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- **♥** 50 High Street SE, Calgary, AB
- www.highstreetdental.com

New Patients Welcome



### **McKenzie Towne Community Association (MTCA)**

Executive Committee		
President	Shelley Wark-Martyn	President@mckenzietownecommunityassociation.ca
Vice-President	Kimberly Stewart	Feedback @mckenzietownecommunity association. ca
Treasurer	Patrick Giroux	Treasurer@mckenzietownecommunityassociation.ca

Check us out at our new website.

https://mckenzietownecommunityassociation.ca.

Send us an email at

feeback@mckenzietownecommunityassociation.ca.

 $McKenzie Towne Community Association \, meets \, the fourth \, Wednesday \, of \, the \, month. \, Check \, out \, the \, website \, for \, location \, at \, www.mckenzietownecommunity association. ca.$ 

Facebook: @MckenzieTowneCA

**Please Note:** We are the MTCA, not the MTC. The McKenzie Towne Council (MTC) is the board that is in control of our annual Home Owner Association (HOA) fees and they are in charge of maintaining the environment and physical amenities in McKenzie Towne.



Through our team approach, we help those recovering from injury, as well as those striving for better health. We provide Chiropractic care, Active Release Therapy (ART), Massage Therapy, and use our access to many other health professionals to provide you the best outcome for your health goals.

We are currently accepting new patients and can direct bill to most insurance companies.

McKenzie Towne Chiropractic and Massage mckenzietownechiro.ca Ph: (403) 257-6163 Fax: (403) 257-6165 81 High St SE | Calgary Alberta | T2Z 3T9

## SCAN HERE TO VIEW ADDITIONAL MCKENZIE TOWNE CONTENT

& More

News, Events,





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### McKenzie Towne Community Association is Looking for Board Members

The McKenzie Towne Community Association (MTCA) is a volunteer-based organization that exists in your community – we are your neighbours, we bring together residents, and we act as a voice for our community.

MTCA is a voice for the community on important City of Calgary decisions that impact our community, such as planning and development issues. We have a liaison with all levels of government, local schools, McKenzie Towne Council, and our local policing community resource officer.

We are not the Homeowners Association, otherwise known as the McKenzie Towne Council (MTC), who oversee the community amenities and collect an annual fee.

We are planning a Winterfest Event in December; if you are interested in becoming a member of the Board or planning committee, let us know by emailing feedback@mckenzietownecommunityassication.ca.

Communities are stronger when we all participate!



#### **Community Events**

McKenzie Towne Community Association Action Group is hosting two opportunities to give back to our community. All events will be held at Sobey's on High Street. If you are interested in volunteering for one of these events, contact us at feedback@mckenzietownecommunityassociation.ca.

#### **Veterans Food Drive**

## Saturday, November 4 from 10:00 am to 1:00 pm at Sobey's High Street

The Veterans Food Bank of Alberta will be the recipients of all donations. The Veterans Food Bank of Alberta serves Veterans and First Responders (Police, Fire, EMS).

#### **Firefighters Toy Drive**

## Saturday, December 2 from 10:00 am to 1:00 pm at Sobey's High Street

In support of our local Fire Station, we will be supporting the Firefighter's Toy Drive. Toys must be new and unwrapped for children ages 0 to 12. Toys for ages 0 to 3 years and 9 to 12 years are the target age groups.

The Calgary Firefighters Toy Association is a volunteer member-led organization that accepts donation of new, unused toys for the annual Community Kids Christmas event.

#### **Holiday Lights**

Are you interested in being part of the Holiday Lights community event? Decorate your home, contact us at feedback@mckenzietownecommunityassociation.ca, and let us know you want to be part of the night walks. There will be prizes.



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limits on-street parking in busy areas so residents have better access to parking near their homes.



The program is offered by request. Only about 2% of households use this service.



New fees ensure that the cost of running the service is covered by those who benefit from it.



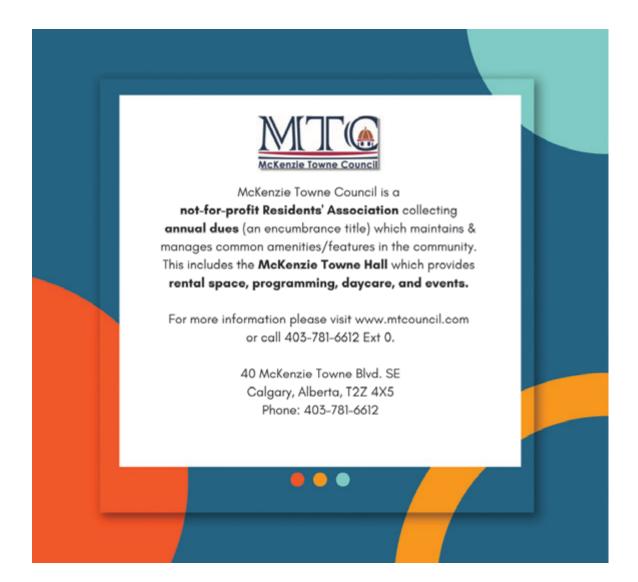
You only need a permit if your street has parking restriction signs and you want to park on the street.

22-0024302 ADV-23056

calgary.ca/rpp



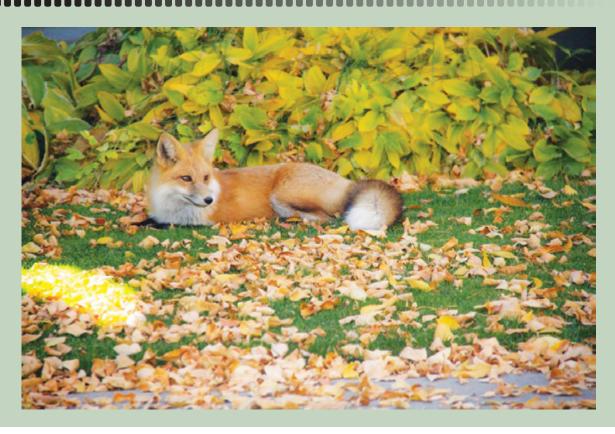






# **Photo Corner**

by Holly Sullivan







# WALKING GROUP & Coffee Social

#### **MONDAYS & THURSDAYS**

Walking Group | 9:00am to 10:30am | Gymnasium Coffee Social | 10:00am to 12:00pm | Prestwick Room

Join us for an old favourite drop-in program at MTC! Walk around the gymnasium during the colder months, then come upstairs for some coffee and make some friends!

#### **FREE FOR RESIDENTS**

#### **NO REGISTRATION REQUIRED**

MCKENZIE TOWNE HALL I 40 MCKENZIE TOWNE BLVD SE





MTC is a part of the Grand South Christmas Market this year!
Shop from local crafters small businesses and food vendors

## November 18<sup>th</sup> 2023 10:00am to 3:00pm

\* Free Entry \* Free Parking \*
McKenzie Towne Hall \* 40 McKenzie Towne Blvd SE Galgary

LEARN MORE AT
WWW.MTCOUNCIL.COM/EVENTS



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Blue whales are the largest animals known to live on Earth. Not only are their bodies ginormous at a staggering 100 feet long, but their tongues are actually incredibly heavy, with the average tongue weighing over 8,000 lbs!





DECEMBER 2, 2023 9:00AM TO 11:00AM

## TICKETS INCLUDE







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**ELECTRICITY IS NOT A HOBBY:** Call a licensed electrician and pot light specialist. No job is too small. Excellent rates. Please call John at 403-708-6555.

**NEPTUNE PLUMBING & HEATING LTD:** Qualified journeymen plumbers/gasfitters, very experienced in McKenzie Towne. Upfront pricing. Reliable, conscientious, fully guaranteed. Mon - Fri 8:00 am - 5:00 pm. 24-hour emergency service, call 403-255-7938. "Showering you with great service."

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MCKENZIE TOWNE 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 | Licensed by Avenue Financial.

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# **BUSINESS CLASSIFIEDS**

**CALGARY FRESH JOCK:** We expertly clean sports equipment including hockey, lacrosse, football, baseball, wrestling and more. Cleaned, disinfected & refreshed for better health and performance. Conveniently located at 109, 10836 24th Street SE, Calgary. Call 403-726-9301 to keep your sports gear in top shape. Equipment pick-up / drop-off service available.

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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.

**PAINTING:** Calgary's wall repaint experts. Fast, free estimates and colour consults. Friendly, clean, and on time. Check out our great reviews! Father and son power team. Fully insured. Please call/text Eric at 587-893-0326. www.elementpaintinginc.ca. Thank you.

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**PROFESSIONAL DOGWALKING:** Feeling guilty that your "best friend" isn't getting enough exercise? Let me bring your dog(s) along on our one-hour group off-leash walks where they'll get great exercise and social time! Call Happy Hearts Dog Walking and Pet Care Services at 403-616-5578. Insured Animal Health Technician!





#### **South Health Campus Wellness Centre**

#### **Better Health for Free**

Find information, resources, and classes to help make decisions about your health.

Visit the 2023 Fall Program Guide for more information and registration details at www.ahs.ca/shcwellness.

Questions? Call 403-956-3939.

# **Upcoming FREE Programs in November & December 2023**

#### **Tasty Low Salt Cooking**

Are you struggling with how to implement a lower salt (sodium) diet? Learn practical ways to lower salt in your diet with a cooking demonstration by AHS Nutrition Services Registered Dietitians. This 2-part series will feature label reading, lower sodium substitutions and preparing healthy, lower sodium foods that taste great. Register for one or both classes.

**When:** Meal Ideas: November 21 Noon – 1:00 pm. Dips & Sauces: December 12 Noon – 1:00 pm.

**Program Provider:** AHS Nutrition Services Registered Dietitians and the Wellness Kitchen.

**Registration**: www.redcap.link/TastyLowSaltCooking.

#### **Easy & Healthy Mediterranean Cooking**

Learn how to eat Mediterranean! The Mediterranean may be far away, but the delicious and healthful foods of this style of eating are close at hand. Improve your nutrition with Mediterranean meal ideas for brain health, heart health, or general well-being.

When: November 16 Noon – 1:30 pm.

**Program Provider:** AHS Nutrition Services Registered Dietitians and the Wellness Kitchen.

#### Registration:

www.redcap.link/EasyHealthyMediterraneanCooking.



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