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### To View Additional Panorama and Country Hills Content

INCLUDING

- **News and Events**
- **Real Estate Statistics**
- **Crime Statistics**

and More...

# Panorama Hills Community Centre

Northstar Residents Association Ltd.

88 Panamount Hill NW

403-226-4386 • [www.mypanoramahills.com](http://www.mypanoramahills.com)

### Hours of Operation:

9:00 am to 9:00 pm, September long weekend to May long weekend

9:00 am to 10:00 pm, May long weekend to September long weekend

Facebook, Twitter, Instagram: @mypanoramahills

General Manager	Dan Green <a href="mailto:gm@mypanoramahills.com">gm@mypanoramahills.com</a>
Office Manager	Therese Durocher <a href="mailto:office@mypanoramahills.com">office@mypanoramahills.com</a>
Community Relations, Programs and Events Coordinator	Toby Nwabuogor <a href="mailto:programs@mypanoramahills.com">programs@mypanoramahills.com</a>
Maintenance Manager	Chris Oldfield <a href="mailto:maintenance@mypanoramahills.com">maintenance@mypanoramahills.com</a>
General Information	<a href="mailto:info@mypanoramahills.com">info@mypanoramahills.com</a>
Board of Directors	<a href="mailto:bod@mypanoramahills.com">bod@mypanoramahills.com</a>

### Visit our website for more:

<https://www.mypanoramahills.com>

**Only Panorama Hills Residents that pay fees  
to the Northstar Residents Association have  
access to the facility and park.**

***All events may be cancelled or postponed.  
Please check with the Northstar Residents  
Association for further information.***

**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.

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## Preparing or Updating Your Will



Vilma Mydliar, LLB

It is important for everyone to have a will—people often have more assets than they think. An important part of estate planning is having a will along with an *Enduring Power of Attorney (EPA)* and a *Personal Directive (PD)*.

To prepare a will you need to decide who your executor(s) will be, name a guardian for your children if they are under the age of 18, and who will benefit from your estate. You can prepare a will at any time and existing wills should be updated especially if there are major changes in your life, such as getting married, starting a family, the death of a

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## News from the Friends of Nose Hill

by Anne Burke

The Calgary Naturalists' Club was started in the late 1940s. Its activities included plant, bird, and star study groups. After the Calgary Bird Club was formed, the Calgary Naturalists' Club was discontinued, due to lack of support, since so many of its members had transferred their membership. The Calgary Bird Club evolved and became the Calgary Field Naturalists' Society, an advocate for the ongoing protection of parks and other natural areas by letters and through engagement with city officials.

According to the Provincial Archives of Alberta, when the first meeting of the Federation of Alberta Naturalists was held, it was attended by representatives from six regional naturalist clubs: the Calgary Field Naturalists' Society (now known as Nature Calgary), the Edmonton Bird Club, the Edmonton Natural History Club, the Lethbridge Natural History Society, the Alberta Natural History Society (of Red Deer), and the Bow Valley Naturalists. Membership in the Federation has since grown to include over 40 clubs, representing thousands of individuals.

The Federation (now known as Nature Alberta) was registered under the Societies Act to increase knowledge of natural history and understanding of ecological processes; to promote the exchange of information and views among natural history clubs and societies; and to foster and assist in the formation of additional natural history clubs and societies in Alberta. The aims are to promote new natural areas and nature reserves; to conserve and protect species, communities, or other features of interest; as well as to organize or coordinate conferences, field meetings, nature camps, research, and other activities. The group offers naturalists a forum in which questions relating to the conservation of the natural environment may be discussed, united positions are developed, and the means of translating these positions are put into action.

## RESIDENT PERSPECTIVES

### Stargazing with Pat J

by Patricia Jeffery © 2022. Calgary Centre of the Royal Astronomical Society of Canada

What does a hunter, a bull, two dogs, a rabbit, twins, seven beautiful women, and a Japanese auto manufacturer have in common?

Most people can locate the winter constellation Orion by searching the southern skies for the three bright stars that form his belt. But did you know this legendary hunter from Greek Mythology has plenty of company in the night sky?

Orion is chasing Taurus the bull. Like any self-respecting hunter, he has two dogs; Sirius in Canis Major, his main hound, and a pup named Procyon in Canis Minor. Sirius would much rather pursue a rabbit named Lepus, who is crouched at Orion's feet, while young Procyon is playing fetch with the Gemini twins Castor and Pollux.

So where are the seven beautiful ladies you ask? Well, they are the Pleiades sisters, and they are in danger of being trampled by the charging bull. Orion is trying to save them in the hope of winning their affection.

While only six stars are easily visible to the naked eye, the Pleiades are an open cluster of more than 800 stars that were born about 100 million years ago from a gigantic cloud of gas and dust. The blue stars in the formation are among the largest and brightest in the galaxy. They are extremely hot and will burn out after only a few hundred million years; a much shorter life span than the billions of years our smaller, cooler Sun will enjoy.

In Japan, this group of stars is known as Subaru, thus it comes as no surprise that a stylized version of the Pleiades was chosen by the auto company as its logo. Its six stars symbolize the unification of five companies into one.



## Fly Safely on Your Vacation

from the Better Business Bureau



Are you thinking about traveling by air for a few days?

### **Before Clicking the Button to Buy Tickets, BBB Recommends the Following:**

- Check current requirements for domestic and international travel. In Canada, look for Canadian travel advisories.
- Make sure everyone who is traveling has the appropriate ID. Make certain parties traveling together have a current compliant ID as required by the provinces or countries you're traveling to.
- Read all cancellation policies carefully. Not all situations require a full refund of the ticket value and fees if your flight is canceled. Each online travel agency, airline, and broker is different.
- Book tickets only after reviewing travel restrictions. Save time and stress by reading the updated status of restrictions on the Health Canada website.
- Consider trip insurance. Have a complete understanding of what the policy does and does not cover.

- Be an informed traveler. Refer to the Department of Transportation website for details on consumer issues, filing complaints, and other aviation information.
- Avoid hidden fees. Read the fine print!

Flying isn't the only aspect of your trip to consider.

### **Here Are Some Other Travel-Related Resources from BBB:**

- **Rental cars:** Make your next car rental experience a little easier.
- **Hotel rooms:** Learn what to keep in mind when booking a hotel room.
- **Travel agents:** Know what to look for in a travel agent and find one near you.

During the holiday or any time of year, find ways to travel safely and avoid scams. If you plan to travel to or from Canada, check for travel advisories. Remember to report any suspicious activities to BBB Scam Tracker and sign up for Scam Alerts.

For more information go to [BBB.org](https://www.bbb.org).



# The Nine Superpowers of a Hug

by Nancy Bergeron RPsych | [info@nancybergeron.ca](mailto:info@nancybergeron.ca)



The past few years of limited physical contact have taken their toll as something essential has been missing. We celebrate, comfort, and show our affection with it. Yes, I'm speaking of a simple hug. The average length of a hug is three seconds. However, when a hug lasts at least 20 seconds, there is a therapeutic effect on the body and mind. Psychotherapist Virginia Satir stated, "We need four hugs a day for survival. We need eight hugs a day for maintenance. We need 12 hugs a day for growth." There is a great deal of scientific evidence related to the importance of hugs and physical contact. Here are nine of their superpowers:

### 1. Stimulates Oxytocin

Oxytocin is a neurotransmitter that affects the brain's emotional centre, promoting feelings of contentment, reducing anxiety and stress, and even making mammals monogamous. When we hug someone, oxytocin is released into our bodies by our pituitary gland, lowering both our heart rates and our cortisol levels. Cortisol is the hormone responsible for stress, high blood pressure, and heart disease.

### 2. Cultivates Patience

A hug is one of the easiest ways to show appreciation and acknowledgement of another person. The world is a busy, hustling-bustling place. By slowing down and taking a moment to offer sincere hugs throughout the day, we're benefiting ourselves, others, and cultivating better patience within ourselves.

### 3. Prevents Disease

Hugs have a direct response on the reduction of stress which prevents many diseases. The Touch Research Institute at the University of Miami School of Medicine says it has carried out more than 100 studies into touch and found evidence of significant effects, including faster growth in premature babies, reduced pain, decreased autoimmune disease symptoms, lowered glucose levels in children with diabetes, and improved immune systems in people with cancer.

### 4. Stimulates Thymus Gland

Hugs strengthen the immune system. The gentle pressure on the sternum and the emotional charge this creates activates the Solar Plexus Chakra. This stimulates the thymus gland, which regulates and balances the body's production of white blood cells, which keep you healthy and disease free.

### 5. Nonverbal Communication

Almost 70 percent of communication is nonverbal. The interpretation of body language can be based on a single gesture and hugging is an excellent method of expressing yourself nonverbally to another human being.

### 6. Boosts Self-Esteem

Hugging boosts self-esteem, especially in children. Tactile sense is all-important in infants. A baby recognizes its parents initially by touch. From the time we're born, our family's touch shows us that we're loved and special. The association of self-worth and tactile sensations from our early years are still imbedded in our nervous system as adults. The cuddles we received from our mom and dad while growing up remain imprinted at a cellular level, and hugs remind us at a somatic level of that. Hugs, therefore, connect us to our ability to self-love.

### 7. Stimulates Dopamine

Low dopamine levels play a role in the neurodegenerative disease Parkinson's, as well as mood disorders such as depression. Dopamine is responsible for giving us that feel-good feeling and is also responsible for motivation! Hugs stimulate brains to release dopamine, the pleasure hormone. Dopamine sensors are the areas that many stimulating drugs such as cocaine and methamphetamine target.

### 8. Stimulates Serotonin

Hugging releases endorphins and serotonin into the blood vessels. The released endorphins and serotonin cause pleasure and negate pain and sadness, and decrease the chances of getting heart problems, help fight excess weight, and prolong life. Even the cuddling of pets has a soothing effect that reduces stress levels. Hugging for an extended time lifts one's serotonin levels, elevating mood and creating happiness.

### 9. Activates Parasympathetic System

Hugs balance out the nervous system. The skin contains a network of tiny, egg-shaped pressure centres called Pacinian corpuscles that can sense touch, and which are in contact with the brain through the vagus nerve. The skin response of someone receiving and giving a hug shows a change in skin conductance and suggests a more balanced state in the nervous system.

Make the new year a good one by using the superpower we all have. But don't forget to ask permission first!





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## Country Hills Real Estate Update

Last 12 Months Country Hills  
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
November 2022	\$399,800	\$409,500
October 2022	\$357,394	\$349,500
September 2022	\$369,900	\$380,000
August 2022	\$299,900	\$299,900
July 2022	\$369,900	\$352,500
June 2022	\$449,950	\$447,750
May 2022	\$454,900	\$469,000
April 2022	\$377,500	\$396,000
March 2022	\$439,888	\$439,888
February 2022	\$450,000	\$465,000
January 2022	\$499,900	\$512,000
December 2021	\$349,900	\$349,575

Last 12 Months Country Hills  
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
November 2022	1	3
October 2022	6	10
September 2022	11	7
August 2022	7	9
July 2022	7	7
June 2022	11	14
May 2022	13	5
April 2022	15	14
March 2022	19	17
February 2022	12	9
January 2022	3	3
December 2021	3	4

To view more detailed information that comprise the above  
MLS averages please visit [coul.mycalgary.com](https://coul.mycalgary.com)

## Panorama Hills Real Estate Update

Last 12 Months Panorama Hills  
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
November 2022	\$342,450	\$343,000
October 2022	\$439,900	\$437,000
September 2022	\$325,000	\$317,000
August 2022	\$469,900	\$465,000
July 2022	\$550,000	\$535,000
June 2022	\$444,200	\$438,750
May 2022	\$480,000	\$475,000
April 2022	\$474,394	\$496,000
March 2022	\$469,900	\$508,000
February 2022	\$598,800	\$631,000
January 2022	\$470,000	\$500,000
December 2021	\$569,000	\$548,000

Last 12 Months Panorama Hills  
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
November 2022	21	30
October 2022	19	24
September 2022	38	35
August 2022	39	40
July 2022	45	39
June 2022	52	48
May 2022	58	57
April 2022	76	72
March 2022	93	77
February 2022	87	76
January 2022	37	39
December 2021	18	27

To view more detailed information that comprise the above  
MLS averages please visit [pano.mycalgary.com](https://pano.mycalgary.com)

## SAFE & SOUND

### Sledding Safety

by Alberta Health Services, EMS

Emergency Medical Services (EMS) would like to remind parents and children about a few toboggan/sledding safety tips as the winter season continues. Injuries may result from collisions with stationary objects on the hill, such as trees, poles, rocks, or even collisions with other people. Unprotected falls can also result in more serious injury if you lose control at high speeds. However, everyone can be safe and have fun on the toboggan hill by following these reminders.

#### Equipment

- Always ensure your toboggan, or sledding device, is in good repair. Inspect it for any damaged or missing parts before each use.
- Be certain the operator is fully capable of staying in control of the sled at all times.
- Wear a ski helmet, designed for use in cold weather and high speeds.

#### Hazards

- Avoid hills that are too steep or too icy.
- Choose hills free of all obstacles such as trees, rocks, utility poles, benches, or fences.
- Beware of loose scarves, or clothing containing drawstrings, which could present a strangulation hazard if they become caught or snagged.
- Look out for others. Move quickly to the side after finishing a run and stay to the side of the sliding path when walking up the hill.
- Children should be supervised by an adult; never toboggan alone.
- Tobogganing at night is not advised.

#### Plan Ahead

- Dress warmly in layers and anticipate weather changes.
- Consider bringing extra sets of gloves and toques to exchange wet garments for dry ones.
- Take breaks out of the cold to warm up.
- Attempt to cover any exposed skin.
- Even when properly protected from the elements, the fingertips, toes, ears, the tip of the nose, and other high points on the face, such as the forehead and cheek bones can be affected by frostbite.
- If frost bite has occurred, treat it by first removing the individual out of the cold environment. Gently warm the affected skin by placing a warm hand over it, or by placing the affected part in warm - not hot - water, until re-warmed.



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📱 @muhammadyaseenyy

I want to share with you highlights of the Speech from the Throne by her Honour Lieutenant Governor Salma Lakhani. A detailed copy of her speech can be found at <https://www.alberta.ca/throne-speech.aspx>.

**Affordability Measures:** Implementing targeted inflation relief and affordability measures to support Albertans; extending the energy price protection and reviewing the electricity pricing system to look at lowering costs for power transmission and distribution; providing support for foodbanks; helping low-income Albertans with the cost of transit; providing additional support and indexing benefits for vulnerable Albertans; and indexing personal income taxes.

**Jobs and Economy:** Creating conditions to grow industries, business and job opportunities; enhancing trade infrastructure and agreements; reducing barriers to interprovincial trade for agriculture and food production; continued leadership in hydrogen and petrochemicals and development in helium, lithium, liquefied natural gas, geothermal energy, and minerals; providing clear and environmentally responsible direction for developing tourism amenities such as campgrounds, trails, and other attractions; developing strategies to address labour market gaps; and enhanced funding to engage with minority communities and support anti-racism initiatives.

**Healthcare:** Taking action to improve healthcare delivery and health outcomes; restoring local decision-making closer to point of care and directing more resources to frontline care; improving EMS response times and cutting emergency wait times; improving access to primary care and address staffing challenges; reducing wait times for surgeries; and expanding supports for mental health and addictions, including for schools and families.

**Standing Up for Alberta:** Defending Alberta's rights under the Canadian Constitution; accessing federal funding to meet Albertans needs, values, and priorities; pushing back against federal programs that create hardships for farmers and ranchers; and developing stronger relationships with other provinces and territories for areas of cooperation and mutual economic prosperity.

**Wishing you all a joyous and prosperous new year!**

### What is Monkeypox?

*from Alberta Health Services*

Monkeypox is a rare disease caused by the Monkeypox virus. It can infect humans. It's usually mild and most people recover on their own after a few weeks. However, some people can get very sick and even die.

#### **Early symptoms may include:**

- Fever
- Chills
- Swollen Lymph Nodes
- Headache
- Muscle Pain
- Joint Pain
- Back Pain
- Exhaustion (Feeling Very Tired)

Most people with Monkeypox infection will get a rash or sores on their hands, feet, mouth, and genitals. The rash can last 14 to 28 days. You can spread Monkeypox to others from the time your symptoms start until the rash goes away and your skin heals.

#### **Who is most at risk?**

You're at risk if you have close contact with someone who has Monkeypox (for example, you live with the person or have sexual contact with them). You may be at higher risk of getting very sick if you:

- Have a weak immune system
- Are under 18 years old
- Are pregnant

#### **How does it spread?**

Monkeypox spreads through close contact with someone who has Monkeypox. It may also spread if you have contact with bedding, sheets, or clothing that touches the rash and has virus on it. The virus enters the body through broken skin or your eyes, nose, or mouth.

#### **How can I prevent Monkeypox from spreading?**

- Wash your hands with warm water and soap or use an alcohol-based hand sanitizer often.
- Don't touch your face, nose, or mouth with unwashed hands.
- Cover your cough or sneeze into your arm or a tissue, not your hand.
- Stay home when you're sick or have skin sores.
- Practice safer sex (use condoms or other barriers against skin-to-skin contact).
- Avoid close contact with people who have Monkeypox and their clothing, towels, or bedding.

### Gentle Intentions

*from Alberta Health Services*

Every January, there seems to be the pressure of locking in New Year resolutions. Be kind to yourself and instead consider setting some "gentle intentions." Without focusing on overwhelming changes, reflect on smaller things we can do each day to improve our wellbeing. This shift in mindset can set up more sustainable, meaningful routines for 2023!

#### **Here Are Some Tangible Tips to Embrace:**

##### **Sleep**

Create habits that help you get a good night's sleep. Avoid looking at screens before bed, write your thoughts about the day in a journal, read a good book, or take a mindful moment to relax before getting some ZZZs.

##### **Nutrition**

You must nourish to flourish! Fuel your body in a balanced way that feels right. Learn how you can also support others by contributing to local food banks, healthy food boxes, or community fridges.

##### **Helping Others**

Everyone can use a helping hand from time to time. Think about the ways you can be active and helpful to your community. Why not surprise your neighbour by shoveling their walkway or inviting them over for a cup of tea!

##### **Supportive Connections**

Think about the natural supports in your life, like friends, family, or members of your faith community. Check in with them after the excitement of the holidays is over. Rather than just responding, problem solving, or offering advice, try to offer support by listening.

##### **Physical Activity**

We know it will be chilly or snowy, so try to embrace the cooler season! Enjoy a hot cocoa, visit your local skating rink, or simply head out for a beautiful winter stroll.

# Calgary Winters Are Safer When Everyone Pitches in to Clear Snow and Ice

*from the City of Calgary*

While our crews are clearing roads, designated pathways, and overpasses, residents and business owners are reminded to remove snow and ice from their property's adjacent sidewalk within 24 hours of snowfall ending.

The fine for not removing snow/ice from a sidewalk/pathway is \$250, with an escalating scale for subsequent convictions to the same property owner/occupant over a 12-month period.

Uncleared sidewalks can be reported to 311. Make sure to include the address or specific location details. A photo can be included with the 311 app.

When a complaint is submitted to 311, a Community Peace Officer issues a Snow and Ice Removal Notice, which gives the owner/occupant of a parcel 24 hours to clear the sidewalk. If after 24 hours the sidewalk has not been cleared, the file is then sent to a contractor to clear the sidewalk at the owner's expense.

Consider being a Snow Angel and clear the sidewalk of a neighbour who could use your help.

Learn more at [calgary.ca/snowfines](http://calgary.ca/snowfines).



# Winter Cart Placement Tips

*from the City of Calgary*

Follow these winter tips to keep your cart collection safe and on schedule:

- Clear snow and ice to put your carts on even ground. Don't place carts behind or on top of snowbanks.
- Leave enough space around your carts to easily walk between and around them.
- Store carts in a sheltered spot and move them out on collection day so they don't freeze to the ground. Move carts back by 7:00 pm on collection day.
- Clear snow off your carts and keep lids closed. Snow in your blue cart ruins quality recyclables and makes them difficult to sort at the facility, meaning they can't be turned into new products.
- Prevent food and yard waste from freezing inside your green cart. Use compostable bags or place crumpled newspaper or a pizza box at the bottom of the cart.

Learn more at [calgary.ca/cartplacement](http://calgary.ca/cartplacement).



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# BUSINESS CLASSIFIEDS

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**NEPTUNE PLUMBING & HEATING LTD:** Qualified journeymen plumbers/gasfitters, very experienced in Panorama Hills and Country Hills. Upfront pricing. Reliable, conscientious, fully guaranteed. Mon - Fri 8:00 am - 5:00 pm. 24-hour emergency service, call 403-255-7938. "Showering you with great service."

**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).

**PANORAMA | COUNTRY HILLS 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.

**LOSE WEIGHT NATURALLY & PERMANENTLY:** It takes 21 days to wire in new habits. Hypnotherapy helps you identify emotional connections with eating, exercise, habits, and take control. Clients typically see results in 1-3 sessions. "Since my session with Lynn, I have seen consistent weight loss of 1lb/week." 403-862-8509, [www.lynnccox.com](http://www.lynnccox.com).

**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.

**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).



## The 'J' is Born!

You may think that 'Z' was the last letter added to the alphabet, but it was actually 'J'! In the Roman alphabet, 'J' wasn't a letter, it was only a fancy way of writing the letter 'I.' It wasn't until 1524 that Italian grammarian, Gian Giorgio Trissino, made a distinction between the two characters, helping the 'J' to become the last letter added to the modern alphabet.



**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



We are excited to introduce you to our brand new location opening January 2023!

Paramount Dental is about a complete team atmosphere of professional individuals who are committed to your complete dental care!

It is our mission to care for you as if you were a family member and to respect your individual needs.

We are committed to your dental health needs and your ongoing dental education for a lifetime of dental wellness!



Dr. Henry Seto



Dr. Tonny Tang



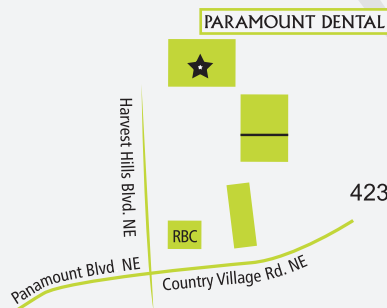
Dr. Maria Chan-Goudreau

### Providing General Dental Services For Your Entire Family

Family Dentistry  
Pediatric Dentistry  
Cosmetic Dentistry

Restorative Dentistry  
Porcelain Veneers  
Hygiene & Preventative Care

Dental Emergencies  
Invisalign®  
Sedation Dentistry



**For your convenience, we offer evening & weekend appointments and direct billing to insurance.**

Coventry Hills Plaza  
423, 130 Country Village Rd NE  
Calgary, AB T3K 6B8

Monday\*\*: 8:00 am to 4:00 pm  
Tuesday: 8:00 am to 8:00 pm  
Wednesday: 8:00 am to 4:00 pm  
Thursday: 8:00 am to 8:00 pm  
Friday: 8:00 am to 4:00 pm  
Saturday\*\*: 8:00 am to 4:00 pm  
Sunday: Closed  
(\*\* = Alternating)

# PARAMOUNT DENTAL

**WE WELCOME ALL NEW PATIENTS**  
**(403) 730-9882 | [paramountdental.ca](http://paramountdental.ca)**