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SHC Wellness Centre Program Guide



Check it out **FREE PROGRAMS** for all Albertans

Winter 2023

Active Lifestyle

Emotional Wellbeing

Employment, Finance, & Computers

Cancer (Health Management)

Chronic Conditions (Health Management)

Food, Nutrition, & Cooking (Health Management)

Kids, Tweens, and Teens

Parents and Parents To-Be

Seniors

Support Groups

Try one of these Free Winter Classes:

- Mediterranean Style of Eating for Health (*Demo*)
- Eating Well When Fatigued (*Demo*)
- Cooking Your Way to Wellness in Pregnancy (*Cook Along*)
- Low Sodium: Tasty Tips & Tricks (*Demo*) **New**

For class & registration info visit
www.ahs.ca/shcwellness
or email wellness.shc@ahs.ca



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**Memberships are \$20 per family for Cranston residents and \$30 per family for non-residents.
Memberships are valid for 1 year from date of purchase.**



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Number of children: _____ Age(s) of children: _____

☐ Yes, please contact me about volunteering

Please fill out the above, enclose your cheque or money order, payable to the Cranston Community Association and mail to:



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Did You Know?

Cranston has two separate organizations working to make our community the best it can be!

Cranston Community Association (CCA)

cranstonca.com • cranstonca@gmail.com

- Membership is voluntary (\$20/household within Cranston, \$30/household outside Cranston).
- Protects and advocates for the interests of the neighbourhood; is the community voice.
- Past hot topics have included cell phone tower placement, congested intersections and zoning.
- Direct contact with our City Councillor, MLA, Calgary Police Liaison Officer, Federal MP and others on a monthly basis.
- Run events such as the Community Clean-Up, Festival of Lights, and organizes the Cranversations newsletter.
- Partner with grass roots minor soccer programs.
- Run solely by volunteers; generally meet at 7:00 pm on the fourth Tuesday of each month (excluding July/August) at Century Hall and all are welcome!

Cranston Residents Association (CRA)

www.cranstonra.ca • 403-781-6614

- Membership is compulsory for all households in Cranston; fees are collected each April.
- It is a not-for-profit company that is professionally managed and operated.
- Operates, maintains and manages amenities within Cranston including Century Hall and its indoor and outdoor facilities including gymnasium, tennis courts, splash park and hockey rink (as well as utilities, insurance, programs administration, landscaping, and so on). They also maintain the Windmill, Art Park, Direct Control Corners and various medians and boulevards in the community!
- Responsible for Century Hall's extensive list of programming! Families and individuals can take part in all sorts of wonderful activities including dance, yoga, taekwondo, basketball, and much more.
- Additional events such as Family Movie Nights, Ice Cream Socials, Puppy Play Dates and more are also organized by the CRA with help from a variety of generous sponsors.

Cranston Community Association Board Listing

BOARD MEMBERS

Jason Gordon	President
Steve Dimic	Vice-President
Mark Labrecque	Treasurer
Cheri Gordon	Secretary
Elaine Rusnack	Board Member
Faith Gordon	Board Member

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YOUR CITY OF CALGARY

Learn More About Property Assessment at Ask the City Assessor Q&A Session

from the City of Calgary

Learn more about how The City determines property assessments at Ask the City Assessor Q&A session. This virtual information session is free and open to Calgary home and commercial property owners, who may have questions about the 2023 Property Assessment process. During this session, City Assessor Eddie Lee will answer questions on how property assessments work. There will be a short presentation followed by a question-and-answer period. Property owners are encouraged to ask general questions.

Note: Due to privacy concerns, Mr. Lee will not answer property specific questions during this session. Citizens are invited to call 403-268-2888 to ask questions specific to their Property Assessment.

When: Tuesday, January 17, 7:00 to 8:00 pm.

Where: Virtual on Microsoft Teams. Register via calgary.ca/assessment.



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		Listed	Sold	Listed	Sold
November	22	32	22	\$499,950	\$502,000
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September	22	54	36	\$496,950	\$492,500
August	22	45	49	\$599,900	\$595,000
July	22	54	48	\$399,950	\$391,500
June	22	64	64	\$466,700	\$464,000
May	22	74	80	\$490,000	\$492,500
April	22	101	80	\$484,450	\$510,750
March	22	91	94	\$567,400	\$567,500
February	22	84	63	\$525,000	\$560,000
January	22	43	36	\$519,450	\$565,000
December	21	25	43	\$469,900	\$510,000

To view more detailed information that comprise the above
MLS averages please visit cra.mycalgary.com

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).



CRANSTON RESIDENTS ASSOCIATION

CONTACT INFORMATION

Telephone:
403-781-6614
Fax: 403-781-6655
Email: info@cranstonra.ca
11 Cranarch Road, SE
Calgary, AB T3M 0S8

CenturyHallCranston
 Centuryhall
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Century Hall Administrative Office Hours

Monday to Sunday
9:00 am to 5:00 pm

Century Hall Park Hours

Monday to Sunday
9:00 am to 9:00 pm

Administration

admin@cranstonra.ca

Programs and Events

programs@cranstonra.ca

Facility Rentals

rentals@cranstonra.ca

General Manager

gm@cranstonra.ca

Cranston Residents

Do you have your membership cards for Century Hall? All residents over the age of 10 are now required to have a membership card for entry to Cranston Century Hall Park and facility. Membership cards will also allow you to register for programs offered by the Cranston Residents Association (CRA).

Century Hall Updates

Did you know as a Cranston resident you have access to the Century Hall Tool and Equipment Library! Here you will find a variety of tools and outdoor sports equipment that you can borrow and enjoy for free! We have paddleboards, snowshoes, kayaks, lifejackets, skateboards, games bins, drills, ladders, saws, tools, you name it! Inquire today to learn more!

CENTURY HALL RENTAL RATES rentals@cranstonra.ca

	Dimensions	Capacity	Hourly Rates		
			Resident	Brookfield Community	Non-Resident
Heritage Hall ABC 2652 sq. feet	34 ft. by 78 ft.	135 dinner	\$88.00	\$100.00	\$112.00
Heritage A 1037 sq. feet	34 ft. by 30.5 ft.	50 dinner	\$58.00	\$65.50	\$73.00
Heritage B 850 sq. feet	34 ft. by 25 ft.	40 dinner	\$48.00	\$54.00	\$60.00
Heritage C 765 sq. feet	34 ft. by 22.5 ft.	35 dinner	\$48.00	\$54.00	\$60.00
Heritage A & B 1887 sq. feet	34 ft. by 55.5 ft.	90 dinner	\$68.00	\$77.00	\$86.00
Heritage B & C 1615 sq. feet	34 ft. by 47.5 ft.	80 dinner	\$63.00	\$71.25	\$79.50
Vista 639 sq. feet	18 ft. by 35.5 ft.	30 dinner	\$50.00	\$56.75	\$63.50
Legacy (Board Room) 369 sq. feet	18 ft. by 20.5 ft.	15 meeting	\$30.00	\$33.75	\$37.50
Riverside 534 sq. feet	17.5 ft. by 30.5 ft.	25 dinner	\$50.00	\$56.75	\$63.50
Gym 5159 sq. feet	57 ft. by 90.5 ft.	200	Party Package Only	Party Package Only	Party Package Only

Weekday rentals between 9:00 am and 4:00 pm (excluding holidays) receive 10% discount. Minimum two hour rental for Heritage Room(s).

Additional Charges

- After Hours Security fee applies for rentals ending between 9:00 pm and 1:00 am.

- After Hours Teardown fee applies for rentals ending between 8:30 pm and 1:00 am.
- SOCAN and Re:Sound fees apply for bookings with music and/or dancing.
- \$500 damage deposit and proof of insurance is required for all rentals.

Revised February 2022 - prices subject to change

Winter Programs

Winter Programs start January 9! There are still a few spots left but they are filling up quick. To register, go online, give us a call, or stop by.

Olympic Medals for Artists

The founder of the modern Olympic Games, Baron Pierre de Coubertin, believed that a true Olympian was not only athletic, but also artistic. As a result, for the first four decades of these international games, artists were awarded medals for painting, sculpture, architecture, literature, and music, so long as their work was inspired by athletic endeavours.



National Hot Tea Day

We have ancient China to thank for tea, the most consumed beverage in the world aside from water. According to myth, tea was discovered when a dead leaf from a wild tea bush fell into an emperor's cup of boiled water. Thousands of years later, we still love tea, so much so that January 12 is National Hot Tea Day. In honour of this day, why not brew yourself a nice hot cup of tea!



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*This advertisement is not intended to solicit properties already listed for sale.



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South Health Campus (SHC) Wellness Centre

South Health Campus Wellness Centre offers free, quality health and wellness programs.

Visit our 2023 Online Winter Program Guide for program descriptions and registration information at www.ahs.ca/shcwellness.

Upcoming Free Programs in January 2023

Mediterranean Style Eating for Health (Demo)

When: Thursday January 19, 2023, 12:00 to 1:30 pm

Learn how to eat Mediterranean! The Mediterranean may be far away, but the delicious and healthy foods of this style of eating are close at hand. Improve your nutrition with Mediterranean meal ideas for neurological health, cardiovascular health, or general well-being. Come discover the great flavours and many health benefits! Join us from the comfort of your home for this virtual cooking demonstration.

Registration (visit program guide): www.ahs.ca/shcwellness

Program Provider: SHC Registered Dietitians and the Wellness Kitchen

Cooking Your Way to Wellness in Pregnancy (Cook Along)

When: Thursday February 2, 2023, 6:30 to 8:00 pm

Need help with meal planning and preparation? Cooking Your Way to Wellness in Pregnancy is an interactive virtual class designed to provide you with the hands-on experience to be able to create healthy

eating habits during your pregnancy to help ensure you and baby are as healthy as possible. Learn about nutrition for pregnancy while preparing dishes to stock your fridge for the week.

Please Note: You will be provided a grocery list, equipment list, and the recipes ahead of time. You will need to obtain the groceries and have your space set up and ready to go in time for the cook-along (some advanced prep is required).

Registration: www.birthandbabies.com

Program Provider: SHC Registered Dietitians and the Wellness Kitchen in partnership with Birth & Babies

Eating Well When Fatigued (Demo)

When: Thursday February 9, 2023, 12:00 to 1:30 pm

Do low levels of energy impact your ability to cook? Is it difficult to prepare healthy meals? Is meal preparation difficult because it is more challenging to use your hands?

Intended for people who experience fatigue and physical or cognitive limitations related to health conditions such as neurological conditions or arthritis, this fun virtual cooking demonstration will teach you strategies to be successful in the kitchen and to make healthier food choices.

Registration (visit program guide): www.ahs.ca/shcwellness

Program Provider: SHC Registered Dietitians, Allied Health, and the Wellness Kitchen

Old Fashioned Fish Pie

by Jennifer Puri



Simple and traditional, Fish pie is a comfort food that originated in Scotland and is an integral part of the culinary heritage of the British Isles.

Sweet, soft, salty, and smooth, comfort foods are associated with a feeling of emotional well-being.

Mashed or fried potatoes were the original comfort food, along with Chicken soup, meatloaf, perogies, and Mac and Cheese.

Comfort foods are a trend that is constantly evolving and is reflected in our modern-day versions such as chips, ice cream, cookies, pizza, pasta, and burgers.

A classic cold weather dish, Old Fashioned Fish Pie uses white fish fillets, prawns, leeks, and spoonfuls of fresh herbs. It pairs well with soups, salads, cooked peas, or carrots.

The mashed potatoes used in this recipe can be substituted with sliced potatoes, puff, or crust pastry.

Prep Time: 40 minutes

Cook Time: 1 hour 45 minutes

Servings: 4 to 6

Ingredients:

- 1 ½ lbs skinless white fish fillets
- 12 raw tiger prawns
- 2 ½ lbs of peeled potatoes
- 3 ½ cups milk

- 2 cups leeks finely chopped
- 2 Bay leaves
- 10 peppercorns
- 10 tbsps. of butter
- ½ cup all purpose flour
- 5 tbsps. of chopped fresh parsley
- 4 tbsps. of chopped fresh dill
- Salt and black pepper to taste

Directions:

Place the milk, bay leaves, peppercorns, and leeks in a saucepan and bring to boil. Simmer on low heat for 10 minutes and then strain the mixture and set aside.

Arrange the fish fillets in a large pan and pour the strained mixture over them and simmer on stove for 5 to 7 minutes. Remove fish fillets from pan, flake the fish, and then place in a medium size baking dish. Arrange shelled prawns on top of the fish and set aside.

Melt half the butter in a saucepan over medium heat, stir in the flour, and gradually add the flavoured milk. Simmer until sauce thickens (about 10 minutes). Remove saucepan from stove and stir in the parsley, salt, and pepper to taste. Pour the sauce over the fish and prawns.

Boil peeled potatoes in salted water until soft then drain and mash. Add the remaining butter, chopped dill, and salt to taste. Spoon the mashed potatoes onto the fish and prawns spreading it evenly. Bake in a pre-heated oven at 350 degrees Fahrenheit for about 45 minutes or until the potatoes are crusty and golden brown. Serve immediately.

Bon Appétit!





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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.

IS THERE MORE TO LIFE THAN THIS? ALPHA: Ask anything about life, faith, and God, Thursdays, 6:30 to 8:30 pm starting February 2, 2023 at the Deerfoot Campus of First Alliance Church (12345 40 St SE). To learn more and register (free) call 403-252-7572 or visit faccalgary.com.

HURTING? We're here for you. Grief Support: Thursdays starting January 12; Divorce Care: Wednesdays starting January 18; Celebrate Recovery: Tuesdays year-round; Marriage 911: Sundays starting January 22; Living Within Your Means (financial) and Renewing Hope (mental health) starting March 6. For locations, times, and to register, call 403-252-7572 or visit faccalgary.com.

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TOP-OF-THE-CLASS: At-home (and online) math tutoring. Grades 5 to 12; (S)SAT; ACT; and IB Programme. 20+ years tutoring and teaching, including 12 years while living in Asia where I owned a private tuition business (Hong Kong, Singapore, and Japan). Several of my students were accepted into top schools (Oxford, Yale, Duke, etc.). Contact Joey-Lynn: info@top-of-the-class.ca. (250)308-4839



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