

APRIL 2023

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TRIWOODtrumpet

THE OFFICIAL CHARLESWOOD, COLLINGWOOD & FOOTHILL ESTATES COMMUNITY NEWSLETTER



Dr. Luanne

Metz

CALGARY-VARSITY



CONTACT LUANNE'S CAMPAIGN



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Summer camp provides an organized social activity for your child, through the summer months. Our wide range of themes create learning opportunities and encourage friendships. Each week your child will participate in activities, games, and crafts related to an exciting theme where we will promote academic and social development, fine motor skills, creativity, out of the box thinking, and most importantly - fun! Our 2023 camps have been divided into the following age groups: Tots (4 to 5), Juniors (6 to 8), and (9 to 12) with each week following the same theme for all groups.

Camp Overview

Week 1

Triwood Tots: \$100, from 9:00 am to 12:00 pm
Triwood Juniors and Kids: \$195, from 9:00 am to 4:00 pm

The Wild West - Take a walk on the wild side. Formerly, the Calgary Staycation camp was geared towards highlighting key features of Calgary, including the famous Calgary Stampede. Learn the ropes of Calgary and become a City Ambassador.

Keepin' it Country line dancing group will be joining us to teach a mini line dance session to our campers.

Week 2

Triwood Tots: \$100, from 9:00 am to 12:00 pm
Triwood Juniors and Kids: \$195, from 9:00 am to 4:00 pm

Campers will explore the East to West Coast, learning about Canadian cultures, cities, animals, and food through activities, games, and presentations.

Come explore with us!

Week 3

Triwood Tots: \$100, from 9:00 am to 12:00 pm
Triwood Juniors and Kids: \$195, from 9:00 am to 4:00 pm

See the science around you! Letting our children's imaginations run wild, we aim to pique interest in science through robotics, outer space, dinosaurs, and more.

Week 4

Triwood Tots: \$125, from 9:00 am to 12:00 pm
Triwood Juniors and Kids: \$225, from 9:00 am to 4:00 pm

Exploring our creative sides, our campers are inspired to see and create art in a variety of forms. Projects include painting, drawing, tie-dye tees, and more!

Week 5

Triwood Tots: \$100, from 9:00 am to 12:00 pm
Triwood Juniors and Kids: \$195, from 9:00 am to 4:00 pm

Work with your group to win games, solve problems, and earn points. Campers will learn leadership and teamwork while having fun!

Survivor week will feature nature walks, active play, and more.

Week 6

Triwood Tots: \$85, from 9:00 am to 12:00 pm
Triwood Juniors and Kids: \$180, from 9:00 am to 4:00 pm

***Four-day week. No camp on Monday, August 7**

Spend the week following clues that lead you to solve mysteries! Campers are guided through group activities promoting teamwork and communication to solve the mysteries provided!

Week 7

Triwood Tots: \$100, from 9:00 am to 12:00 pm
Triwood Juniors and Kids: \$195, from 9:00 am to 4:00 pm

Wildlife and beyond! Campers will learn about conservation and wildlife through presentations, games, and activities.

Week 8

Triwood Tots: \$100, from 9:00 am to 12:00 pm
Triwood Juniors and Kids: \$195, from 9:00 am to 4:00 pm

Exploring our creative sides, our campers are inspired to see and create art in a variety of forms. Projects include painting, drawing, tie-dye tees, and more!

Triwood Community Social Groups

Triwoodsmen; Men's Social Group **Tuesdays from 1:00 to 4:00 pm**

The Triwood Sr. Men's group is always welcoming new members to their Tuesday afternoon pool matches, card games, and conversations. Join for some community camaraderie!

Trilighters; Ladies' Social Group **Thursdays from 1:00 to 4:00 pm**

Our Triwood Sr. Ladies' group offers a home for those looking for some friendship, games, and conversation throughout their week. Tai Chi is available twice per week, and each Thursday our group meets during the day for card games, tea, and coffee!

Contact king_berta@yahoo.com.

Bridge **Wednesdays from 1:00 to 3:00 pm**

Do you enjoy playing bridge for fun? The Wednesday Bridge Group now plays weekly at Triwood Community Centre. Join us downstairs at JT's lounge (facing the arena) every Wednesday afternoon from 12:45 to 3:00 pm. New bridge enthusiasts are welcome!

Contact Roman at 403-289-6244.

Parent and Tot Social **Mondays and Wednesdays from 10:30 to 11:30 am**

Bring your little one to our parent and toddler social group! While your little ones play, meet new little friends, and spend time building movement and cognitive skills, our Triwood parents/guardians have the chance to socialize with people their own age.

Drop-ins welcome. Free two-year Triwood membership required.

Contact programs@triwoodcommunity.com.

Military Whist **Every Third Friday**

Card Night and Social for ages 12 and up. Join us on the third Friday of the month at 7:00 pm sharp where we will make teams, play card tricks to win flags, and socialize along the way. No partners needed to play. The winning and losing teams each get prizes!

Chess Group **Every Third Monday**

Chess Night and Social for all chess lovers at any skill level. Join us on the third Monday of the month at 7:00 pm for our community game night. All you need to bring is you.

JT's Community Social and Burger Night

First Wednesday of the month, come meet your neighbours and enjoy a \$5 burger.

Free With Our Free Triwood Membership:

Burger Nights - Every Wednesday, 5:00 to 11:00 pm

Enjoy our community burger nights at our JT's Clubhouse!

JT's new menu and extended hours – Returning in May.

Member Skate Times - Monday to Friday

Free arena skate times open to our members.

- Mondays: 3:00 to 4:45 pm
- Tuesdays: 10:00 to 11:00 am
- Wednesdays: 3:00 to 4:00 pm
- Fridays: 10:00 to 11:00 am



**CONCRETE
WIZARD**

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* All Triwood residents receive the friendly neighbourhood 10% discount.

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Now Located At:
Triwood Community Centre

Confederation Park 55+ Activity Centre



NEWS FROM YOUR NEIGHBOURS AT CONFEDERATION PARK 55+ ACTIVITY CENTRE

Triwood Trumpet

Happy Easter all!!

We have a very exciting year ahead with a number of special events and more new classes coming. Here is a taste of what is to come. Please note that you must register for all of our events online or in the office in order for us to know how much food we will require. No exceptions. There are cutoff dates for all events to register as well, so please keep this in mind.

We are closed April 7th and 10th for Easter

April 28 th – Volunteer Appreciation Event doors open at 11:00, lunch at 12:00 Entertainment TBD.

May 12 – Mothers day presentation, Jewelry sale an boutique sale – \$10.00

May 16 th – 50 TH Anniversary -activities all day, with a dinner and dance to follow. Watch for details.
View details @ yycseniors.com Dinner is \$35.00 per person

June 3 rd – Garage Sale – in the Triwood Arena – watch for more details

June 11 th – Lawn Bowling Event – will be hosted at Bow Cliff Seniors site.

June 16 – Cat Cuddling Day in the Foothills room

June 23 rd – Fashion Show(more info will be coming)\$10.00 for members and \$15.00 for non-members.

July 13 th – Stampede BBQ \$10.00 members and \$20.00 for non-members.

TEA & CONVERSATION

Join us from 1:30 – 2:30 pm Thursday afternoons for our Tea & Conversation (T & C) program.
Live music, dancing, refreshments & stimulating conversation promote the physical, social and mental well-being of older adults.

A \$5 weekly donation is suggested to help subsidize the cost of the program.
Call Debbie Nay, 403-289-4780, ext. 206 or debbie.nay@yycseniors.com.

JOIN US AND STAY ACTIVE, STAY ENGAGED AND ENJOY EVERY MOMENT!

Email info@yycseniors.com to join our email list to receive updates about upcoming Confederation Park 55+ events.
Confederation Park 55 + Activity Centre, 2244 Chicoutimi Dr NW, T2L 0W1
info@yycseniors.com | 403-289-4780 | yycseniors.com | FB @CP55AC



Triwood Adults

Six-Week Adult Fitness

Mondays

Flow Yoga | 5:00 to 6:00 pm | Beginning April 10

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
5-6PM FLOW YOGA	9:15-10:15AM BOOTCAMP 5:30-6:30PM YOGA CORE & STRENGTH	5-6PM PILATES FUSION 6:15-7:15PM HATHA YOGA	9:15-10:15AM BOOTCAMP 6:45-7:45PM YOGA CORE & STRENGTH 8-9PM POSTURAL YOGA

This class is designed to help you strengthen and stabilize the core and back. You will explore the connection of the breath and core and their relationship to maintaining a healthy spine, and how the core carries you through each movement of the day. To effectively work the core and support our spine, this multi-level class is designed to strengthen, lengthen, and stretch your body.

Tuesdays and Thursdays

Bootcamp | 9:15 to 10:15 am | Beginning April 4

Come gain fitness, strength, and mobility with our new Boot Camp class offered bi-weekly or one day per week registration (Tuesdays and/or Thursdays).

Enjoy a 60-minute total body workout designed for any fitness level. This Boot Camp class will improve your muscular strength and cardiovascular endurance using equipment such as dumbbells, kettlebells, medicine balls, mini bands, and Pilates balls to get your heart pumping and muscles activated. Come try this fun, safe, and effective workout. Parents with babies and preschool children welcome.

Yoga Core and Strength | Tuesdays from 5:30 to 6:30 pm and Thursdays from 6:45 to 7:45 pm | Beginning April 4

A class utilizing traditional yoga poses combined with a variety of common strength training and flexibility exercises targeting the trunk muscles of the body (core) to provide a powerful class session. YogaStrength focuses on developing muscular strength and endurance throughout all major muscle groups in the body. YogaStrength is a challenging workout that fuses functional strength and flexibility with the benefits of added resistance. With the safe use of hand weights, one can enjoy enhanced muscular toning, shaping benefits, and an overall feeling of mind/body strength.

Wednesdays

Pilates | 5:00 to 6:00 pm | Beginning April 5

Using Pilates fundamentals mixed in with several other modalities, Cristina will improve your three pillars of fitness: strength, flexibility, and balance.

Cristina is an experienced teacher who prioritizes proper form and will engage the right muscles during each movement. No matter the level of fitness you are at, Cristina has modifications to make sure that your sessions are challenging but not frustrating.

Hatha Yoga | 6:15 to 7:15 pm | Beginning April 5

Silvia has an extensive background in teaching yoga and is passionate about the success of her students. Hatha yoga pairs breathing exercises and postures, enabling participants to deepen their practice and prepare their bodies for everyday movement. Yoga is an excellent mind, body, and spirit practice that increases flexibility and is designed to calm your mind, increase your confidence, and learn to feel comfortable in your body while pushing yourself to new limits.

Thursdays

Bootcamp | 9:15 to 10:15 am

Yoga Core and Strength | 6:45 to 7:45 pm

Postural Yoga | 8:00 to 9:00 pm | Beginning April 6

Hit the mat with Silvia to practice Critical Alignment Yoga Therapy, developed in the Netherlands by Gert van Leeuwen. This practice integrates yoga exercises, the use of specific props, and breath awareness to release the tension and soften the tissue around the spine, to free the bone structure into a better posture. This is a highly effective way of working around injury, pain, or reduced mobility. This class will help you restore postural alignment, correct muscle imbalances, increase mobility in the hips and shoulders, reduce pain and tension, and mobilize and strengthen the spinal column.

Yoga Connect | 6:30 to 8:00 pm | Kids and Parents | Beginning April 6

Yoga Connect is for 8- to 12-year-olds and a parent to come together and engage in yoga, mindfulness, and social emotional learning. Through guided practice you will explore both standing and seated postures, flow, dynamic breathing, and relaxation techniques, and some coveted one-on-one time. This program offers a unique opportunity to slow down, create space and awareness, and prioritize special bonding time with your child in a stress-free setting. We will spend about half of the class moving in yoga poses and the other half doing activities focused on relationship building, positive communication, and fun.

Scouts About - 4th Elks Triwood



April Updates

Beavers and Cubs went to the climbing centre last month. The Cubs learned how to tie climbing knots and belay each other. Beavers went to the Climb Park and had fun on the creative climb structures. Scouts completed their annual overnight ski trip, this year to the Elk Lakes Hut. This was a 10km ski adventure from Elks Pass Parking Lot in Peter Lougheed Park over to Elk Lakes Hut in Lakes Provincial Park, BC.



Scouts at Elk Lakes Cabin

Cubs are looking forward to an overnight camp in April to prepare for backpacking in May, while the Beavers are planning a sleepover at the Hangar Flight Museum in April.

Finally, we had a great get together with all sections and family members for our annual Baden Powell banquet on March 6. Pictures to come in next issue.

Happy Scouting!

Fundraisers

Thanks to everyone who purchased the Easter chocolates from our Purdy's chocolate fundraiser.

We will have one more drop off bottle drive on May 20 or 27. Stay tuned for signs in the community. Thanks in advance for saving your bottles!

Drop Off Bottle Drives

May 20 or 27

Drop your bottles off at the TCA community centre. Scouts will be on hand to help unload and get rid of used bottles.

Become a Leader

We need leaders to make these programs happen. If you are new to Scouting or want to get back into Scouting and are interested in building your outdoor skills along with your youth, there is a place for you at 4th Elks. Contact us at 4thElksTriwood@gmail.com.



Beavers at the climb park



Cubs learning to belay and tie knots



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Soccer Coordinator	Vacant
Scouts Coordinators	David Fong and Mark Whiteman
Cubs Coordinator	Andrew Waddington
Beavers Coordinator	David Fong and Andrew Waddington

Office Hours

Monday to Friday:

10:00 am to 6:00 pm

Saturday and Sunday: Closed

2244 Chicoutimi Dr NW, Calgary, AB, T2L 0W1

Phone: 403-282-2677 | Fax: 403-282-7031

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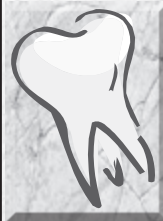
Editorial Submissions: marketing@triwoodcommunity.com

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.

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.



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Triwood Community Association
2244 Chicoutimi Dr NW



Kids Planting Workshop

MOTHER'S DAY POTS

SIGN UP!

Sunday, May 7th

2 SESSION OPTIONS | \$20/Child AGES 5-8

1:30-2:30PM

3:00-4:00PM



LEARN MORE
triwoodcommunity.com

Planting Workshop

MORE THAN JUST PANSIES

SIGN UP!

Wednesday, May 10th

6:30-8:30PM

\$60/Person



LEARN MORE
triwoodcommunity.com

COMING UP



The Triwood
Plant Pop Up

SUNDAY, MAY 7TH
2023

10am-4pm

Triwood Community Association
2244 Chicoutimi Dr NW

Spring Cleaning Around the House

from the City of Calgary



As you start your spring cleaning around the house, find the right place for your unwanted items:

Gently used toys, small furniture, and pots and pans: Donate to a local charity. Small broken household items go in your black cart.

Old paint and cleaning chemicals: Take them to a designated fire station or City landfill for safe disposal. Visit calgary.ca/hhw to view locations.

Clothing, shoes, and linens: Donate useable clothes, shoes, and linens to a local charity or take them to a textiles recycling bin at City landfills.

Old electronics: Take your old and broken gadgets to an electronics drop-off for proper recycling. Check out the list of locations at calgary.ca/electronics.

Household batteries: Safely dispose of household batteries by taking them to a participating retailer for free recycling. Learn more at calgary.ca/battery.

Fridge and pantry cleanup: Remove food from packaging and put it in your green cart for composting. If you're unsure how to dispose of an item, look it up at calgary.ca/whatgoeswhere.

We would also like to kindly remind residents to clear snow off their blue cart lid and keep the lid closed to ensure that paper and other recyclables stay dry from snow or rain.

Weekly Green Cart Returns End of April

from the City of Calgary



Weekly green cart pick up returns the last week of April. Check your schedule at calgary.ca/collection and sign up for reminders, including email, phone, or download the Calgary Garbage Day app.

As you clean up the yard, fill your green cart first, then put extra yard waste in paper yard waste bags. Roll the tops of the bags closed and set them at least two feet to the side of your green cart for collection.

Compost Giveaways

Compost will be available for pick up by online appointment from April 24 to June 10. Appointment bookings will be available on calgary.ca/compost starting April 10.

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NEW CONDOS COMING TO U/D!

University District is excited to announce the third residential project by Homes by Avi.

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May 6, 12-5 PM

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Mothers Day Brunch

Brunch to Go: Sunday May 14th

Pick Up times between 9:30am and Noon

Order Online until May 5th

27 Ways to Say No

by Nancy Bergeron, R.Psych. | info@nancybergeron.ca



Are you a people pleaser? Do you have trouble finding the words to say no? Maybe you just need some time to evaluate whether you want to say yes. Don't let others rush or pressure you into something you may not have the capacity for.

Here are 27 ways to say no or defer your answer:

- I am not comfortable with that.
- I have some other things that need my attention right now.
- I need to focus on myself/personal life/job.
- I'm sorry but I just don't feel qualified to help with that.
- I wish I could but I am unable to help.
- I can see you want my help but I am just unable to.
- I just don't have that to give right now.
- That sounds wonderful but I just can't commit.
- Gee, I wish I could, but I just can't right now.
- I'm sorry but I can't help you at this time.
- I'm just too occupied at this time, so I can't.
- Unfortunately, it's not a good time.
- Circle back to me in few weeks.
- I can't make it this month, week, day, year.
- Perhaps another time.
- I am not available for this.
- Sorry, this is something I can't do right now.
- I really appreciate you asking me, but I can't commit to that right now.
- Sorry, I can't make it, maybe another time.
- I'm afraid I don't have any open time for that/this.
- I can't as I have some other pressing commitments.
- I've filled my schedule.

- I'm really swamped right now.
- I'm so overwhelmed these days that I can't take on any more.
- Right now, I've got way too much on my plate.
- I'm not taking on any more work/tasks/projects at the moment.
- No.

*Remember that you do not have to provide any explanations for saying no.

People pleasers are constantly getting manipulated. You are not responsible for other people's emotions. Every time you say yes to something or someone, you are unwittingly saying no to someone or something else at the same time (usually your own needs). In trying to please everyone, you end up disappointing almost everyone, especially yourself.

People will actually learn to respect you more if you stay true to your values. It's empowering to say yes when you truly want to. You are of value; you have the right to say no.



GAMES & PUZZLES

Trivia: Calgary Edition

1. What year did the Calgary Flames win the Stanley Cup?
2. What was Calgary's original name?
3. What iconic indie pop duo hails from Calgary?
4. In 1969, what cocktail did Walter Chell invent in Calgary?
5. Who was Canada's flag bearer at Calgary's 1988 Winter Olympics?



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**9 PM
ROUTINE**



CALGARY
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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

Jason Copping

MLA, Calgary-Varsity
Minister of Health

Unit 201, 1055 20th Avenue NW

☎ 403.216.5436

✉ jason.copping@assembly.ab.ca

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Budget 2023: Securing Alberta's Future

With a forecast surplus of \$2.4 billion in 2023-24, Budget 2023 provides the opportunity for our government to invest in Alberta's future, providing security for Alberta families and communities.

Balancing the Budget and Creating Jobs

Building on Alberta's strong foundations, including low taxes, a skilled and educated workforce, and an efficient regulatory environment, Budget 2023 enhances Alberta's business climate even further by making strategic investments that support key and emerging sectors.

Record Investment in Healthcare

Our government continues to invest in healthcare this year by committing an additional \$965 million to health to build a stronger public healthcare system for Albertans.

Continued Investment in Our Students

The UCP has increased investments in K-12 education, directly addressing inflation and rising enrolment growth in schools, meeting students' increasingly diverse needs, and building and refurbishing schools to meet both current and future demand. We are also increasing post-secondary seats and providing more supports for these students.

Making Life More Affordable

Budget 2023 continues to provide relief through our Affordability Action Plan. Albertans continue to benefit from ongoing programs such as the fuel tax relief program, electricity rebates, natural gas rebates, and monthly \$100 affordability payments for eligible seniors, families, and Albertans on certain benefit programs.

We are building a province that is stronger and more resilient than ever. For more information on the budget, please visit <https://www.alberta.ca/budget.aspx>.

As always, if you have questions or concerns feel free to reach me through email at jason.copping@assembly.ab.ca or call 403-216-5436.

As you may know, I am the United Conservative Candidate for Calgary-Varsity. Our campaign team is reaching 200 strong and I would sincerely appreciate your support, both on our team, and on election day. Please reach out to me at jason@copping4varsity.ca if you are interested in volunteering for my campaign. And thank you all for relating your questions and concerns. I am delighted that knowledgeable and engaged citizens in the riding keep holding me to account.

Authorized by the Calgary-Varsity UCP CA



Calgary Confederation
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Calgary, AB T2M 3M2
☎ 403-220-0888
✉ len.webber@parl.gc.ca



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Access To Information

Canadians often hear journalists talk about getting information through the Access to Information process, but this access is not limited to journalists.

Any Canadian citizen, permanent resident, or any person or corporation residing in Canada has the right to request access to records of government institutions that are subject to the Access to Information Act.

The government retains the ability to withhold information for a number of reasons such as national security, personal privacy, Cabinet Confidence, proprietary information, trade secrets, international relations, and third-party information.

Any Canadian citizen, permanent resident, or individual present in Canada has the right to access their personal information held by government institutions that are subject to the Privacy Act.

Your request must be directed to a specific department or institution and each request will cost five dollars. You can find the information on how to make your request at www.lenwebbermp.ca/access-to-information.

You can also use the online archive to see summaries of previous requests that have been made by others. This could save you considerable time if the request has been made previously.

The Access to Information process is not as quick as it should be, but it is an important tool that Canadians can use to access government information.

If you believe there is an error in the information a government institution has on file about you or that information is missing, you may ask to have it corrected. If the institution does not agree to change the information on file, the institution must make a note of your request for correction and attach it to the record.

They may have also shared your information with other government institutions in the last two years. The government institution will contact these other institutions so that they can make the same correction or notation.

Greetings, Ward 4!

Spring is finally here, and we hope that you are all enjoying the warmer weather and the beauty of the season. As we transition into this new season, we would like to remind you that protecting Calgary's water resources is a shared responsibility among The City, businesses, and Calgarians.

To help you be more water-efficient, we would like to share with you a homeowner water guide spring checklist. This checklist includes tips and actions you can take to ensure that your home is using water efficiently, both inside and outside.

Inside

As a part of your regular home maintenance, take the Leaky Toilet Test to find the most common cause of household leaks:

- Remove the tank cover.
- Put several drops of food colouring (or another coloured liquid, such as coffee or tea) into the tank.
- Wait 15 to 20 minutes.
- Look in the bowl. If the water changes colour, you've got a leak.

Most toilet leaks are silent and go unnoticed for long periods of time, so the sooner you find and repair leaks, the better.

Outside

With spring around the corner, it's time to think about outdoor water efficiency. Add these items to your spring checklist:

- Check your outdoor taps, irrigation system, and water features (e.g. ponds or fountains) for leaks.
- Consult the YardSmart plant list before planning this year's garden.
- Set up your rain barrel.
- Clean and repair downspouts, directing stormwater away from your house, ideally towards your garden.

Being water efficient means you're helping protect Calgary's water resources by:

- Keeping our rivers healthy by removing less water.
- Saving money and energy on treating and delivering water.
- Extending the use of our water treatment plants.
- Making drought less impactful to our homes and businesses.
- Increasing our resiliency to climate change.

To learn more about water efficiency and how you can make a difference, please visit calgary.ca/waterguide.

Thank you for your attention,

Ward 4 Cllr. Sean Chu



Volunteering At Triwood

Looking to complete your volunteer requirements for this school year? Or are you interested in spending your time supporting your local community? Reach out to programs@triwoodcommunity.com to be added to our volunteer list.

Upcoming 2023 Events Include:

- Community Outdoor Rink. November to March. Support our weekly volunteer teams in maintaining the free community outdoor rinks. Contact Programs@TriwoodCommunity.com
- Kids Easter Party, April 7
- Spring Market, May 7
- Stampede Breakfast, July 9

Interested in working on volunteer-based projects? Have an idea you'd like your community to consider? Share with us at programs@triwoodcommunity.com.

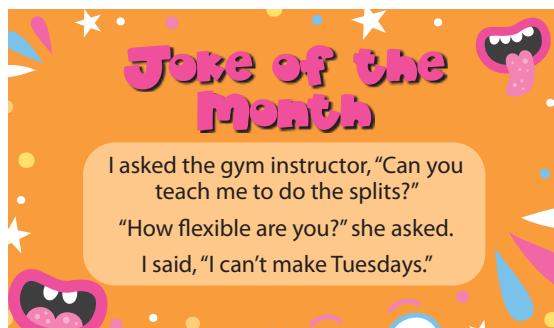


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ACTION LAWN CARE: Lawn cuts, seasonal clean-ups, eavestrough cleaning, fertilizing, hedge trimming. Call Karl at 403-651-3900.

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, 403-269-2707.

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HOUSE AND YARD MAINTENANCE: Spring and fall yard clean ups, power raking, leaf clean-up, flower beds, hedge trimming, top dressing, and weeding. Eavestrough cleaning/leak sealing, window cleaning, fence work, and gates. Exterior painting such as decks, trims, and window frames. Commercially insured. Call Ryan at 403-202-1263.

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.



tw

Art with Adri-Anne
Teen Formal Classes

Tuesday's from 5pm-6:45pm
Starting March 7th / Starting April 4th

Paint a new canvas each week
Learning art techniques and principles

\$140
4 Week Class
Supplies Included

triwoodcommunity.com



TRIWOOD FARMERS MARKET

THE SUMMER MARKET IS BACK!

SAVE THE DATE

Launch Market / Tuesday, June 6th



tw

Art with Adri-Anne
Adult Formal Classes

Tuesday's from 7pm-9pm
Starting March 7th / Starting April 4th

Paint a new canvas each week
Learning art techniques and principles

\$140
4 Week Class
Supplies Included

triwoodcommunity.com



tw

Easter Eggstravaganza
Kids Party and Egg Hunt

Friday, April 7th from 1pm-4pm

Face paint, tattoos, carnival games, and easter egg hunt
Most suitable for Ages 3 - 10 years old, all Triwood youth are welcome to register.

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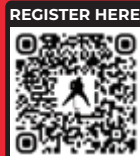
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Asking \$274,200 mls# A2016024



1202, 928 ARBOUR LAKE ROAD NW—ARBOUR LAKE

Beautiful 2 bedroom, 2 full bathroom unit on the second floor with mountain views. Close to bus stop, Crowfoot LRT station and shopping. One underground assigned parking stall.

Asking \$274,900 mls# A2026759



SOLD

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Totally renovated 2 story townhouse (no condo fee). Two bedroom. Close to schools, bus stop and shopping. Great for investment or first time buyer.

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206, 5201 DALHOUSIE DRIVE NW—DALHOUSIE

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