

February 2026 Issue

President's Message

Warm winter wishes for the long winter nights!

I hope that you are all staying cozy as the thermostat has taken a dive. As I'm sure you have seen, our rink is in full swing and the ice is good. This is entirely a result of a concerted effort by a handful of families. So, please join me in sending a BIG thank you to our young rink attendants and their generous parents who volunteer their time to help.

Progress is finally being made on our hall renovation plan. We are in the process of meeting with project managers and touring halls in other communities. That being said, please be forewarned that this will be a marathon, not a sprint, and a phased effort. Please keep your eyes and ears open for our community engagement portion where we will engage with you on what you want to see happen with our hall.

We are discussing new programming that we are hoping to have at the hall. If you have any ideas of what you would want to see happen at the hall, please reach out.

Ongoing things of note:

- **Rio Seniors** meet for coffee time on the 3rd Tuesday of the month at 10 am and gentle (chair) yoga on the 2nd and 4th Tuesdays (1st session is FREE).

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- **Purchase a membership** at:
<https://rio-terrace.getcommunal.com/memberships>
- **Community league swim** is at JP Leisure centre on Sundays from 4-6pm. A membership is required.

Stay healthy. Stay safe. Stay kind.

All the best,

Emma

rtcl.president@gmail.com

Publication Info

Issues published quarterly in February, May, August & November. Copyright ©2025, Rio Terrace Community League.

Proudly serving the neighbourhoods of Rio Terrace, Quesnell Heights and Patricia Heights.

15500 76 Avenue NW
Edmonton, Alberta, T5R 4L8
780-487-0610
www.rioterrace.ca

A member of the Edmonton Federation of Community Leagues. www.efcl.org

Proud to be part of one of the best cities anywhere! www.edmonton.ca

Next Issue: May 2026
Submission Deadline: Fri, April 24, 2026

Connect with Us

Website: <https://www.rioterrace.ca/>
Twitter: [@RioTerrace](https://twitter.com/RioTerrace)
Facebook: [RioTerraceCommunityLeague](https://www.facebook.com/RioTerraceCommunityLeague)
Newsletter: rtcl.newsletter@gmail.com

Rio Terrace Community League Membership Info

Memberships are always available for purchase! Community league memberships are valid September 1st to August 31st. Anyone residing in the Rio Terrace, Patricia Heights or Quesnell neighbourhoods is encouraged to become annual membership holders; however, membership is open to anyone.

Get your membership

- At community social events using cash, cheque or credit card
- Online (pay with *Visa* or *Mastercard*) at <https://rio-terrace.getcommunal.com/memberships>

Cost

- Family: \$40
- Single/Couple: \$20
- Senior Couple: \$10
- Senior Single: \$5



Benefits

- Free access to all Edmonton community skating rinks
- Facility rental discounts (25% off hall rentals)
- Free access to Rio Terrace tennis courts
- Discount at City of Edmonton Leisure facilities (5% off multi-pass or 20% off annual or continuous pass)
- Special promotions through www.efcl.org
- Jasper Place Leisure Centre Community Swim on Sundays 4 to 6 pm

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Rio Terrace Community Soccer

2026 Outdoor Community Soccer Registration

Registration for the 2026 outdoor community soccer season is currently underway and is scheduled to remain open through to the **end of February**.

Player registration is completed online using the emsasoccerportal and payment needs to be completed (or payment arrangements made) by the end of registration to ensure placement on a team.

- Late registrations are accepted, but players may find themselves unable to be placed on the team or community that they have requested.
- The Outdoor season is expected to start possibly as early as Monday April 27 (weather and field conditions permitting) and runs through to the end June.
- City Championships take place the first week of July with the possibility of one further weekend of play in mid July if a team qualifies for further playoffs.

The 2026 Rio Terrace Community Outdoor soccer program is for players born in years from 2007 through 2022.

Community Soccer

Players born in 2007 through 2018 will play on community-based teams participating in the EMSA/EMSA West community soccer programs. These teams generally play twice a week and practice once per week.

- Teams in the U9 and U11 age groups will play their games only in the west end of Edmonton (with possibly a few games in Spruce Grove).
- Teams playing in U13 and older will play their games throughout Edmonton.

FunSoccer

Rio Terrace runs an in-house FunSoccer soccer program for the players born in 2019 through 2022. The combined U4/U5 as well as the U7 FunSoccer programs feature a focus on fun activities, drills and short games that promote fun and active learning and player skill development.

- These programs take place at the Rio Terrace School field on **Monday** and **Wednesday** evenings from **6:15 PM** to **7:15 PM**.
- Expected start date is May 4 and we will be done on June 24.

Lots of parental support and involvement are required for these age groups, so we need parents to sign up as volunteers in order for us to be able to run these programs. It is lots of fun and seeing the pure joy of the player participants is very rewarding.



How to Register

Player registration for all age groups of community soccer takes place online using the soccer portal on the EMSA WEST soccer website.

<https://emsawest.com/play/register/outdoor-registration>

Player Registration steps that need to be completed are:

1 Obtain / have a valid Community League membership

Current Community League memberships are numbered 25-XXXXX and are valid through Aug 31, 2026. A membership from any community in Edmonton is valid for soccer registration at Rio Terrace. If you do not already have a valid current community league membership, you can purchase one online purchase the EFCL (Edmonton Federation of Community Leagues) website.

2 Use the EMSA West soccer portal to register players individually for the coming outdoor season

Please be sure to complete all of the registration steps, indicate that the player wishes to play on a Rio Terrace team (or other if that is the case) and identify any coach or friend to play with requests. Please be sure to identify if you are able to volunteer as a coach or manager for your child's team - lack of coaches is a prime reason for not having teams for kids to play on.

3 Pay registration fees

The player registration fees can be paid online at the same time as player registration is completed. If other payment arrangements need to be made, please contact the Rio Terrace soccer coordinator at pwynn1@telus.net

Age Group & Registration Fee Details

For information of the age groupings, nights of play and registration fees, please see either of the EMSA West Website or the Soccer page on the Program tab of the Rio Terrace Community League website.

Please contact the soccer coordinator at pwynn1@telus.net with any questions or requests for further information.



LADIES SHINNY RINGETTE

FUN AND FITNESS ON ICE!

Join us Monday nights October to mid-March at Crestwood Arena 8:45 pm - 9:45 pm.

No ringette or hockey experience required. Wide range of skills and ages. Equipment is required. Full-time is 20 skates, part-time is 10 skates.

To sign up or make inquiries, please email: shinyringette@gmail.com

Go to www.edmontonringette.com for more information on ringette in Edmonton.

Go to www.ringette.ca and check out "What is Ringette" and "Basics of Ringette" under OUR SPORT for more information on the game.

Rio Terrace Community Preschool



Rio Terrace Community Preschool

Registration now open!



Jack Rabbits



Caribou



Explorer



Rio Terrace Community Preschool is dedicated to fostering a love of learning in every child. As a parent cooperative preschool, we value family involvement and strive to create a vibrant community where children and their families can learn, grow, and thrive.

Tours available upon request



Class	Age group	Schedule
Jack Rabbits	3 year olds	Tuesday and Thursday Mornings
Caribou	4 year olds	Monday, Wednesday and Friday Mornings
Explorer	4 & 5 year olds	Tuesday, Wednesday, and Thursday afternoons

15500 76 Ave NW | www.rioterracepreschool.ca



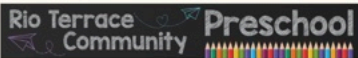
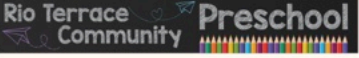
SAVE THE DATE!!

5TH ANNUAL RIO TERRACE COMMUNITY PRESCHOOL FAMILY FUN DAY

JUNE 6 2026

**BOUNCY CASTLE | FACE PAINTING | GAMES |
BEER GARDENS | LIVE MUSIC | GAMES |
EMERGENCY VEHICLES | 50/50 AND MORE!**

**SAVE YOUR EMPTIES FOR OUR
LAST BOTTLE DRIVE COLLECTION**

 Sales end February 25th Over 20 items to choose from, there is something for everyone. Stock up your freezer and feel good funding our local preschool.	 STAWNICHY'S FUNDRAISER To order get in touch with your preschool family, or email fundraising.rtcps@gmail.com	 Delivery last week of March Get your Mundare Sausage, meats and Authentic Ukranian Perogies in time for Easter and help support our mighty learners!
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Die Kleine Kinder Schule

Help Your Child Prepare for Kindergarten

2026-2027 DKK Preschool Registration

Die Kleine Kinderschule (DKK) is a non-profit preschool taught in both English & German. It's a great way for your kid(s) to get used to your local school setting right at Rio Terrace Elementary School and make long lasting friendships!

Give your kid(s) a head start for Kindergarten, by developing listening skills, language & social interaction, independence, creativity, and confidence. Plus our Friday classes for ages 4+ have a specific emphasis on prereading skills and Kindergarten preparation.

Don't be worried if you don't know the German language, our preschool offers a gentle intro to German by learning through play with English as well - no German experience required for the child or parents.

Give the gift of a second language to your child! **Registration for 2026/2027** opens starting **February 5th**.

Want to check out our learning environment and meet our awesome teachers? Rio Terrace School and our Rio Terrace DKK location will be having an **open house** on **Thursday, February 5th** from **5:00-6:30pm**.

For more info, please contact our awesome registrar: rioterrace@dkkplayschool.org

As an added bonus DKK does not charge additional fees for field trips (we offer both off site and on site), nor do we require mandatory fundraising or parent volunteer commitments. Give your child a head start to Kindergarten preparation. We would be honoured if you would consider joining Die Kleine Kinderschule community.



Learn more or register today at www.dkkplayschool.org

Illuminight 2025 Recap

December's winter community event hosted by Rio Terrace Church was a wonderful example of neighbours and families coming together.

The generous financial support of **Context iT Corp** and **Dean and Osmond RE/MAX** played a key role in making the event a success. With their support, and to the many households who displayed their candles that evening, our community was filled with a warm and welcoming glow!

This year, the event raised **over \$3000** for **ABC Head Start Society**, an Edmonton-based charity that supports families through early learning and child development programs.

Thank you to all who participated in making this a memorable evening for our community!



Unapologetically Fabulous Soaps



Shop our products at:
OSFM every Sat & Sun
Makers Keep - St. Albert Centre
Confetti Sweets - Sherwood Park
www.bubblesandblisssoaps.com



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www.logicrealty.ca

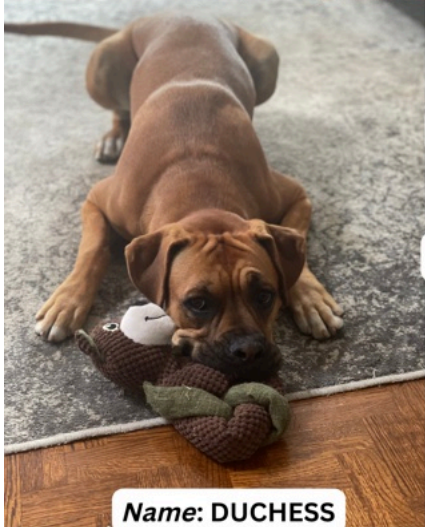
Logic REALTY




Meet the Dogs



Name: LEO
Age: 12
Breed: Heinz 57 (Pyrenees X Shepard X greyhound)
Favorites: Treats, pets, and his squeaky hedgehog
Fun Fact: He loves graham crackers :)



Name: DUCHESS
Age: 3
Breed: Boxer/Mastiff mix
Favorites: She loves snuggles, tug, and wrestling and is so gentle and patient with our 2 cats and kiddo
Fun Fact: In summer 2023, she knocked on the family's glass patio door with a mastiff friend just days after they returned from a two-week trip. After a short stay with Animal Control and the Humane Society, the family decided to adopt her, and she found her forever home..



Name: MOONCAKE (aka MOONY)
Age: 5
Breed: SCARS rescue - an "Alberta Special" (some sort of lab mix).
Favorites: All foods, especially cheese, chicken and popcorn
Fun Fact: When he gets a chew stick he does a little dance before he eats it!



IF YOU WOULD LIKE YOUR DOG FEATURED IN THE NEWSLETTER PLEASE EMAIL
JENMODRY@GMAIL.COM



If you are thinking about a move in the next 3-12 months, now is a good time to have a conversation. Give me a shout!

ADAM T. WILSON | REALTOR®

I am proud to live in the Rio Terrace, Patricia Heights & Quesnell Heights area. I would be honoured to meet with you to discuss your real estate dreams!

C. 780-887-2162 | O. 780-962-8580
adamwilson@remax.net | @wilsonyegre

 **RE/MAX** PREFERRED CHOICE

Each office independently owned & operated. Not intended to solicit those currently under contract.

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— REAL ESTATE —

www.deanandosmond.com



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- NEED HELP PREPARING TO SELL?
- LOOKING FOR REAL ESTATE ADVICE?
- THINKING ABOUT BUYING?

CALL US!

We live, work and play in this neighbourhood!

Felicia Dean Tatum Dean Jen Osmond
780.289.6670 780.863.7056 780.289.6671

RE/MAX
EXCELLENCE

Independently owned and operated. | 201 – 5607 199 Street, Edmonton, AB
Not intended to solicit properties that are already listed for sale.

Buy Nothing Group



A **Buy Nothing** page is a local online community where neighbours can give, receive, and share items freely—no buying, selling, or trading involved. The goal is to build connections, reduce waste, and support one another by sharing resources.

Whether you're giving away something you no longer need, looking for a specific item, or offering a helping hand, the Buy Nothing page encourages generosity and sustainability within the community. It's a simple way to keep useful things out of landfills and strengthen neighbourly ties.

Join our community Buy Nothing page on Facebook. Please remember to answer all of the membership questions before clicking submit!

Joanne Olsen

Buy Nothing Group Administrator

joanneolsen2@gmail.com

Join us on Facebook!

<https://www.facebook.com/groups/107970551065040>

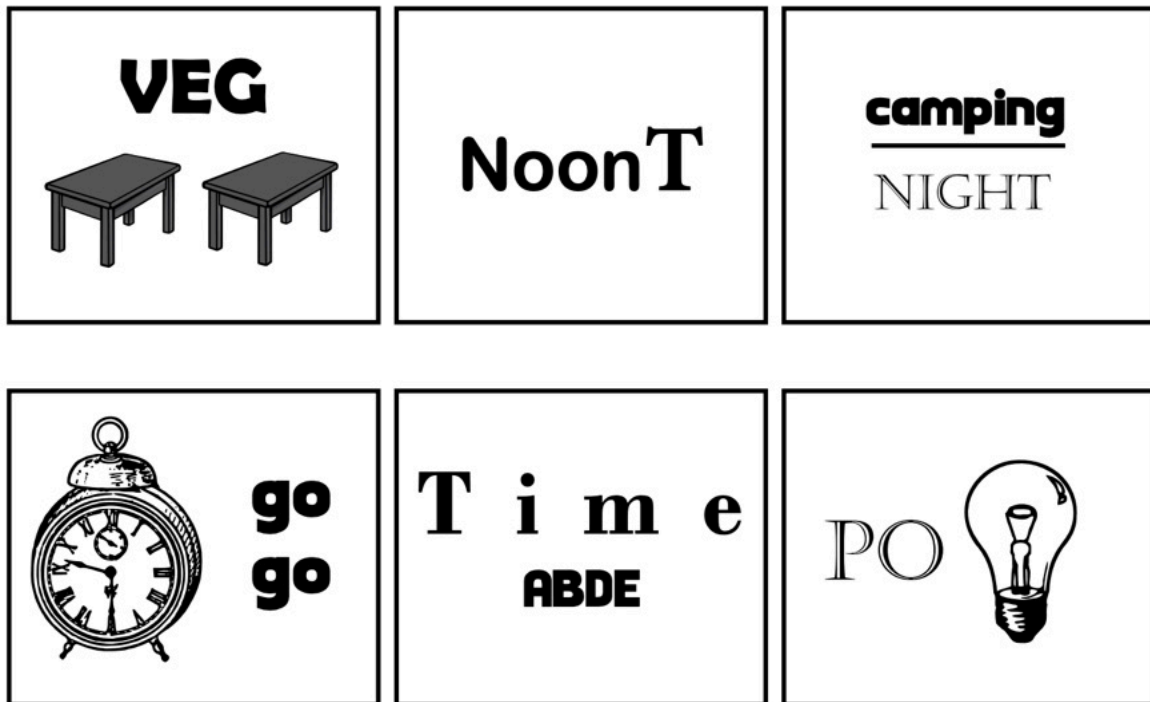
*Buy Nothing Rio Terrace/
Quesnell Heights/ Patricia
Heights Edmonton, AB*



CALL FOR AN APPOINTMENT!

 (780) 444-7333  info@patriciaheightsdental.ca

Puzzles



A **rebus puzzle** is a visual riddle where pictures, words, and symbols are used to represent words or phrases, often using the sounds or visual likeness of the objects depicted.

(Answers on page 20)

**THE COMMUNITY
NEEDS YOU FOR
OUR MAR 12-13TH
CASINO**

Sign up here: 

Or at: 

<https://volunteersignup.org/8JLAD>

Or contact Assia for more info at:
assia1@telus.net

Yoga in the community

Mondays 7-8 pm

Rio Terrace Church

\$20/class (cash or e-transfer)

No experience necessary. Grab a mat, drop in and join our inclusive, welcoming, fun-loving little yoga community!



For more information contact Laurie at:
(780) 700-5361 or
lauriedconsulting@gmail.com

THE NATION
GAME DAY HANGOUT
IN SUPPORT OF
Rio Terrace Community **Preschool**
MARCH 6TH
UNCLE GLENN'S - 7666 156 ST NW
TICKETS: \$35
INCLUDES BEVERAGE AND PIZZA!
MUST BE 18+
VISIT NATIONGEAR.CA TO PURCHASE

RIO TERRACE
COMMUNITY
PRESCHOOL'S
SPRING
PLANT SALE

COMING APRIL



renew PHYSIOTHERAPY



MATT CAIRNS, MScPT
CO-OWNER/Physiotherapist



MIKE ELLIS, MScPT
CO-OWNER/Physiotherapist



JAMIN LOCKERT, MScPT
Physiotherapist



OLIVIA CHENG, MScPT
Physiotherapist



HEATHER GROUT
Certified Pilates



ANGIE HUBBLE
Certified Pilates/Melt Method

Why Us?

- SLOWER PACED, RELAXED ENVIRONMENT
- 1 HOUR ASSESSMENTS, 30 MIN FOLLOW UPS
- FULL APPOINTMENT TIME WITH YOUR PHYSIO (NO AIDS/ASSISTANTS)
- 11 YEARS SERVING THE COMMUNITY
- 100+ 5-STAR GOOGLE REVIEWS

What Do We Offer?

- IMS/DRY NEEDLING
- SHOCKWAVE
- BIOFLEX LASER/RED LIGHT THERAPY
- MANUAL THERAPY
- EXERCISE THERAPY
- MOTOR VEHICLE INJURY MANAGEMENT
- WORKERS COMPENSATION CLAIMS
- PELVIC HEALTH

ALSO.....

- 1:1 PILATES SESSIONS (MAT & REFORMER)!!!

Terra Losa Point
17248 95 Ave NW



780-705-8487

Rio Terrace Community Kitchen Sessions

Join us for fun, hands-on cooking where small groups gather to prepare tasty, healthy meals. Whether you want to try new recipes, meet friendly faces, or save on groceries, these sessions are a relaxed and enjoyable way to cook!

Under the guidance of Odilia Ruiz, each participant takes home a hearty meal (serves 4–6) perfect for sharing with family or enjoying throughout the week.

- **Cost:** \$10 per session (includes all ingredients)
- **Donations:** Gratefully accepted! Tax receipts are available for donations of \$20 or more.
- **Location:** Rio Terrace Church in the main floor kitchen (15108 - 76 Avenue NW)
- **When:** Sundays – 1:30 - 3:30 pm
Thursdays – 6:00 - 7:30 pm

Register at:

rioterracechurch.org/kitchen



We purchase ingredients based on the number of participants, be sure to register in advance.



Upcoming Schedule (Feb-Mar 2026)

- **Thu, February 5, 2026:** Lasagna soup and dinner rolls
- **Sun, February 15, 2026:** Portuguese pea and pork soup and focaccia bread
- **Thu, March 5, 2026:** Vegetable barley soup and black bean brownies
- **Sun, March 15, 2026:** Chicken tortilla soup and corn bread

Sessions run from January to June 2026.

HELP US TURN

this



Into this



Together We Can

ABOUT US

The Alberta Elks Foundation created the Tabs for Tots program in June of 2000 under the direction of Brother Nick Henger. Since its inception the program has collected 58,266 LBS of tabs, 123,876 LBS of other metal which equals \$176,452.75. As a result Tabs for Tots has been able to donate \$170,711.67 worth of pediatric medical equipment to our local hospitals.

REACH US

Email

noellebrown123@gmail.com
for dropoff location
Noelle Brown - Rio Terrace

Thank You to the
community for the
wonderful response!
Noelle

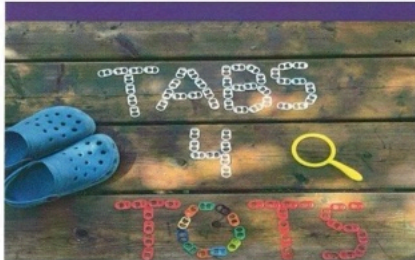


<https://elksfalberta.ca>

Alberta Elks Foundation



TABS FOR TOTS
Helping Regional
Hospitals
Since 2000



WHAT IS TABS FOR TOTS?

"Tabs for Tots" is a program of the Alberta Elks Foundation. It provides funds for Pediatric Care and Equipment for regional hospitals and health care units. The items are typically intended for delivery rooms, nurseries, or pediatric wards.

Applications to the Tabs for Tots program can be made by any Elks or Royal Purple Elks Lodge through one of its members.

Projects can receive up to \$5,000.00 from the Tabs for Tots Program

HOW CAN I HELP

Tabs for Tots collects the "tab" off of beverage cans as well as other recyclable metals. The collection is sold for scrap and the funds collected are allocated for helping local hospitals



Did you know?

**TABS ARE BEING COLLECTED
IN COMMUNITIES IN A
NUMBER OF DIFFERENT
WAYS, INVOLVING SCHOOLS,
DAY CARES AND BY LOCAL
TRADES DONATING
MATERIALS AFTER
A JOB HAS BEEN
COMPLETED**



THE POWER OF TOGETHER

Collecting 58,246lbs. of tabs is no easy task. Together it is possible. Together we can supply much needed medical equipment to local hospitals all over Alberta. Together we can make a difference. You do not have to be a member to help.



PULL.COLLECT.DONATE

Get Involved!

Give Us Feedback!

Take this short survey or email us to let us know what you liked about this issue, or what you might like to see in the future.

rtcl.newsletter@gmail.com



Ladies Drop-In Basketball

Come laugh and play with us. Ages 18 to 108. Low key and all skill levels welcome. Exercise, laughter and lots of fun. See: www.pvcl.ca



Most Thursday evenings, usually at Lynnwood School. Try it once! New people say "It's so much fun. I'm glad I came!"

Contact: jayspix@gmail.com

Program of Parkview Community League




Tennis Programs and Camps

at
Rio Terrace

Are open for registration at
www.acetennisacademy.ca

Thank You

for your donations

The Cable family

The Drozdowski family

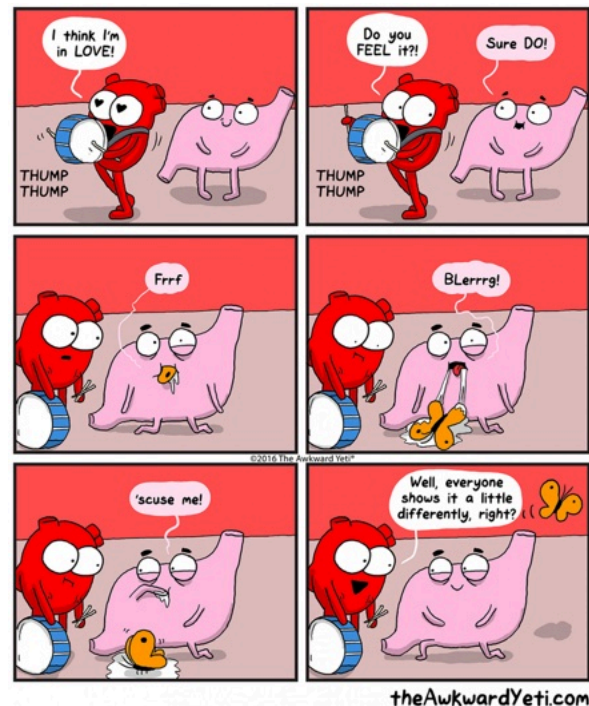
Gordon Fuerst

The Blanck family

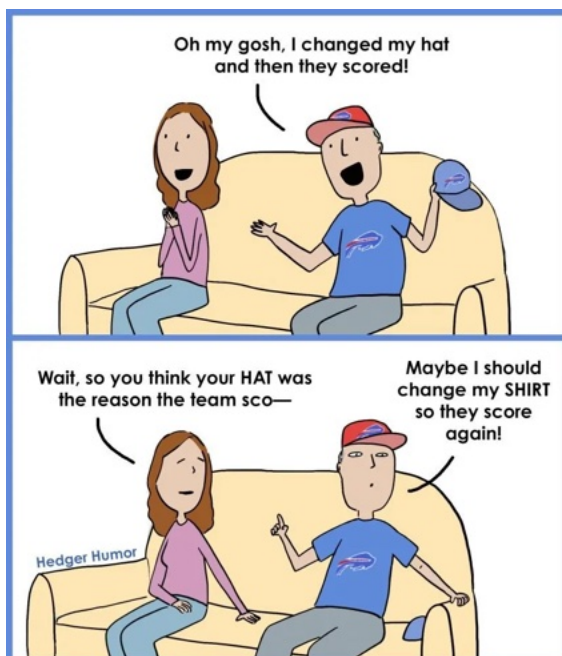
Dean and Osmond Real Estate
(Jen Osmond/Felicia and Tatum Dean)



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hedgerhumor.com



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theycantalk.com



CALL FOR DONATIONS TAX DEDUCTIBLE RECEIPTS!

CURRENT AREAS OF NEED

- Rink operations
- Social Events
- Hall Improvements



**Please consider making a donation to help
the Rio Terrace Community League.**

SEND YOUR DONATION

QR TO DONORBOX



donorbox.org/rio-terrace-donations



Mail or drop off to:
15504 76 Ave NW,
Edmonton AB T5R 4L8



1. Vegetables; 2. Afternoon tea; 3. Overnight camping; 4. Time to go; 5. Long time no see; 6. Polite