

OCTOBER 2023

DELIVERED MONTHLY TO 3,025 HOUSEHOLDS

your SETON



THE OFFICIAL SETON COMMUNITY NEWSLETTER



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- Bungalow Villas
- Lakeside Estate Homes
- Island Estate Homes

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Cats, Canines, & Critters of Calgary



Bonnie, Bridgeland



Moose, Canyon Meadows



Ash, Mckenzie Towne



Sparky, Douglas Glen

To have your pet featured, email news@mycalgary.com



Meet Your Seton Homeowners Association Board of Directors

BOARD OF DIRECTORS

Deb Glover	Brookfield Director
Karen Shopland	Brookfield Director
Kristine Aghajanova	Brookfield Director
Steven Phan	Resident Director
Temi Bolaji	Resident Director
Christopher Williams	Resident Director
Adeniyi Ogunwusi	Resident Director
Andrew Picklyk	Resident Director
Abiodun Oduniyi	Resident Director

What is the Seton Homeowners Association (SHOA)?

The SHOA is a not-for-profit company, which is incorporated and professionally operated, managed, and maintained. The SHOA will be responsible for the operations and maintenance of community assets, such as: entry features, amenities, and the Seton HOA facility (an exclusive lifestyle centre for Seton residents) for the lasting enjoyment of its membership. In addition to supporting healthy living and enhanced quality of life, your HOA will create opportunities to meet your neighbours and develop connections.

SETON HOA

Contact Info

Email: info@setonhoa.ca

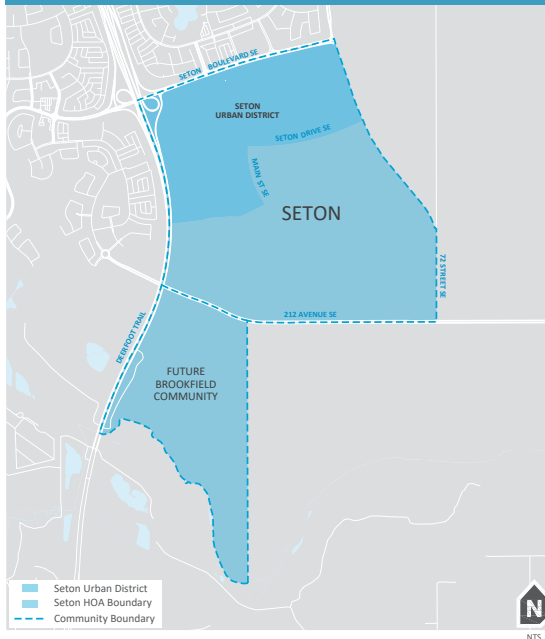
Website: www.seton-connect.com

Facebook: <https://www.facebook.com/setonyyc>

Instagram: https://www.instagram.com/seton_yyc/



SETON HOA BOUNDARY MAP



SCAN HERE TO VIEW ADDITIONAL SETON CONTENT

News, Events, & More



Crime Statistics



Real Estate Statistics



Calling All BABYSITTERS

Enroll free at mybabysitter.ca and choose the Calgary communities you would like to babysit in.

Calling All PARENTS

Visit mybabysitter.ca and find available babysitters in and around your community.



LEN T WONG + ASSOCIATES



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*Guarantee is being offered by Greater Property Group.
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		Properties		Median Price	
		Listed	Sold	Listed	Sold
August	23	18	18	\$411,000	\$410,375
July	23	23	16	\$397,400	\$394,700
June	23	29	26	\$432,450	\$430,000
May	23	24	30	\$387,250	\$384,750
April	23	26	24	\$406,150	\$402,300
March	23	23	25	\$399,900	\$396,500
February	23	29	18	\$385,000	\$381,450
January	23	7	11	\$439,900	\$429,900
December	22	6	8	\$467,950	\$460,950
November	22	17	13	\$415,000	\$415,000
October	22	10	15	\$435,000	\$433,000
September	22	17	9	\$349,900	\$339,900

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



HOMEOWNERS
ASSOCIATION

AGM 2023

OUR ANNUAL AGM WILL BE
HELD IN NOVEMBER 2023.
PLEASE KEEP AN EYE ON OUR
WEBSITE FOR THE SPECIFIC
DATE, TIME AND LOCATION
DETAILS.

INTERESTED IN JOINING THE
BOARD OF DIRECTORS?
CONTACT GM@SETONHOA.CA

A HALLOWEEN DISGUISE

Halloween costumes have been around for over 2,000 years! This tradition began with the Celtic festival of Samhain, which marked the end of harvest season. It was believed that on October 31, spirits could walk the Earth. To honour the spirits and keep themselves safe by blending in, Celts donned disguises made of animal heads and skin.





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 October and November 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 two-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: Dips and Sauces: October 10 from noon to 1:00 pm, Meal Ideas: November 21 from noon to 1:00 pm

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

Registration: <https://redcap.link/TastyLowSaltCooking>

Cooking When Fatigued

Learn to prepare and cook healthy meals when you live with chronic fatigue or mobility issues related to neurological conditions or arthritis. This unique cooking demonstration gives you the opportunity to ask questions and learn strategies to be more successful in the kitchen.

When: October 18 from noon to 1:30 pm

Program Provider: AHS Nutrition Services Registered Dietitians, Allied Health and the Wellness Kitchen

Registration: <https://redcap.link/CookingWhenFatigued>

Easy and Healthy Mediterranean Cooking

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 from noon to 1:30 pm

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

Registration: <https://redcap.link/EasyHealthyMediterraneanCooking>

Food and Nutrition for Cancer Treatment and Recovery

Are you faced with eating challenges due to swallowing difficulty, taste changes, or dry mouth caused by your cancer treatment? Learn and share tips for regaining health through good nutrition with other survivors. Plan to attend both sessions.

When: October 26 and November 2 from 10:00 am to noon

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

Registration: <https://wel.gametime.net/cne/public/list>

Eat to Lower Your Risk of Diabetes

from Alberta Health Services

Diabetes is when your body cannot properly use and store the sugars broken down from food. This can lead to high blood sugar. There are many treatments available, including medication, physical activity, and healthy eating. Making healthy food and lifestyle choices may help lower your diabetes risk. It may also help you manage diabetes if you already have it.

- Eat regularly to keep energized throughout the day. It can be helpful to eat earlier in the day.
- Eat a variety of vegetables each day. It may lower your risk of getting diabetes or heart disease.
- Try filling half your plate with a variety of vegetables at every meal.
- Snack on carrots or celery sticks.
- Use spinach as a topper on your pizza.

- Add vegetables to your sauces. Try adding bell peppers to your marinara sauce, and zucchini strips to your pasta noodles.
- Include at least two types of vegetables at each meal. Try a Mediterranean Salad with Cheese recipe. It is full of vegetables, fibre, protein, and unsaturated fats.
- Try eating different coloured fruits and vegetables every day.
- Make water your drink of choice and limit sugar-sweetened drinks. The added sugars in drinks such as pop can add extra calories. Extra calories over time may increase risk of obesity, which can increase your risk of chronic diseases including diabetes.
- Choose a diet or sugar-free option instead of regular pop.
- Choose sparkling water instead of regular pop.
- Fill a bottle with water and carry it with you so you get in the habit of choosing water to drink.

Making healthy food choices can lead to long-term health. Start with making small changes. For more tips on how to make healthy eating a habit, call Health Link at 811 to speak with a dietitian.

UNTIL SEPTEMBER 30

\$100,000

OR A 2023 CORVETTE



GREY EAGLE
RESORT & CASINO
OF THE BEAUTIFUL TSUUT'INA NATION

GRAND PRIZE DRAW:
OCTOBER 6, 2023 AT 8PM

HOW TO ENTER:
FILL OUT OUR SURVEY AT GUEST SERVICES FOR A CHANCE TO WIN \$100,000 CASH OR THE 2023 CORVETTE.

MONTHLY QUALIFIER DRAWINGS:
THURSDAY, AUGUST 31, 2023 - 7PM
SATURDAY, SEPTEMBER 30, 2023 - 7PM

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OR BRING TO
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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.

ACTIVE SPORTS THERAPY: Looking for sports chiropractic, Active Release Therapy, physiotherapy, IMS, or massage in Seton? Our unified team of expert practitioners have one common goal – to help you achieve a higher standard of health, so you are able to do all the things in life that you love to do. Call us at 403-278-1405, or visit activesportstherapy.ca to book a free consultation.

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CONNECTING TO CREATE A VIBRANT COMMUNITY



With such a large team committed to working together and making Seton the best place to call home, it can be confusing to navigate who to connect with and how. See below on how to best connect with your community.

CITY OF CALGARY

- Maintenance of public spaces, (pathways, parks, ponds, streets, etc.)
- Tree care & replacement in public green spaces
- Snow removal on City streets
- Building, planning, and business
- Parks and recreation
- Taxes and property assessment
- Social programs and services
- Bylaws and public safety
- Calgary Fire Department
- Calgary Police Services
- Waste services
- Transportation
- Animal services

311 | calgary.ca

SETON HOA

- Operations of the future HOA facility & park
- Community programming & events
- Future maintenance of HOA owned land/amenities in community
- Future seasonal lights
- Community engagement
- Future enhanced landscape maintenance & snow removal in key public (City of Calgary) green spaces & pathways
- Automatic Membership - encumbrance registered on Seton Homeowner's title
- Not for profit organization

info@setonhoa.ca | seton-connect.com

@setonyc | @seton_yc

BROOKFIELD RESIDENTIAL

Communities Division

- Planning
- Underground services
- Road & sidewalk construction
- Park & green space construction & maintenance until turned over to City of Calgary (see map)
- Tree Planting
- Architectural controls
- HOA support

Homes Division

- Sales
- Construction
- Customer care

Commercial Division

- Planning
- Construction
- Leasing

info.calgary@brookfieldrp.com | (403) 231-8900

FUTURE SETON CA

- Celebrating community
- Community advocacy for
 - Schools
 - Safety
 - Urban planning
 - Community issues
 - Civic issues
- Recreational sports leagues
- Community programming (minor sports) & events
- Future development of allocated CA land
- Optional membership
- Not for profit organization

If you are interested in being involved with setting up the Seton Community Association, email info@setonhoa.ca

Community by
Brookfield Residential

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