

APRIL 2023

DELIVERED MONTHLY TO 4,500 HOUSEHOLDS

# your **BEDDINGTON** BANNER

THE OFFICIAL BEDDINGTON COMMUNITY NEWSLETTER



RE/MAX Real Estate  
(mountain view)  
[www.LowellMartens.ca](http://www.LowellMartens.ca)

## CALL FOR YOUR COMPLIMENTARY EVALUATION

40 PLUS YEARS SELLING IN CALGARY.  
GUARANTEED SALES PROGRAM. CALL FOR DETAILS.\*  
\*SOME CONDITIONS APPLY



**Lowell Martens**  
403-650-8927  
[ljmartens@telusplanet.net](mailto:ljmartens@telusplanet.net)

[www.beddingtoncommunity.ca](http://www.beddingtoncommunity.ca) • [www.calgaryarea.com/NW/Beddington](http://www.calgaryarea.com/NW/Beddington)

Great News Media | Call 403-720-0762 for advertising opportunities | [www.greatnewsmedia.ca](http://www.greatnewsmedia.ca)

# OFFICIAL

PLUMBING & HEATING

Plumbing Services  
Furnace Install & Repair  
Drain Cleaning  
Boiler Install & Repair  
Electrical

**\$50**

Service Call Fee



**403-837-4023**

info@officialplumbingheating.ca  
official-plumbing-heating.ca



**momentum**

Learn • Earn • Save • **THRIVE**

## Need Momentum in your life?

With our programs, you can...

**Train for a  
Good Job**



**Manage and  
Save Money**



**Start a  
Business**



Are you ready to **Get Started?**

Visit [momentum.org](http://momentum.org) or call **403-272-9323**

**COCO**  
LASER & SKIN



Dr. Michael Massie

## COCO SKIN CLINIC

|                 |           |
|-----------------|-----------|
| Acne Clinic     | Skin Tags |
| Warts           | Moles     |
| Eczema          | Hair Loss |
| Psoriasis       | Rashes    |
| UV Phototherapy |           |

**NO REFERRAL NEEDED**

**403-266-2626**

[WWW.CCOLASERANDSKIN.CA](http://WWW.CCOLASERANDSKIN.CA)



## SAVE A BUNCH OF CASH

Expert advice  
Excellent rates  
Many options  
Better mortgages



**ANITA** **403-771-8771**  
[anita@anitamortgage.ca](mailto:anita@anitamortgage.ca)

Licensed by Avenue Financial

## BEDDINGTON CHIROPRACTIC & MASSAGE

Two new chiropractors have joined our team and can't wait to help you achieve a happier, healthier, and pain-free lifestyle.



**Dr. Sarah Brennan, D.C.**

Dr. Sarah has special interest in working with women throughout all stages of motherhood, beginning in pregnancy and continuing with healing and rehab in the postpartum period. Sarah has completed several continuing education courses including the Webster technique which promotes proper pelvic alignment in pregnant mothers, BirthFit certification, Breastfeeding support for postpartum women, as well as special training in chiropractic care for infants and kids.

All therapists  
are accepting  
new patients

**Dr. Justin Hodinsky, D.C.**

Dr. Justin's main goal is to help you move better, move more often, and provide you with the tools and resources needed to take control of your own wellness journey.

By combining a personal approach with evidence based therapies, he is able to provide exceptional care personalized to the unique health goals for each individual.



Direct billing  
available  
depending on  
your coverage

**Book online at [myBCMclinic.com](http://myBCMclinic.com)**

# Pet Planet can help you **save every day.**

Ask us in-store about our Value Days.

**Pet Planet Beddington**

100 Beddington Blvd NE, Suite 110 | Tel: 403.226.5326



**SINCE  
1996**

YOUR PET'S *Natural* GROCER





**GOLDEN TOUCH SPA**

**This is where your happy hour begins!**  
 Microneedling | Chemical Peels | RF Facial  
 Customized facials | Body Contouring  
**Get your free consultation!**  
 Follow us on [f](#) @goldentouchspainc

goldentouchspa@icloud.com | [www.goldentouchspa.ca](#)  
 587-578-2861 | Home-based spa located in Beddington.




**Your Patio Furniture Superstore!**

**YETI** **Wicker Land Patio** **weber**

**BBQ LAND** **Modern Patio**

Located Three Blocks East of Chinook Mall  
 6125 Centre Street S, (403) 258-2506  
[WickerLand.ca](#)



**COME TRY Ringette**

**REGISTER HERE**



**April 23**  
**2:00-3:30PM**  
 Flames Community Arena

**COMETRYRINGETTE.CA**

## MESSAGE FROM THE BOARD

Hello Beddington Residents!

Happy April! Spring is hopefully just around the corner and we, on the board, are ready for the nice weather to bring the community back outside! We have a number of events on the books for this year; next up will be our first ever Community Safety Fair. We are excited to be joined by members of the groups and services that keep our city safe! Please join us April 26 from 7:00 to 9:00 pm to get your opportunity to speak to the experts. Keep an eye on our website and Facebook pages in order to learn about our other events like the Community Cleanup, Parade of Garage Sales, and more!

Thanks,


*BHCA Board of Directors, Jenn, Bonnie, Melisa, Nadine, Wendy, Leandra, Jessica, and Marty!*



**BRAIN GAMES** **SUDOKU**

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
| 8 |   |   | 5 |   | 1 |   |   | 9 |
|   |   |   | 6 |   | 9 | 7 |   |   |
|   |   | 4 |   | 7 |   |   |   | 5 |
| 4 | 8 |   |   |   |   |   |   | 6 |
|   |   | 2 |   |   |   | 4 |   |   |
| 9 |   |   |   |   |   |   | 1 | 8 |
| 6 |   |   |   | 8 |   | 3 |   |   |
|   |   | 3 | 1 |   | 6 |   |   |   |
| 7 |   |   | 3 |   | 5 |   |   | 2 |

**SCAN THE QR CODE FOR THE SOLUTION**



# CONTENTS

---

- 7 CITY OF CALGARY NE PUBLIC ARTS INITIATIVE
- 8 NEWS FROM THE FRIENDS OF NOSE HILL
- 9 BASP APRIL UPDATE
- 11 BEDDINGTON BOOK CLUB
- 13 BEDDINGTON HEIGHTS VOLUNTEERS NEEDED
- 15 BUSINESS CLASSIFIEDS



**SCAN HERE TO VIEW ADDITIONAL  
BEDDINGTON HEIGHTS CONTENT**

**News, Events,  
& More**



**Crime  
Statistics**



**Real Estate  
Statistics**



**Disclaimer:** The opinions expressed within any published article, report, or submission reflect those of the author and should not be considered to reflect those of Great News Media or the Community and/or Residents' Association. The information contained in this newsletter is believed to be accurate but is not warranted to be so.

Great News Media and the Community and/or Residents' Association do not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.



# BEDDINGTON HEIGHTS COMMUNITY ASSOCIATION

375 Bermuda Drive NW • Phone: 403-305-6642

Website: [www.beddingtoncommunity.ca](http://www.beddingtoncommunity.ca) | Email: [bhca@beddingtoncommunity.ca](mailto:bhca@beddingtoncommunity.ca)

Follow Us on Twitter  @BeddingtonCA and Facebook  @BeddingtonCA

Before & After School Program: 403-295-8837 | Beddington Theatre Arts Centre/Room Rentals: 587-329-9545

## EXECUTIVE DIRECTORS

|                   |                     |
|-------------------|---------------------|
| President         | Jennifer Curley     |
| Vice President    | Bonnie Ugaddan      |
| Secretary         | Nadine Epp          |
| Treasurer         | Melisa Tan          |
| Director at Large | Marty Connelly      |
| Director at Large | Wendy Hansen        |
| Director at Large | Jessica Kovacs      |
| Director at Large | Diane Ward          |
| Director at Large | Leandra Worden-Figg |

## COMMITTEES

|                               |                |
|-------------------------------|----------------|
| Casino Chairperson            | Karl Cyr       |
| Rink Coordinator              | Brady Adkins   |
| Reimagine Beddington Co-Chair | Bonnie Ugaddan |
| Reimagine Beddington Co-Chair | Vacant         |
| Garden Committee Co-Chair     | Mavis Chong    |
| Garden Committee Co-Chair     | Anila Yuen     |



## Beddington Heights Community Association Membership Application

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Postal Code: \_\_\_\_\_

Telephone: \_\_\_\_\_ Email: \_\_\_\_\_

Family Member's Names / Ages:

Name

Age

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Send to: 375 Bermuda Drive NW, Calgary AB T3K 2J5 or purchase online at [www.beddingtoncommunity.ca](http://www.beddingtoncommunity.ca)

Membership: \$20





## City of Calgary NE Public Arts Initiative

We are in search of art by artists with strong ties to northeast Calgary to be featured in outdoor mini galleries at 10 community centres throughout 2023. This exhibition will celebrate the diversity of art forms, people and cultures represented in northeast Calgary.

All art mediums are welcome. If you do small-scale visual arts, this space will lend itself nicely to your craft. However, maybe you're a poet, a dancer, an actor, a film maker, textile artist or a large-scale sculptor or painter. We encourage you to think creatively about how your art may be showcased in these spaces and present us with your ideas.

Submissions will be accepted from professional, emerging and recreational artists in all disciplines for three rounds of applications. Artworks will be selected by curators who will plan mini gallery exhibits around themes gathered from conversations with northeast community members.

Interior mini gallery dimensions are 50cm wide, 20cm deep and 40cm tall.

Artists will be paid \$960 for exhibiting their work in the mini galleries for a four-month period.

A total of 30 local artists will be chosen to exhibit their work in 2023.

| Application Deadline | Exhibition Period          |
|----------------------|----------------------------|
| December 12, 2022    | January to April 2023      |
| March 31, 2023       | May to August 2023         |
| July 31, 2023        | September to December 2023 |

To apply, please email [publicart@calgary.ca](mailto:publicart@calgary.ca) with the following:

- Subject line: mini gallery artist submission
- Your name and contact information
- Briefly describe your connection to northeast Calgary (Do you live, work, play in the area? Tell us how you are connected to the northeast, and which communities specifically.)
- Tell us about the artwork you are proposing for the mini galleries.
- Attach photo/visual of your artwork.
- Briefly describe your vision for the mini gallery.

If you have questions about the application process, please email them to [publicart@calgary.ca](mailto:publicart@calgary.ca)

The project is part of the Northeast public arts initiative that seeks to support local artists and businesses, enhance our northeast neighbourhoods and ensure art reflects the people who live in the communities where the art is located. Find out more about this initiative at [calgary.ca/NEpublicart](http://calgary.ca/NEpublicart).

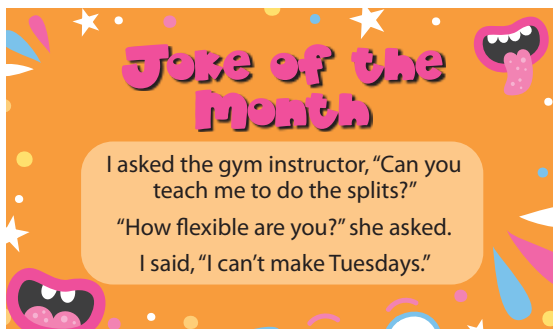


## News from the Friends of Nose Hill

by Anne Burke

There is an annual global community science competition to document urban diversity. Public bioblitzes will be held across Calgary with local stewardship groups. The challenge engages citizen scientists in finding and documenting plants, animals, and other living organism in urban areas. The 2023 City Nature Challenge involves taking pictures between April 28 and May 1 and then identifying them. Results will be announced on May 8. This will be the fifth year for Calgary region participation and there are awards for the top cities. For more information, go to [inaturalist.ca/projects/city-nature-challenge-2023-calgary-metropolitan-region](https://inaturalist.ca/projects/city-nature-challenge-2023-calgary-metropolitan-region).

Although the City introduced two new program, Green Leader and Water Steward, its decision to temporarily discontinue its Adopt-a-Park program was unpopular. Now you can join the Parks Environmental Education team on a Green Initiative project to restore habitat with tree and shrub planting, tree wiring, weed pulling, or painting projects. These group projects are seasonal (May to October) and typically require a 3-to-4-hour commitment. A screening policy is in place, which may include checks by police. Once accepted, volunteers receive orientation, training, and other support. For more information and to register, please call 3-1-1.



## BHCA CALENDAR

Want to join our meetings? Super! All our meetings are held on Zoom these days. To join, either:

**Register Online:** [BeddingtonCommunity.ca](https://BeddingtonCommunity.ca) (On Home Page: Upcoming Events)

**Email Us:** Addresses Below

**Leave a Message:** 403-305-6642

APRIL - 2023

02: Vivo Play Hub, 11:30 am to 3:00 pm  
09: Vivo Play Hub, 11:30 am to 3:00 pm  
11: Reimagine Beddington Committee, 7:00 to 9:00 pm  
16: Vivo Play Hub, 11:30 am to 3:00 pm  
17: Beddington Community Garden and Hub, 7:00 to 9:00 pm  
18: Beddington Book Club, 7:00 to 9:00 pm  
23: Vivo Play Hub, 11:30 am to 3:00 pm  
25: BHCA Board Meeting, 7:00 to 9:00 pm  
30: Vivo Play Hub, 11:30 am to 3:00 pm

MAY - 2023

07: Vivo Play Hub, 11:30 am to 3:00 pm  
09: Reimagine Beddington Committee, 7:00 to 9:00 pm  
14: Vivo Play Hub, 11:30 am to 3:00 pm  
15: Beddington Community Garden and Hub, 7:00 to 9:00 pm  
16: Beddington Book Club, 7:00 to 9:00 pm  
21: Vivo Play Hub, 11:30 am to 3:00 pm  
23: BHCA Board Meeting, 7:00 to 9:00 pm  
28: Vivo Play Hub, 11:30 am to 3:00 pm

- **Beddington Community Garden and Hub**  
[garden@beddingtoncommunity.ca](mailto:garden@beddingtoncommunity.ca)
- **Reimagine Beddington**  
[reimagine@beddingtoncommunity.ca](mailto:reimagine@beddingtoncommunity.ca)
- **Book Club**  
[bookclub@beddingtoncommunity.ca](mailto:bookclub@beddingtoncommunity.ca)
- **BHCA Board**  
[bhca@beddingtoncommunity.ca](mailto:bhca@beddingtoncommunity.ca)



# The Beddington Play Hub

**It's Free!!**

**It's Outside!!**

**Creativity!!**

**Sun!!**

**Fresh Air!!**

**Friends!**

**Laughter!!**

**Joy!!**



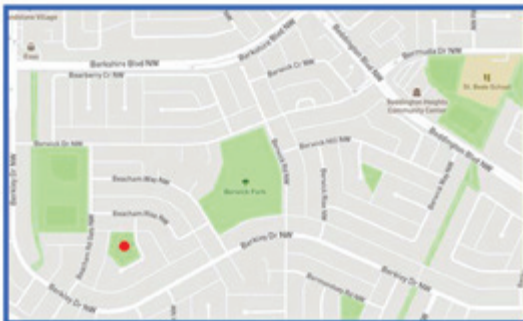
## Join Us for a "Ton of Fun"

**Where:** Beacham Close Park NW

**When:** Every Sunday Year Round

**Time:** 11:30 - 3:00 pm

**Who:** Open to all families 52 weeks per year (weather permitting)



[www.vivoplayproject.com/play-hubs](http://www.vivoplayproject.com/play-hubs)

<https://beddingtoncommunity.ca>

## BASP April Update



Public schools had their spring break at the tail end of March, and each day was a different theme offered. I'm sure both the children and teachers were happy to have a week to recharge the batteries. This month, we look forward to repeating some of these themes with the Catholic school board for their Easter break as well as try out some new ones!



Summer camp registration will be opening on May 1. The camps run on a weekly basis with a variety of themes per week. Choose whichever weeks best suit your family and vacation plans and spend the rest of the time with us!

Email us at [beddingtonbasp@gmail.com](mailto:beddingtonbasp@gmail.com) or visit our website, [www.beddingtoncommunity.ca](http://www.beddingtoncommunity.ca), for updated information and calendars starting May 1!

If you are looking for BAS care for your child, this year or next, call us today at 403-295-8837 to get added to our waitlist!

## The Quietest Place on Earth



A laboratory in Minneapolis has the quietest room in the world! As an anechoic chamber, it prevents the reverberation of sound waves. It's said to be so quiet inside that you can hear your bodily functions, such as the blood circulating in your veins. Being in this room is so off-putting to the senses that no one has stayed inside for longer than 45 minutes!

## DISCOVER ONE OF CANADA'S BEST FAMILY THEATRE COMPANIES!

**OUTSTANDING LIVE  
ENTERTAINMENT  
& THEATRE SCHOOL PROGRAMS –  
RIGHT IN YOUR BACKYARD!**

For over 46 years, Storybook Theatre has been entertaining families with our award-winning, professional-quality plays, musicals and concerts. Our shows feature characters from different worlds, stories and backgrounds, reflecting how communities can unite to inspire and be stronger together. Located in the heart of Beddington Heights, SBT's shows attract more than 40,000 people to our vibrant neighbourhood every year.

SBT's year-long Theatre School programming for ages 6-17 includes Theatre Camps, PD Camps, and our popular Summer-long Spotlight Program. In addition, we provide theatre arts classes for adults 18+, workshops for Professional Artist Development, and Professional Development for Educators. Open to everyone with various skill levels, explore classes designed to develop storytelling, stagecraft abilities, teamwork, and self-confidence for everyday life.



FOR UP-TO-DATE OFFERINGS VISIT:  
**storybooktheatre.org**

StoryBook Theatre  
**THEATRE  
SCHOOL**

FALL | WINTER | SPRING | SUMMER

**StoryBook Theatre**  
Beddington Theatre Art Centre  
375 Bermuda Dr NW

## FOOT PAIN?

Want to learn  
more about how  
to manage it?



SCAN THE QR CODE  
to register for our upcoming in-person workshop on:  
**Wednesday, April 19<sup>th</sup> at 7pm** at our Beddington  
location. Or call (403) 917-0958 to register.  
We look forward to seeing you there.



**Nose Creek**  
Move Faster. Feel Better.

Physiotherapy, Massage, Acupuncture & Orthotics.

**www.nosecreekphysiotherapy.com**



**Save the Date!!**



## Beddington Heights Safety Fair





## Rink Volunteers Needed!



### Flexible Time Commitments:

If you can offer one hour, two hours or every other day, we can work with however you can assist.

Please contact Brady at:

[b.adkins217@gmail.com](mailto:b.adkins217@gmail.com)



## Beddington Book Club

by Cindy | [bookclub@beddingtoncommunity.ca](mailto:bookclub@beddingtoncommunity.ca)

Normally, we meet between 7:00 and 9:00 pm on the third Tuesday of each month in the boardroom at the Beddington Theatre Arts Centre.

Note: Due to COVID-19, we are holding our meetings on Zoom.

Our May 16 book will be *The Last Painting of Sara de Vos* by Dominic Smith.

"In 1631, Sara de Vos is admitted as a master painter to the Guild of St. Luke's in Holland, the first woman to be so recognized. Three hundred years later, only one work attributed to de Vos is known to remain—a haunting winter scene, *At the Edge of a Wood*, which hangs over the bed of a wealthy descendant of the original owner. An Australian grad student, Ellie Shipley, struggling to stay afloat in New York, agrees to paint a forgery of the landscape, a decision that will haunt her. Because now, half a century later, she's curating an exhibit of female Dutch painters, and both versions threaten to arrive.[...]" – Adapted from Goodreads.com.

Our June 20 book will be *The Vanishing Half* by Brit Bennett.

## Presidential Raccoon

In 1926, US President Calvin Coolidge was sent a raccoon who was supposed to be cooked for Thanksgiving dinner! Coolidge decided instead to adopt the critter. The family named her 'Rebecca' and gifted her with an engraved collar saying, "White House Raccoon."







### 2023 Beddington/Sandstone/MacEwan Butterflyway



The map above shows our progress/participation from last year! The Butterfly Rangers in Beddington/Sandstone/MacEwan are planning to continue this year again promoting pollinator plants (especially native plants) in our gardens and public space to support our native pollinators (bees, butterflies, moths). We will continue to educate at community events, plan to hold some family craft sessions to make bee baths/bee houses, add to our current pollinator beds in the community and add to our growing list of gardeners planting for our pollinators. We are looking for others in our communities to help join us.

- Are you an avid gardener and want to have a sign for your front lawn showing you are planting for pollinators?
- Want to help preserve our pollinator beds and help plant more?
- Want to learn about the importance of pollinators and what to plant?
- Are youth interested in protecting our environment and supporting pollinators?

Please contact us at: [butterflies@beddingtoncommunity.ca](mailto:butterflies@beddingtoncommunity.ca)

## REIMAGINE BEDDINGTON

Learn more about our projects:  
[beddingtoncommunity.ca/reimagine](http://beddingtoncommunity.ca/reimagine)





# Introductory One-Month Special

**\$49**  
plus GST

Take as many classes as you want!

Non-transferable. Offer valid one time only.

**WE ARE YOUR  
NEIGHBOURHOOD BOUTIQUE  
FITNESS AND WELLNESS  
STUDIO OFFERING:**

**YOGA**  
**BARRE**  
**PILATES**  
**PERSONAL TRAINING**  
**MASSAGE**  
**MANI/PEDI**  
**ARTIFICIAL NAILS**  
**WAXING**  
**ESTHETICS**  
**REIKI**  
**REFLEXOLOGY**  
**MINDFUL MEDITATION**

## Contact Us

10105 Hidden Valley Drive NW  
587-323-2278

Keep checking  
[livforfitnessandwellness.ca](http://livforfitnessandwellness.ca)  
for opening specials.





# **Beddington Heights** **VOLUNTEERS** **NEEDED**

**We have so many plans for the Beddington Community for 2023, but we need your help!!!  
10 people can do much, but 50 people can do so much more!! Are you interested in:**

- . Community Garden**
- . Community Clean-Up**
- . Parade of Garage Sales**
- . Graphic Web Master**
- . Butterfly Rangers**
- . Gathering Spaces**
- . Rink Upkeep**
- . Scavenger Hunt**



**We would love to see you, meet you and work with you to  
make our community even better!! Contact us at:  
[bhca@beddingtoncommunity.ca](mailto:bhca@beddingtoncommunity.ca)**



# BUSINESS CLASSIFIEDS

For business classified ad rates call Great News Media at 403-720-0762 or [sales@greatnewsmedia.ca](mailto:sales@greatnewsmedia.ca)

**OFFICIAL PLUMBING & HEATING:** Small company, low overhead, excellent warranties, and great rates. Specializing in residential service and installs. Services include furnace service and replacement, hot water tank service and replacement, leaks, clogs, gas fitting, and more. Licensed and insured. Why wait? Call today and get it fixed today! Available 24/7, we accept debit/VISA/MasterCard. Call 403-837-4023 or email [info@officialplumbingheating.ca](mailto:info@officialplumbingheating.ca); [www.official-plumbing-heating.ca](http://www.official-plumbing-heating.ca).

**BEDDINGTON MORTGAGE BROKER:** SAVE A BUNCH OF CASH! As a Calgary mortgage broker, I have helped your neighbors navigate their purchase, refinance, and renewal options. If you are looking for expert mortgage advice, excellent rates, many options, and better financing, Call Anita at 403-771-8771 | [anita@anitamortgage.ca](mailto:anita@anitamortgage.ca) | Licensed by Avenue Financial.

**NEIGHBOURHOOD CONFLICT?** Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! [www.communitymediation.ca](http://www.communitymediation.ca), 403-269-2707.

**ACCOUNTANT DELIVERS RESULTS:** Chartered Professional Accountant has 12 years' experience. Services include individual tax filings, tax review/audit assistance, corporate and estate taxes filings, tax planning, bookkeeping, GST and payroll reporting. Visit #218 in Beddington Towne Centre, call Jack at 403-719-0627, or visit [commonsenseaccounting.ca](http://commonsenseaccounting.ca) for the fees schedule.

**GUTTER DOCTOR:** Home exterior services. We do eavestrough cleaning, repairs, and installation as well as downspouts, fascia, soffit, siding, roofing, cladding, leaf screens, and heat cables. Local business for over 20 years with more than 50,000 happy customers! Licensed, insured, and WCB. A+ rated BBB member. Multi award-winner. Quality work with a warranty! [www.gutterdoctor.ca](http://www.gutterdoctor.ca), 403-714-0711.

**MIKE MARKOVICH PAINTING:** Experienced, journeyman-trained painters at your service. We can take care of all your interior and exterior painting needs. Top quality paint and service. 25 plus years of painting in the city. Book for a free estimate today. Big or small jobs. Call us for an estimate: 403-243-7628.

**FALCONER HANDYMAN SERVICES LTD:** Stucco patching, re-stucco, small renovations, flooring, drywall and painting, foundation parging, and small concrete work. We can also build or fix decks, fences, etc. No job is too small. Fully insured. WCB and BBB member. For free estimates, please call Wes at 403-809-3644 or email [handyfalconer@gmail.com](mailto:handyfalconer@gmail.com).

**TERRAVIEW LAWN CARE:** Spring cleanups, power raking, aerating, slit-seeding, power washing, etc. Weekly and biweekly yard mowing and yard maintenance services. Reasonable rates. Call us today to discuss your yard care needs and to schedule any services. Craig | 403-819-7905. Ron | 403-669-4671.



## Women's Group

### North Central Family Resource Network

**Join us for Women's Group!** This program is set up to encourage learning to build positive relationships and foster skills to work independently and in a team. Women's Group will allow you to build relationships with other women in your community who may be experiencing similar circumstances.

**When:** Every Thursday from  
1:30 pm to 2:30 pm

**Where:** NCFRN: 3 – 176 Bedford Dr. NE

**Closer to Home**  
COMMUNITY SERVICES

We Are  
Accepting  
New Patients

|     |                   |
|-----|-------------------|
| Mon | 7:30 am - 5:00 pm |
| Tue | 7:30 am - 8:00 pm |
| Wed | 7:30 am - 8:00 pm |
| Thu | 7:30 am - 8:00 pm |
| Fri | 7:30 am - 5:00 pm |



220 - 66 Sandarac Drive NW | Calgary AB T3K 4L4 | [info@sandstonedental.ca](mailto:info@sandstonedental.ca) | [sandstonedental.ca](http://sandstonedental.ca)



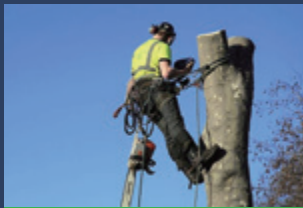
Contact us today for a **FREE** estimate

**(403) 471-1688**

[info@mainstreetexteriors.ca](mailto:info@mainstreetexteriors.ca)



**PRUNING**



**TREE REMOVAL**



**TRIMMING**

**MAKING SAFER COMMUNITIES  
& LIVING SPACES**

**EARLY SPRING  
SAVINGS ON NOW**

**(LIMITED TIME OFFER!)**

**TREE CARE**

FULLY LICENSED, LIABILITY INSURED AND WCB COVERED

**Calgary & Airdrie**



**the  
Gutter  
Doctor®**

- Gutters • Downspouts • Fascia
- Soffit • Siding • Roofing • Cladding
- Gutter Cleaning



**403-714-0711 • [gutterdoctor.ca](http://gutterdoctor.ca)**



**Kids. Families.  
Communities.**

**We are stronger  
together.**



**[closertohome.com](http://closertohome.com)  
403-543-0550**

