

OCTOBER 2023

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your **HAWKWOOD** CITADEL

THE OFFICIAL HAWKWOOD COMMUNITY NEWSLETTER



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CITADEL COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
August	23	20	17	\$425,000	\$435,000
July	23	16	14	\$574,850	\$601,730
June	23	23	22	\$568,000	\$566,500
May	23	18	17	\$599,900	\$669,000
April	23	18	15	\$599,900	\$600,000
March	23	18	17	\$549,900	\$556,000
February	23	9	6	\$594,900	\$577,500
January	23	5	4	\$474,950	\$485,000
December	22	4	8	\$539,900	\$532,500
November	22	11	14	\$454,950	\$439,000
October	22	8	13	\$515,000	\$470,000
September	22	10	7	\$479,900	\$465,000

To view more detailed information that comprise the above
MLS averages please visit cit.mycalgary.com

HAWKWOOD COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
August	23	11	12	\$649,900	\$650,000
July	23	8	10	\$619,900	\$633,950
June	23	19	13	\$648,000	\$615,000
May	23	11	12	\$637,300	\$658,944
April	23	10	13	\$669,000	\$663,000
March	23	11	10	\$559,375	\$562,500
February	23	11	7	\$579,000	\$599,000
January	23	5	3	\$580,000	\$568,000
December	22	2	4	\$656,938	\$637,750
November	22	3	7	\$564,900	\$557,500
October	22	9	5	\$549,900	\$550,000
September	22	8	6	\$537,450	\$524,750

To view more detailed information that comprise the above
MLS averages please visit haw.mycalgary.com

**Shear Image
announces
Tara as our**

Newest Stylist



Hi, I'm **Tara Sohier**. I've been a stylist and colourist for the past 35 years. I love to modernize classic looks to make them fun and wearable for the woman-on-the-go. I have attended numerous advanced colouring and cutting classes throughout the years of doing hair. This has helped me thrive in my career and provide the best and healthiest techniques to use on my clients. I love building strong connections with my clients and helping them express their personalities through their appearance!

✉ shearimagestyling@gmail.com
📍 124 - 45 Edenwold Drive NW
🌐 www.shearimagestyling.com

📞 403-241-5222



BLOOD, SWEAT AND TEARS

AN EXHIBIT ON CANADIAN MILITARY MEDICINE
1885 - PRESENT



20 OCT 2023 - 03 MAR 2024

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HAWKWOOD

THIS IS YOUR COMMUNITY. THIS IS OUR HAWKWOOD.

Buy your Hawkwood Community Association Membership Today!

Support activities & events hosted by the HCA:

Fall Festival
Parade of Garage Sales
Scavenger Hunts
Trivia Nights, etc.

Support the new Outdoor Recreational Facility and connect with your neighbours

Memberships are \$30 and are valid for 12 months

Buy memberships online at

<https://hawkwoodca.getcommunal.com/memberships>
or scan the QR code:



Check us out online:

Website: www.hawkwoodca.com

Instagram: [@HawkwoodCommunity Association](https://www.instagram.com/HawkwoodCommunityAssociation)

Facebook: [Hawkwood Community Association](https://www.facebook.com/HawkwoodCommunityAssociation)

X(Twitter): [@HawkwoodCA](https://twitter.com/HawkwoodCA)

Community Garden News

It has been another wonderful, busy, and productive season at the Hawkwood Community Garden. We started off the season with a “work bee” and many volunteers contributed to the addition of new plants in the surrounding areas of the garden.

We are also very fortunate and very excited about the planting of six new trees donated through the City of Calgary. The City values community gardens and supports the creation of new community gardens on public lands, as well as the retention of existing community gardens within the city. We send a big shout out and thank you to the group of tree planters: Sippy, Ken, Jerry, Maggie, Pelong, Lynne, Vicki, Greg, and Raj. Digging in the Hawkwood soil is not an easy task but this group was very productive!

We look forward to the fall harvest and hope you get the chance to take a walk to see our plentiful crops. If you are interested in becoming part of our garden community, please go to the website: <https://www.hawkwoodca.com/programs-initiatives/community-garden>.

Anne Pozzi



TAKE ON WELLNESS

Fall Candle Care: How to Prevent Tunneling

by Evermore Handmade, Local Candle Business

Fall is a popular time for candlelight and cozy nights in, which means dusting off your candle collection. You might notice that some have developed a deep “tunnel” around the wick, making it difficult to light. Tunneling also shortens the life of your candle as only the wax in the centre of the candle will burn down.

Here are a few easy ways to prevent or fix tunneling so you can enjoy your favourite candles this season:

Prevention

When you light a candle for the first time, allow it to burn long enough to melt all the way to the edges of the candle jar. This ensures an even burn for the duration of your candle’s life as wax has a “memory” so to speak. The first burn sets the tone for subsequent burns and will help you get the most burn-time out of your new candle.

If you find that your candles are constantly tunneling, despite letting the wax melt to the edges of the jar, consider buying higher quality candles. Most candles on the market are made of paraffin wax (a toxic byproduct of petroleum) and are more predisposed to tunneling. Higher grade waxes like coconut, soy, or beeswax burn cleaner, longer, and more evenly.

The Fix

If you have an old candle that’s already tunneling, here are two easy ways to fix it:

1. Set your oven to 80°C (176°F) then remove anything flammable from your candle, such as labels or string. Once the oven is hot, place your candle on a baking tray for five minutes. This should heat the entire surface of the wax, making it smooth. With oven mitts, remove the candle and let it cool before lighting it.
2. Wrap aluminum foil around the top of your candle and angle it inwards like a dome. Ensure that the flame is far enough away from the foil and that there is still a hole to vent air. The foil will help the wax to heat up evenly. Keep a careful eye on your candle until the top layer of wax has melted, leaving a smooth surface, then remove the foil.

With these easy steps, you can enjoy your candles this season without any tunneling. If this article helped you, be sure to share it with a friend or loved one!

Hawkwood Community Association Board of Directors 2023-2024

Executive

Acting President	Michele del Valle
Vice-President	Pia Elborno
Secretary	Donna Chapman
Treasurer	Laura Robertson

Directors

Newsletter Editor	Danielle Kiss
Planning and Development	Justin Becker
Soccer	Tricia Molchulski
Community Garden	Anne Harding
Facilities	Vacant
Membership	Kawal Mahendru
Social	Vacant
Transportation	Vacant
Webmasters	Jodie and Erick Cardoza
School Liaison – Hawkwood	Shannon Erno
School Liaison – St. Maria Goretti	Christina Lazarescu
Casino	Lori Jaffray
Playground and Tot Lot	Vacant
Volunteer/Fundraising	Vacant
Director at Large	Isaac Antepi
Director at Large	Joanne Manser

Contacts

Programs Coordinator	Heather Kovach
LEAF	Mark Koebel

We Need Photos!

Do you have any great photos capturing the natural beauty or community spirit of our beautiful neighbourhood?

Please email your high-resolution pictures (minimum 200 x 200 dpi) to hawkeyenews@shaw.ca so we can start featuring photos of Hawkwood on the front page of our newsletter each month!

HCA Membership – Buy Yours Now!

A Hawkwood Community Association family membership is a great way to support our community. A valid membership is your ticket to a variety of events taking place throughout the year and is required to vote at our Annual General Meetings and participate in the Hawkwood soccer program.

Family Memberships:

- Apply to children and adults in your household
- Cost \$30
- Are valid for 12 months

Benefits and Activities:

- Voting status at our Annual General Meetings – where community policy is decided
- Participation in HCA Sports programs like U8 Soccer
- Maintenance of the new Hawkwood Community Park
- Support for community activities like these and others:
 - Winter Carnival
 - Fall Festival
 - Picnic in the Park
 - Park & Play, Stay & Play Programs with the City of Calgary
 - Halloween Extravaganza
 - And more!

Buy your HCA Membership online at <https://hawkwood.ca.getcommunal.com/memberships>.

Keeping Up With Hawkwood

To keep up-to-date with everything happening in Hawkwood, make sure you follow our social media channels:

X(Twitter): @hawkwoodca

Instagram: @hawkwoodcommunityassociation

Facebook: @hawkwoodca

Website: www.hawkwoodca.com

These spaces are updated as soon as new information becomes available, so they are your best sources for the latest and greatest happenings in Hawkwood.



HAWKWOOD AND CITADEL COMMUNITY ASSOCIATIONS

Box 68214, Crowfoot RPO
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president@hawkwoodcalgary.com
www.hawkwoodca.com

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ELECTED OFFICIALS



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MLA for Calgary-Foothills
Calgary.Foothills@assembly.ab.ca



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Calgary-Edgemont
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michelle.rempel@parl.gc.ca
www.michellerempel.ca



Councillor Wyness, Jennifer
Ward 2 Office
Calgary, AB, Canada
Web: www.calgary.ca/ward2



Prairie Winds 4-H Members Prepare for an Exciting New Year

by Emmett Donner, Club Reporter



For many, the end of summer and start of a new school year can be both an exciting and anxiety filled time. With waking up earlier and having to meet deadlines, this time can be a challenge for many. However, for the Prairie Winds 4-H Club Members, this time was an invigorating period, looking forward to the new 4-H year.



In August, members of the Health and Fitness Project had their final meeting at the YMCA, where they had some fun as a way to end the project. After, the project's Achievement Day activity was discussed, and a trifold made to be shown off at the club's Ice Cream Social.

Additionally, other members enjoyed an afternoon watching the movie adaptation of the book *Holes* by Louis Sachar, and then discussing both the movie and book.

In September, the club held their annual Ice Cream Social, which was open to the public. This event was a time for new families to ask questions and learn about 4-H, all while enjoying a nice, cold treat. Later in the month, the first general meeting was held. Many items were discussed, and registration forms filled out. This year, members get to look forward to numerous interesting projects, which filled many with excitement. Both of these events were held at a new venue that we have partnered with to host most of the club's activities this year. So, with a great year ahead for the Prairie Winds 4-H Club, the club hopes that all had a fantastic summer and have a great new school year!

ACTING PRESIDENT'S MESSAGE

Hello Hawkwood!

Welcome to October! I hope many of you had an opportunity to stop by HCA's Fall Festival on September 16. Thank you to all involved in putting on another great community event!

This month, I would like to provide some information on the City of Calgary's Responsible Pet Ownership Bylaw in response to a few questions/comments that have come my way.

Cats: Cat owners are responsible for ensuring their cats have a City of Calgary license, remain on the owner's property (this includes the owner's yard), do not scatter garbage, and do not chase, threaten, or attack a person or an animal.

Dogs: Dog owners are responsible for cleaning up after their dogs and ensuring their dogs are licensed, remain under their constant control, and are always kept on-leash, unless on the owner's property or where posted signs indicate otherwise, such as in off-leash areas. The bylaw also states that dogs are not permitted on school grounds, playgrounds, or sports fields.

Calgary has 157 off-leash areas in multi-use parks for Calgarians and their dogs to enjoy, including Hawkwood's off-leash area in Hawkcliff Park/Ravine. To view all off-leash areas in Calgary, go to <https://maps.calgary.ca/OffLeashDogAreas/>.

Lost Pets: If your pet is lost, call 3-1-1 and file a lost pet report including a description, pet license number, and tattoo or microchip information. Check frequently with the City of Calgary's Animal Services Centre (online or using the City of Calgary Pets mobile app) to see if your pet is in the facility.

Found a Lost Pet? Pets found within the Calgary city limits, with or without ID, should be taken to the City of Calgary's Animal Services Centre (2201 Portland St SE) or, if after hours, the closest veterinary clinic.

For more information about pets and responsible pet ownership, go to the City of Calgary's website at calgary.ca.

Please send me an email at president@hawkwoodca.com if you have any questions, comments, or want to learn more about the HCA.

In gratitude and kindness,

Michele del Valle

Upcoming Events in Hawkwood

Please visit our website at www.hawkwoodca.com and our social media accounts for updates on any upcoming events.

If you are interested in sponsoring an event, please contact our event co-chairs, Shannon and Joleen, at events@hawkwoodca.com.



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CITADEL



HAWKWOOD





News from the Friends of Nose Hill

by Anne Burke

Exploring Nose Hill: A Hands-On Field Guide by Jill Kirker and Diana Kary was published by Grassroots NW: Environmental Awareness Society; it offers an introduction explaining why people should study Nose Hill Park and “how to” use this guide. There are maps of tours such as the NW Interpretive one and those of Meadowlark Prairie, Many Owls Valley, Wintering Hill, (Buffalo) Rubbing Stone Hill, and Porcupine Valley. After Nose Hill geology and an erratic boulder as part of a glacial lake, there is more about Nose Hill human history.

Check out tepee rings, native stories, the Blackfoot Nation, and exploration and settlement. The six habitats are fescue grasslands, previously cultivated land, shrubs, aspen groves, gravel, and wetlands. Suggested activities are for biodiversity, prairie field study, a mural of the prairie community, a grasslands species and food web, or hands-on weed control. With so many animal types there are also activities related to grouse, raptors, bird migration, ants, grasshoppers, gophers, ground squirrels, and mule deer on the Island Game. Learn more about the food chain, ecosystem, and sampling life in the pond-area wetlands. Studies can lead to other native grass areas of Calgary and designing wildlife corridors. Another important topic that is touched on is the world-wide issue of endangered species and grasslands.

Phase 2 engagement begins in October focusing on Calgary’s 20-year plan for how we develop, redevelop, and manage parks. Fall 2023 feedback will be on public park policies. Input is also needed from businesses, agencies, and organizations. A ‘What We Heard’ report from Phase 2 will be published in winter 2023. Phase 3 engagement will inform a draft plan. By spring 2024, the ‘Connect: Calgary’s Parks Plan’ will be final and then presented to City Council in summer 2024. Have your say at <https://engage.calgary.ca/parks-plan>.

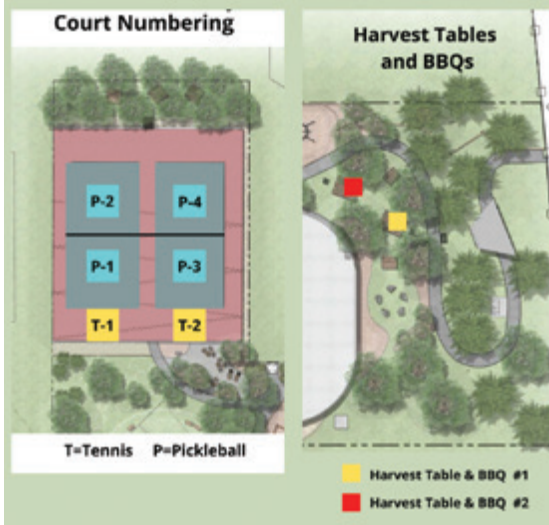
HCA Membership Benefits

Purchasing an HCA membership allows you to book some of the Hawkwood Community Park elements. This year you can book:

- Tennis court
- Pickleball courts
- Pickleball net kit
- Harvest table and BBQ

More information and details can be found on our website at www.hawkwoodca.com, or you can email programs@hawkwoodca.com.

Hawkwood Community Park Booking Elements



**9 PM
ROUTINE**



**CALGARY
POLICE
SERVICE**

☒ CHECKLIST

- Remove valuables & garage door openers from vehicles
- Lock vehicles
- Close overhead garage door
- Lock door between garage & house
- Close & lock all external doors
- Ensure windows are shut
- Turn on exterior light

Changes to Green Cart Collection This Fall: What You Need to Know

from the City of Calgary

Starting in November, green cart collection will be once every other week, resuming weekly in the spring. Here's what you need to know:

- **Fill Your Green Cart First:**

Leaves, branches, grass, and plants can go directly inside the green cart. If it's full, use paper yard waste bags for extra waste.

- **Extra Yard Waste Bags:** Place them at least 0.5 meters (2 feet) away from your cart. Roll the tops closed to prevent spills, and make sure you can lift the bag with one hand.

- **No Plastic Bags:** They are not allowed in your green cart.

Do You Have Too Much Yard Waste?

You can drop off yard waste free of charge at any landfill from Friday, September 22, 2023, to Saturday, November 4, 2023.

Check your schedule at calgary.ca/collection and sign up for reminders.

Visit calgary.ca/waste/drop-off/yard-waste for more information and make your yard clean-up a breeze!



Looking for Rink Rat Volunteers

Although it is only October and we hope we have many more weeks of good weather ahead, we are already gearing up for our winter season which, of course, involves our community rink. Our rink is maintained by a great team of community volunteers, and we are always looking for new recruits. If you are interested in helping with the rink for the 2023/2024 season, email us at rink@hawkwoodca.com. No experience required and training is provided!

Watch our social media channels this month for a Rink Rat Meet and Greet, where you can learn more about what the volunteer role entails.



Cats, Canines, & Critters of Calgary



Bonnie, Bridgeland



Moose, Canyon Meadows



Ash, Mckenzie Towne



Sparky, Douglas Glen

To have your pet featured, email news@mycalgary.com

Citadel Community Association Board of Directors 2023-2024

Executive	
President	Stephanie Christensen
Vice-President	Karen Mills
Secretary	Corey Feodoroff
Treasurer	Ilzett Thompson
Directors	
Volunteer Coordinator	Vacant
Communications Director	Vacant
Facilities Director	Doug Sick
Events Director	Vacant
Membership Director	Doug Sick
Community Engagement	Allison Buchanan
Sports Director	Vacant
Casino Chair	Karen Mills
Fundraising Director	Vacant
IT Director	Cody Hesse
Building Rentals	Corey Feodoroff (Interim)
Director at Large	Jennifer Sick
Director at Large	Daryl Reinke
Director at Large	Ed Bowes
Director at Large	Sandra Daignault
Director at Large	Kervin van den Meijenberg
Director at Large	Ram Gupta

Social Media

 Facebook: Citadel Community Association

 Instagram: @citadel_community_yc

 Website: www.citadelca.ab.ca

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.

PRESIDENT'S MESSAGE

Thanksgiving and Halloween are almost upon us. We are hosting a Thanksgiving Centerpiece workshop on October 5 and we're hoping to plan a Halloween event if we can find a new Events Director.

Speaking of Events Directors, we are saying farewell to our long-standing Events Director, Te-Jay Thompson. We have been incredibly fortunate to have such a hard-working, dedicated individual organizing our largest events, including The Parade of Garage Sales, the Stampede BBQ, Movie in the Park, not to mention the Halloween and Easter carnivals. We wish Te-Jay all the success in the world as she moves on to a new chapter of her life.

Have you seen our new community garden behind the hall? We've added a shed, a gazebo, and we will be working on building raised garden beds so we're ready for next spring. We've created a gardening committee so if you'd like to join, please contact treasurer@citadelca.ab.ca.

The Citadel Used Book Sale was a great success. Thanks to everyone who attended and a great big thanks to all of our volunteers who worked the event.

As I mentioned, we have some open board member positions. This is an excellent opportunity to step up and make a real difference in our community and the lives of fellow residents. If you are someone who loves Citadel and has a few extra hours per week to spare, please contact president@citadelca.ab.ca.

Please save the date for a couple of future events! The Citadel AGM will take place on Thursday, November 30, and our Seniors' Christmas Dinner will be held on December 2. Stay tuned for more details.

Thank you for your continued support and dedication to our community.

Stephanie Christensen, CCA President



Open to players ages four to nineteen years old

northsidesoccer.ca

Citadel Community Association

SEEKING VENDORS!

The CCA Christmas Craft Market will be held on Nov. 17-18.

If you are a local vendor and are interested in renting a table please apply at www.citadelca.ab.ca.

Citadel Island



A Game in Support of the Citadel Community Association

Love wine and a good competition?

If so, Citadel Island Wine Survivor is the perfect game for you!

What's wine survivor?

- A reverse draw game
- Anyone over the age of 18 and an Alberta resident can participate
- We welcome all neighbouring communities to join in the game
- Winners walk away with a whole lot of wine!

How does it work?

- From October 21 to November 25, 2023, purchase your entry for \$30
- Immunities can be purchased for \$5 each (maximum two per player, non-transferable)
- Elimination draws take place from December 1-9, 2021 at the Citadel Community Centre
- Last three players standing, and their teams, will split the prize - wine!

Visit citadelca.ab.ca or email vice_president@citadelca.ab.ca

Citadel Community Garden



Would you like to VOLUNTEER?

Do you enjoy gardening? If so, the CCA is looking for Community Garden Committee volunteers.

For more information, email: treasurer@citadelca.ab.ca

CCA Fitness Classes

Ageless Energy
Mondays @ 11:15am
Sept 18 - Dec 11

Ageless Energy
Wednesdays @ 10:00am
Sept 20 - Dec 13

Yoga
Thursdays @ 9:30am
Sept 14 - Dec 14



sign up at www.citadelca.ab.ca

Eat to Lower Your Risk of Diabetes

from Alberta Health Services

Diabetes is when your body cannot properly use and store the sugars broken down from food. This can lead to high blood sugar. There are many treatments available, including medication, physical activity, and healthy eating. Making healthy food and lifestyle choices may help lower your diabetes risk. It may also help you manage diabetes if you already have it.

- Eat regularly to keep energized throughout the day. It can be helpful to eat earlier in the day.
- Eat a variety of vegetables each day. It may lower your risk of getting diabetes or heart disease.
- Try filling half your plate with a variety of vegetables at every meal.
- Snack on carrots or celery sticks.
- Use spinach as a topper on your pizza.
- Add vegetables to your sauces. Try adding bell peppers to your marinara sauce, and zucchini strips to your pasta noodles.
- Include at least two types of vegetables at each meal. Try a Mediterranean Salad with Cheese recipe. It is full of vegetables, fibre, protein, and unsaturated fats.
- Try eating different coloured fruits and vegetables every day.
- Make water your drink of choice and limit sugar-sweetened drinks. The added sugars in drinks such as pop can add extra calories. Extra calories over time may increase risk of obesity, which can increase your risk of chronic diseases including diabetes.
- Choose a diet or sugar-free option instead of regular pop.
- Choose sparkling water instead of regular pop.
- Fill a bottle with water and carry it with you so you get in the habit of choosing water to drink.

Making healthy food choices can lead to long-term health. Start with making small changes. For more tips on how to make healthy eating a habit, call Health Link at 811 to speak with a dietitian.

Court Ellingson

MLA, Calgary-Foothills

Critic for Technology & Innovation

202-1829 Ranchlands Blvd NW, Calgary

403 216 5444

Calgary.Foothills@assembly.ab.ca

facebook.com/CourtEllingsonYYC

courtellingson @CourtEllingson



Hello to residents of the riding of Calgary-Foothills. My name is Court Ellingson, and I am honoured to be your new MLA and provincial representative in the Alberta legislature. Having grown up in Valleyview, AB and living most of my adult life in Calgary, I bring both an urban and rural perspective to my work. I served as Vice President, Strategy with Calgary Economic Development and Program Director with the Calgary Innovation Coalition, and look forward to representing you, as well as our technology ecosystem, as Alberta's Official Opposition Critic for Technology and Innovation.

I live in Sherwood and I'm happy to call Calgary-Foothills home. Our constituency is diverse, and I'll work hard to represent all our communities in the legislature. As we prepare for the fall sining of the legislature, I'd like to invite you to join MLA Julia Hayter and I as we celebrate the opening of our office space together on Thursday October 19, 2023 from 5:30 pm - 7:30 pm. Our Constituency Office address is 202-1829 Ranchlands Blvd. NW, Calgary. RSVP here: tinyurl.com/edgemontfoothillsofficeopening.

Throughout the election campaign, we heard that Calgary-Foothills needs additional public schools. In the Symons Valley communities, there are only two Catholic schools. Thousands of children are bussed or driven up to 30 minutes away to attend overcrowded schools in other parts of the city. We would love to hear from you on this important topic and are inviting you to join our Schools Town Hall on Monday, October 23 from 6:30 pm - 7:30 pm at 12 Arbour Lake Drive NW. RSVP here: <https://tinyurl.com/courtellingsonschoolstownhall>.

Should you require assistance with services such as notarizing documents, letters of support, or access to provincial resources, please feel free to book an appointment with my office.



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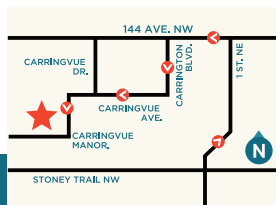
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Citadel Community Association Membership

\$30/yr

Benefit 1

Free access to Events such as:
 Easter Event - April 2nd
 Parade of Garage Sales - June 24/25
 Stampede BBQ - July 8
 Movie-in-The Park - TBD
 Halloween Carnival - TBD

Benefit 2

Free access to Workshops:
 Green Calgary
 Resume Help
 De-cluttering & Downsizing

Benefit 3

Free access to Seniors
 Events & Programming

Benefit 4


Discounted Fitness Classes
 including Ageless Energy & Yoga
 Badminton

Benefit 5

Discounted Hall Rentals
 Access to tennis courts, skating rinks

Benefit 6

Volunteer opportunities,
 meeting new people, having fun



SCAN ME

Find us on the web at:
<https://www.citadelca.ab.ca/CCA/index.php/memberships>
 Facebook: Citadel Community Association
 Instagram: Citadel_Community_YYC

Citadel Community Association

Stitch & Chat




Tuesdays from 1-4pm (starting Sept. 5)

Do you knit, crochet or stitch? We are an adult social group that connects through our love of crafting. Bring your project & join us for a fun afternoon. For more info contact Sandra at dal4@citadelca.ab.ca

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