

FEBRUARY 2023

DELIVERED MONTHLY TO 3,525 HOUSEHOLDS



# TRIWOODtrumpet

THE OFFICIAL CHARLESWOOD, COLLINGWOOD & FOOTHILL ESTATES COMMUNITY NEWSLETTER



Dr. Luanne  
**Metz**  
CALGARY-VARSITY



#### CONTACT LUANNE'S CAMPAIGN



**403-247-1075**



**LuanneMetz@albertandp.ca**

Authorized by Alberta's NDP  
1-800-465-6587



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[official-plumbing-heating.ca](http://official-plumbing-heating.ca)



## SNOW ANGELS WANTED

Volunteers are needed to help shovel walks for those with limited mobility issues in our community. If you are interested in becoming a volunteer, snow angel, please contact [office@triwoodcommunity.com](mailto:office@triwoodcommunity.com), with your name, contact information and address. You will be paired up with someone who could use your help, as close to your address as possible.

Thank you for helping our neighbors!!

## Why Spend Winter Alone?

Find Warmth In  
The Comfort Of  
New Friends



Cambridge Manor offers a range of seniors' lifestyle options in our beautiful new community in NW Calgary's University District with award-winning care from The Brenda Stafford Foundation

- Chef prepared meals • Stimulating activities
- Housekeeping • Care and support

One Month  
**FREE**  
Don't Miss Out!  
Limited Time  
Offer

The  
**Brenda Stafford** Cambridge  
Foundation Manor

**403-536-8675**

[cambridge@theBSF.ca](mailto:cambridge@theBSF.ca)

[www.CambridgeManor.ca](http://www.CambridgeManor.ca)



## **Good Food Box 2023**

**Feb 5** (Delivery Feb 15)

**March 5** (Delivery March 15)

Order At  
[triwoodcommunity.com](http://triwoodcommunity.com)

## **PARENT + TOT SOCIAL GROUP**

FREE WITH A  
TRIWOOD MEMBERSHIP!

**MONDAYS &  
WEDNESDAYS**

**JANUARY 9TH  
UNTIL JUNE 28**

**2244 CHICOUTIMI  
DRIVE NW**

**SIGN UP: [TRIWOODCOMMUNITY.COM](http://TRIWOODCOMMUNITY.COM)**

## **TRIWOOD SUMMER 2023**

**KIDS SUMMER CAMP  
REGISTRATION  
OPEN NOW!**

[TRIWOODCOMMUNITY.COM](http://TRIWOODCOMMUNITY.COM)





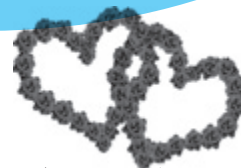


Now Located At:  
Triwood Community Centre

## Confederation Park 55+ Activity Centre

### **NEWS FROM YOUR NEIGHBOURS AT CONFEDERATION PARK 55+ ACTIVITY CENTRE**

Triwood Trumpet  
Happy Valentines 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.

March 17 th – St Patricks' Lunch doors open at 11:00, lunch at 12:00 Cost is \$20.00 for members and \$30.00 for non-members.

March 31 st – Annual General Meeting doors open at 11:30, lunch at 12:00, meeting at 1:00.

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

May 16 th – 50 TH Anniversary -activities all day, with a dinner and dance to follow. Watch for details.

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 slte.

June 23 rd – Fashion Show ( more info will be coming) \$20.00 for members and \$30.00 for non-members.

July 13 th – Stampede BBQ \$20.00 members and \$30.00 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](mailto:debbie.nay@yycseniors.com).



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

Email [info@yycseniors.com](mailto: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](mailto:info@yycseniors.com) | 403-289-4780 | [yycseniors.com](http://yycseniors.com) | FB @CP55AC

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Zoom Whitening  
**\$350**  
Includes custom take  
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trays!

## BRIGHTEN YOUR TEETH & FALL IN LOVE WITH YOUR SMILE!

Treat yourself or a loved one to a dazzling smile this Valentine's Day! Greystone Family Dental is proud to offer our professional in-office Zoom whitening promotion. What greater gift of love could you give yourself or your sweetheart?

\*The results from teeth whitening can vary from person to person. Ask our team for more information or to book a complimentary consultation to see if you are a candidate.



COME VISIT US AT THE MARKET  
MALL PROFESSIONAL CENTRE  
4935 40 Ave NW #110  
[greystonefamilydental.ca](http://greystonefamilydental.ca)



**(403) 286-2222**  
[info@greystonefamilydental.ca](mailto:info@greystonefamilydental.ca)



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**VIEW LISTING HERE:**



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Please allow us to introduce ourselves! We are  
**RAINBOW ELDERS CALGARY**  
*A support group for 2SLGBTQ+ seniors*

We make a significant difference in the lives of 2SLGBTQ+ seniors and provide support and address issues such as social isolation, housing, and loneliness.

**To discover more, please contact us!**  
email: [rainbowelderscalgary@gmail.com](mailto:rainbowelderscalgary@gmail.com)  
[www.rainbowelderscalgary.ca](http://www.rainbowelderscalgary.ca)



## Registration now OPEN!

Foothills Little League offers baseball to girls and boys aged 4-16. All skill levels are welcome!

Spring season runs from mid-April to mid-June.  
[www.foothillslittleleague.org](http://www.foothillslittleleague.org)

## TWC DIRECTORY



<b>President</b>	Mark Whiteman
<b>Vice President</b>	David Fong
<b>Treasurer</b>	Vacant
<b>Secretary</b>	Vacant
<b>Office Assistant</b>	Vacant
<b>Community Relations</b>	Sandra Rhead
<b>Members at Large</b>	Jim Heck David Fong Mark Whiteman Stephanie Church
<b>Executive Director</b>	Stephan Horbay
<b>Event Manager</b>	Jennifer Waller
<b>Arena Manager</b>	Jim Piling
<b>Accountant</b>	Randy Dalglish
<b>Marketing Coordinator</b>	Garrett Poon
<b>Soccer Coordinator</b>	Vacant
<b>Scouts Coordinators</b>	David Fong and Mark Whiteman
<b>Cubs Coordinator</b>	Andrew Waddington
<b>Beavers Coordinator</b>	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

office@triwoodcommunity.com | www.triwoodcommunity.com


Editorial Submissions: marketing@triwoodcommunity.com



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SPECIALIST**

**403-816-0965**  
[cityandvillageco@gmail.com](mailto:cityandvillageco@gmail.com)

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

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#### INCLUDING

► **News and Events**

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► **Crime Statistics**

and more...

### SCAN HERE



# Triwood Fitness 2023

## Yoga Workshop: Find Your Warrior | January 14

In this workshop, we will move, and have some journal/reflection time. Specifically, you will participate in a gentle flow yoga practice, learn the traditional warrior poses, as well as variations of each warrior pose. We will also take time to slow down and look at our values and intentions for the new year ahead, so we are able to own our warrior and live in our truths in 2023.

### Flow 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.

### YogaCore and Strength

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 powerful class sessions. 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.

### Hatha Yoga

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 teach you to feel comfortable in your body while pushing yourself to new limits.

### Pilates Fusion - New Name, Same Great Class

The name change better reflects the multi-disciplined approach Cristina takes to helping you move and feel better.

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 make sure that you 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.

## Postural Yoga with Silvia

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.

## Boot Camp

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

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.

## SWANBY LAW NANCY A. SWANBY

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Direct Line: (403) 520-5455

Facsimile: (403) 984-4842

e-mail: [nancy@swanby.com](mailto:nancy@swanby.com)

(house calls and after-hours appts. still available)

# Bootcamp



## Winter Fitness

2244 Chicoutimi Dr NW  
More info & registration:  
[triwoodcommunity.com](http://triwoodcommunity.com)



**TRIWOOD  
FITNESS**

# Pilates



## Winter Fitness

2244 Chicoutimi Dr NW  
More info & registration:  
[triwoodcommunity.com](http://triwoodcommunity.com)



**TRIWOOD  
FITNESS**

# Hatha Yoga



## Winter Fitness

2244 Chicoutimi Dr NW  
More info & registration:  
[triwoodcommunity.com](http://triwoodcommunity.com)



**TRIWOOD  
FITNESS**

# Flow Yoga



## Winter Fitness

2244 Chicoutimi Dr NW  
More info & registration:  
[triwoodcommunity.com](http://triwoodcommunity.com)



**TRIWOOD  
FITNESS**



## Jason Copping

MLA, Calgary-Varsity  
Minister of Health

Unit 201, 1055 20th Avenue NW

403.216.5436

calgary.varsity@assembly.ab.ca

facebook.com/jasoncoppingAB

Jason\_CoppingAB @JasonCoppingAB



### Building a Stronger Healthcare System

Our government is moving swiftly with our Healthcare Action Plan. We are making it a priority to address areas that need improvement in our healthcare system so that Albertans can get healthcare when and where they need it. We are investing an additional \$1.8B over three years to build capacity.

### Ensuring Access to Primary Care

- Expanding seats for family physicians in our medical schools including the University of Calgary
- Making it easier for international doctors to work in Alberta
- Providing patients with easier access to nurse practitioners and other allied health professions

### Lowering Emergency Wait Times

- Increasing access to doctors on 811 to reduce number of people going to emergency
- Building more continuing care spaces so people can be moved out of hospital faster
- Adding resources in hospitals so people can be treated faster without being admitted

### Faster EMS Response Times

- Establishing non-urgent medical transport for patients to go home when clinically safe
- Using non-ambulance service providers to move patients between health facilities
- Supporting paramedics with direct doctor access so they can better treat patients on site

As always, if you have questions or concerns feel free to reach me through email at [Calgary.varsity@assembly.ab.ca](mailto:Calgary.varsity@assembly.ab.ca) or call 403-216-5436.

# BUSINESS CLASSIFIEDS

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

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**TRIWOOD 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.

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**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.

**JEFFREY ELECTRIC:** Friendly, professional electrical service for your next residential project, large or small. 10 years serving Calgary, City Qualified Trade, Master Electrician, licensed, insured. Very competitive rates for quality electrical work. Service panel upgrades from 60 amp to 200 amp. Car chargers, aluminum rewiring, custom kitchens and basements. Free estimates. [www.cejelectric.com](http://www.cejelectric.com) or call Clayton at 403-970-5441.

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Open on:  
**WEDNESDAYS**  
**5-11pm**



**Returning  
January 11th  
2023!**

2244 Chicoutimi Dr NW  
triwoodcommunity.com

# Little Vogis



**FRIDAYS** **Ages 2-4**  
2:15 - 3pm | 2244 Chicoutimi Dr NW  
6 Week Program: January-February 2023



**\$78**




**2023 SEASON**

**SPRING SOCCER  
REGISTRATION  
OPEN NOW!**

TRIWOODCOMMUNITY.COM



# Voga Club



**Afterschool Program**

**THURSDAYS & FRIDAYS**  
**Ages 7-12**  
4 - 5:30pm | 2244 Chicoutimi Dr NW  
6 Week Program: January-February 2023



**\$150**



## Adult Yoga Workshop

Find Your Warrior



**JANUARY 4, 2023**

10am-12pm | 2244 Chicoutimi Dr NW  
Single Day Program



**\$45**



**TRIWOOD  
FITNESS**

## Voga Connect



**THURSDAYS** Ages 8-12  
With Parent/Guardian

6:30 - 8:30pm | 2244 Chicoutimi Dr NW  
6 Week Program: January-February 2023

Learning yoga skills,  
mindful movements  
and positive  
communication.

**\$180**



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FITNESS**

## Voga Stars

**FRIDAYS** Ages 5-7

3:15 - 4pm | 2244 Chicoutimi Dr NW  
6 Week Program: January-February 2023



**\$78**



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FITNESS**

## Voga Inspired PD Day Camp



**FEBRUARY 3, 2023**

Ages 1-12

9am-12pm | 2244 Chicoutimi Dr NW  
Single Day Program



**\$35**



**TRIWOOD  
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**“Professionals  
DO get results!”**

**DANNY  
WAI**



Visit my website, [www.dannywai.com](http://www.dannywai.com), for all my listings with photos, anytime!

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**ROSEMONT—ROSEHILL DRIVE**

RC-2 zoning on a 50 ft by 110 ft lot. Short commute to downtown, Confederation Park / Golf course. Total of 4 bedrooms. 2 full bathrooms. Brand new sewer line.

Asking \$579,900 mls# A2001152



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NW (BRENTWOOD)**

Immaculate condition two bedroom condo in Brentwood. Brand new LVP flooring throughout, almost 9 ft ceiling. Steps to Brentwood LRT station. Close to all amenities.

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**24 CLARENDON ROAD NW  
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[www.dannywai.com](http://www.dannywai.com)**