

JANUARY 2023

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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, 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!!



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Good Food Box 2023

Jan 15 (Delivery Jan 25)

Feb 5 (Delivery Feb 15)

March 5 (Delivery March 15)

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**MONDAYS &
WEDNESDAYS**

**JANUARY 9TH
UNTIL JUNE 28**

**2244 CHICOUTIMI
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SIGN UP: TRIWOODCOMMUNITY.COM

TRIWOOD SUMMER 2023

**KIDS SUMMER CAMP
REGISTRATION
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TRIWOODCOMMUNITY.COM





Now Located At:
Triwood Community Centre

Confederation Park 55+ Activity Centre

NEWS FROM YOUR NEIGHBOURS AT CONFEDERATION PARK 55+ ACTIVITY CENTRE

Grand Opening of the Boutique 11:30-2:00 January 27th, 2023

This will be a sale for our high end jewelry for the Boutique.

To enter your name into a draw for a \$10.00 Gift Certificate to shop in the Boutique,
please register online for the event as soon as possible.

You must be in attendance for the draw, which will be at 1:00pm.

Interested in becoming a Board Member with Confederation Park 55+?

We have some great committees to work on, or you can become a Board Member. Time commitment can vary dependent on the work being done. Board meetings are 1.5 to 2 hours long, once a month. Committee meetings might be a quarterly meeting or monthly, again dependent on the work we are doing. Please consider it. You will learn how the organization operates and the ins and outs of a non profit as well as have some fun with terrific people. For more info call Jeanette 403-289-4780 Ex 202

Have you thought about joining one of our many classes?? We offer the following: Advanced Tap, Art Workshops, Ballet, Belly Dancing, Balance Core & More, 2 Water Colours, Chinese Mahjong, Drawing, Intro to Alcohol Inks, 3 seated Yoga and 2 regular Yoga (Friday Yoga is on Zoom), 3 Line Dancing, Jazz, Energizing Dance, 2 Tai Chi, Scottish Country Dance, Zumba Gold and Spanish, Harmony First and Perfectly Imperfects.

How about a club? Book Club, Crib, Euchre, Mahjong, Sharing Handicrafts or Woodcarvers.
Come and join us!! Check out our website!

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



The Nine Superpowers of a Hug

by Nancy Bergeron RPsych | 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!



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



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Office Hours

Monday to Friday:

10:00 am to 6:00 pm

Saturday and Sunday: Closed

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

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office@triwoodcommunity.com | www.triwoodcommunity.com

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Jason_CoppingAB @JasonCoppingAB



Happy New Year!

As we bid farewell to 2022 and ring in the new year, affordability remains one of the primary challenges facing Canadians.

Here in Alberta, we know families are counting on our government to take decisive action to address the rising cost of living. That is why we did not hesitate to announce a package of supports that will keep more money in the pockets of all Albertans. This includes: ensuring income supports, such as AISH and the seniors' benefit, are adjusted for inflation; providing more money for lower income families, seniors, and others hit hardest by the inflation crisis; eliminating provincial fuel tax at the pumps; and acting to immediately address the cost of utility payments, including a review of Alberta's electricity pricing system.

These changes will provide Alberta households, with or without children, up to an estimated \$900 or more in broad-based relief.

Our commitment to fiscal discipline and economic growth is allowing us to provide more help for Albertans while we pay down our debt, lower the debt burden, and save for the future. Fighting inflation and tackling the cost-of-living crisis facing Albertans are top priorities for our government. Our multi-billion-dollar inflation-relief package will help offset costs for families, seniors, and get our most vulnerable through this challenging time.

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



Scouts About - 4th Elks Triwood

January Updates

Triwood Beavers and Cubs enjoyed their first overnight camp of the year on the weekend of November 25 to 27. After doing a pack check during the preceding Monday night meeting to discuss proper winter camping gear, The Cubs spent Friday and Saturday night at the camp enjoying the surrounding forest. The Beavers arrived Saturday morning and stayed until Sunday. The children, and their families, enjoyed activities such as shelter building, fire making, hiking, and campfires. Shared laughter, singing, hot chocolate, and smores were enjoyed by all! We are already looking forward to our next adventures – two more camping trips are planned for the spring.

For our last meeting before the holiday break, the Beavers and Cubs will have a bowling night and pizza party at the Chinook Bowladrome, and lots more fun and creative activities are coming up in the new year.

Fundraisers

Look out for Beavers and Cubs selling popcorn in your neighbourhood – it makes a great gift and like all our fundraisers helps to offset costs for camps, outings, and other adventures. Thanks to everyone who bought – stay tuned for another bottle drive in January to clear out all your holiday empties. We will also be selling Purdy's chocolates in time for Easter. Thanks in advance for your support!

Drop Off Bottle Drives

- January 14, 2023
- May 27, 2023

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

Easter Purdy's Chocolate Campaign

Throughout March. Online order available in lead up to Easter.

Once again, we will partner with Purdy's for your Easter needs.

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.



Outdoor learning at Camp Cadicasu...



and plenty of fun!

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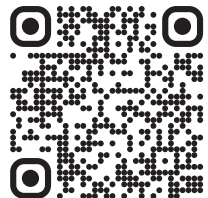
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SCAN HERE



Bootcamp



Winter Fitness

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More info & registration:
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Happy New Year!
Wishing you all God's best in 2023!

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10:00 AM - please join us!

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Friendly atmosphere

Meeting at the
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**Returning
January 11th
2023!**

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Little Vogis



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



\$78




2023 SEASON

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Voga Club



Afterschool Program

THURSDAYS & FRIDAYS
Ages 7-12
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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



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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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Voga Stars

FRIDAYS **Ages 5-7**

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



\$78



**TRIWOOD
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Voga Inspired PD Day Camp



FEBRUARY 3, 2023

Ages 1-12

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



\$35



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