your treatment and safety.

Be sure to make and go to all appointments, and call your doctor or Health Link at 811 you are having problems. It's also a good idea to know your test results and keep a list of the medicines you take.

Short-term insomnia may last from a few nights to a few weeks.

Long-term insomnia, which may last months or even years, may be caused by:

- Advancing age. Insomnia occurs more frequently in adults older than age 60.
- Mental health problems, such as anxiety, depression or mania.
- Medicines. Many prescription and non-prescription medicines can cause sleep problems.
- Chronic pain, which often develops after a major injury or illness.
- Other problems that interrupt your sleep, such as asthma, coronary artery disease, chronic obstructive pulmonary disease (COPD) or menopause.
- Alcohol and illegal drug use or withdrawal.
- Cigarettes and other tobacco use.
- Drinking or eating foods that contain caffeine, such as coffee, tea, chocolate or soft drinks.

Sleep apnea

Sleep apnea refers to repeated episodes of not breathing during sleep for at least 10 seconds (apneic episodes). It usually is caused by a blockage in the nose, mouth, or throat (upper airways). People who have sleep apnea usually snore loudly and are very tired during the day. It can affect children and adults.

- Rest is the best treatment for post-concussion syndrome.
- Do not drive if you have taken a prescription pain medicine.
- Rest in a quiet, dark room until your headache is gone. Close your eyes and try to relax or go to sleep. Do not watch TV or read.
- Put a cold, moist cloth or cold pack on the painful area for 10 to 20 minutes at a time. Put a thin cloth between the cold pack and your skin.
- Have someone gently massage your neck and shoulders.
- Take your medicines exactly as prescribed. Call your doctor or nurse call line if you think you are having a problem with your medicine. You will get more details on the specific medicines your doctor prescribes.

Try to reduce stress

Some ways to do this include:

- Taking slow, deep breaths.
- Soaking in a warm bath.
- Listening to soothing music.
- Having a massage or back rub.
- Drinking a warm, non-alcoholic, non-caffeinated beverage.



Narcolepsy

Narcolepsy is a sleep disorder that has distinct symptoms, including:

- Sudden sleep attacks, which may occur during any type of activity at any time of day. You may fall asleep while engaged in an activity such as eating dinner, driving the car, or carrying on a conversation. These sleep attacks can occur several times a day and may last from a few minutes to several hours.
- Sudden, brief periods of muscle weakness while you are awake (cataplexy).
- Hallucinations just before a sleep attack.
- Brief loss of the ability to move when you are falling asleep or just waking up (sleep paralysis).

While almost everyone experiences daytime sleepiness from time to time, it can have serious consequences such as motor vehicle accidents, poor work or school performance, and work-related accidents.

Sleep problems may be a symptom of a medical or mental health problem. If you are having sleep issues, see your doctor or call Health Link at 811 to speak with a registered nurse.

- Get enough sleep.
- Eat a healthy, balanced diet. A balanced diet includes whole grains, dairy, fruits and vegetables, and protein. Eat a variety of foods from each of those groups so you get all the nutrients you need.
- Avoid alcohol and illegal drugs.
- Try relaxation exercises, such as breathing and muscle relaxation exercises.
- Talk to your doctor about counselling. It may help you deal with stress from your injury.

Kids Superhero Artwork



Xman by Ryker B.



Wonder Woman by Ziggy I.



Black Panter by Matthew I.



*Austin H. made a big ice cube and he is proud of it!
Photo courtesy of Julie H..*

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