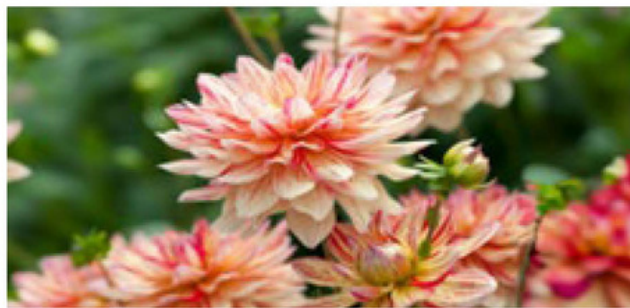




September 11 to 20, 2026

Friday September 11		
Saturday September 12	10:30 a.m. 10:00 a.m. 3:00 p.m.	RUC Men's Group (Chapel) Ghana Methodist Church Rehearsal (Sanctuary) Chelsie Rita & Trevor Fung wedding (Sanctuary)
Sunday September 13	10:30 a.m. 11:30 a.m. 12:30 p.m. 3:00 p.m.	Sunday Worship (Sanctuary) Welcome back Café (Chapel) Ghana Methodist Church (Sanctuary) Al-Anon Family Group (Boardroom)
Monday September 14	6:00 p.m. 7:00 p.m.	Karate class (Lower level hall) Spiritual Formation meeting (Chapel)
Tuesday September 15	11:00 a.m. 2:00 p.m. 5:00 p.m. 6:30 p.m.	Transitions Group (Gathering area) Reflective Crafting (Chapel) Elite Dance (Lower level hall) All Points West Choir (Sanctuary)
Wednesday September 16	9:00 a.m. 10:00 a.m. 11:00 a.m. 2:00 p.m. 5:00 p.m. 7:00 p.m.	Walkers & Talkers: Walking Walkers & Talkers: Coffee (Gathering area) Yoga class (Lower level hall) E2 Academy Cooking Class (Kitchen) Elite Dance (Lower level hall) Riverbend Men's Shed (Boardroom)
Thursday September 17	10:00 a.m. 1:00 p.m. 5:00 p.m. 7:30 p.m.	Not Falling for You (Lower level hall) Not Falling for You (Lower level hall) Condominium meeting (Lower level hall) RUC Choir Rehearsal (Sanctuary)
Friday September 18	7:00 p.m.	RUC Youth event (Lower level hall)
Saturday September 19	10:30 a.m.	Ghana Methodist Church Rehearsal (Sanctuary)
Sunday September 20	9:30 a.m. 10:30 a.m. 12:30 p.m. 3:00 p.m.	RUC Care Team meeting (Chapel) Sunday Worship (Sanctuary) Ghana Methodist Church (Sanctuary) Al-Anon Family Group (Boardroom)

Riverbend United Church
14907 — 45 Avenue NW
Edmonton, Alberta
T6H 5K8

Email:
contactus@riverbendunited.org

Website: www.riverbendunited.org

Facebook:
www.facebook.com/riverbendunited



Instagram:
@riverbendunitedchurch



SAVE THE DATE

**Free Community
Connect Picnic**

**ALL ARE
WELCOME!**

Riverbend United Church



Vegetarian, GF & halal available

Sunday, September 27
12:00 noon to 3:00 p.m.

Ramsey Park

- come for hot dogs, snacks, bouncy castle & games
- all are welcome!
- RUC volunteers needed

Riverbend United Church - News & Events

Fall edition of The Front Pew - our quarterly newsletter, is available online [here](#). A few printed copies are also available in the Narthex.

Not Falling for You classes started on Thursday, **September 10th**. There are 2 classes on Thursdays, come for either the 10:00 a.m. or 1:00 p.m. class. Please call the office at 780.430.7275 to register.

RUC Care Team The Care Team warmly welcomes you to join us for another conversation café. Join us on Sunday, **September 13th** following worship for a Welcome Back Café in the Chapel. Come and enjoy coffee, conversation and fellowship as we share our summer adventures. Take the time to reconnect and catch up with friends as we welcome one another back. All are welcome, we hope to see you there.

Fall yoga classes We are pleased to offer another session of Movement for Longevity (Rouleau) classes beginning Wednesday, **September 16** from 11:00 a.m. to 12:00 noon. The focus is building stability, strength and mobility through yoga poses and a variety of challenges. It's also an opportunity to build a better connection and understanding of your body. The classes will run until December 9 except for October 14th and November 11th. Please call the office at 780.430.7275 to register, the \$120.00 fee can be paid by cheque or by e-transfer. Please mention your payment is for the yoga class and note that registration fills up quickly.

Men's Discussion and Walking Group will meet again on Saturday **September 12** at 10:00 a.m. Hosted by David James and Dennis Nolan the group has transitioned from a walking group to more of a discussion group. The walk is optional following the 30-60 minute discussion where topics range widely and may include board games or cards. Meetings are currently scheduled weekly, but may switch to every 2 weeks. Interested? contact the office to join the email list to be notified if meetings change.

Learn about YouthTREK, a youth retreat for junior-high age students, happening in Camrose, AB from **October 23-25, 2026**. Led by Kevin Trautwein, Northern Spirit Region, this retreat is targeted at junior youth, senior youth are welcome as volunteer leaders. Cost: \$100/person (transportation not included), further subsidies may be available. Additional information or register at:

<https://app.amilia.com/store/en/chinook-pacific-uccan/shop/activities/6986436>



Community Connect picnic Mark your calendars and save Sunday, **September 27th** for a fun FREE family and community event. Join us in Ramsey Park from 12:00 noon to 3:00 p.m. for hot dogs (including vegan, halal and vegetarian), snacks, juice and water and a whole bunch of entertainment. Join the 3-legged race, participate in the potato sack contest or watch children enjoying the bouncy castle, face painting and balloon making. Join us and meet your neighbours. Many volunteers are needed to help make this a terrific success - please see the sign-up sheets in the narthex, a short time commitment is all that's needed to make this a tremendous success.

There's no S.P.A.C.E. Like Home Join Grace United Church (6215 - 104 Avenue NW, Edmonton) on Wednesday, **September 16** from 1:30 to 3:00 p.m. for a workshop on "organizing and clearing clutter" from your home. Invite your friends, refreshments & treats included. Donations towards the *Young at Heart* program gratefully accepted.

New to You clothing Sale at Robertson-Wesley United Church (10209 - 123 Street NW, Edmonton) on Saturday, **September 19** from 9:00 a.m. to 3:00 p.m. in the Memorial Hall. Donate, shop for new styles and save!