

MARCH 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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LuanneMetz@albertandp.ca

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www.CambridgeManor.ca



Camp Overview

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.

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

Week 3

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

Next Date: Friday, March 17 at 7:00 pm

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

Next Date: Monday, March 20 at 7:00 pm

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



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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 St Pattys 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 \$15.00 for members and \$25.00 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 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.

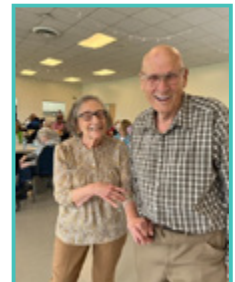
A \$5 weekly donation is suggested to help subsidize the cost of the program.

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.



President	Mark Whiteman
Vice President	David Fong
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Secretary	Vacant
Office Assistant	Vacant
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Arena Manager	Jim Piling
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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

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Jason_CoppingAB @JasonCoppingAB



Investing In Our Future

A balanced budget and a growing economy create jobs and enable us to invest in what is important to Albertans. Here are a few highlights on how our government is investing in Alberta.

Supporting Job Creation

Our province created 88,800 new jobs in 2022 (almost 25 percent of all new jobs created in the country). Job outlook for 2023 has forecasters predicting more economic growth and diversification on the horizon for Alberta.

Diversifying the Economy

Alberta is once again a top destination for investment capital. The last few years saw major investments from companies like Telus, Mphasis, Amazon, Walmart, Air Products, Dow, PIP International, de Havilland, and Phyto Organix Foods, to name a few. Imperial Oil recently announced that it is building a \$720 million renewable diesel facility – the largest facility of its kind in Canada – in Alberta.

Balancing the Budget

International credit rating agencies are taking note of Alberta. Moody's Investors Services upgraded Alberta's credit rating to AA2. This decision speaks volumes about our government's management and decision-making as we focus on healthcare, education, the economy, and affordability for all Albertans.

Investing in Healthcare

A balanced budget and growing economy allow us to continue to invest in healthcare. We have invested a record breaking \$22 billion in healthcare in 2022, the highest amount ever, and we will continue to invest more in Budget 2023.

We are building a province that is stronger and more resilient than ever.

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.



**THE SUMMER
MARKET IS BACK!**

SAVE THE DATE

Launch Market | Tuesday, June 6th



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.



**THE SPRING
MARKET IS SOON!**

SAVE THE DATE


Event Market | Sunday, May 7th




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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, 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.

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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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WAI**



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Listed or Sold in Brentwood, Charleswood, Collingwood by Danny Wai in the year of 2022

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BRECKEN ROAD--BRENTWOOD

Sold for 97.4% of asking price

BOULTON ROAD--BRENTWOOD

Sold for 100% of asking price

CHISHOLM CRESCENT--CHARLESWOOD

Sold for 98.4% of asking price

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Sold for 103% of asking price

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Sold for 100% of asking price

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Sold for 105% of asking price

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