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Kyley Styles!

Join us in welcoming Kyley, a Canadian solo artist. He stresses the importance of remembering where you came from while playing through the ages of music.

Tuesday, January 10th @ 7:00pm

Robbie Burns Celebration

Don your kilt, dust off your tartans, and join us alongside the Burns Club of Calgary as they pipe in and address the Haggis, recite poetry, and sing some fine Scottish folklore!

Tuesday, January 21st @ 7:00pm



Please CALL to reserve your space TODAY! Seats are limited. If you have any questions or would like to book a tour, please call Jan or Shannon at

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		Listed	Sold	Listed	Sold
November	22	8	12	\$357,450	\$355,500
October	22	12	18	\$462,450	\$453,750
September	22	19	14	\$279,950	\$282,500
August	22	20	23	\$439,900	\$390,000
July	22	26	18	\$345,000	\$360,000
June	22	17	18	\$322,450	\$323,450
May	22	23	14	\$534,950	\$535,000
April	22	20	26	\$494,900	\$487,500
March	22	28	21	\$500,000	\$520,100
February	22	16	19	\$649,900	\$632,500
January	22	12	8	\$349,950	\$333,500
December	21	8	15	\$499,900	\$500,000

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

CMCA Office Hours

10:00 am to 2:00 pm, Monday/
Wednesday/Friday
Phone: 403-251-1715
Fax: 403-251-6190
Email: info@cmca.ca
Website: www.cmca.ca

Mailing Address:

PO Box 83023
Canyon Meadows Postal Outlet,
Calgary, AB T2W 6G8

Facility 1 (Canterbury Hall)
844 Cantabrian Drive SW
Facility 2 (Lloyd Hand Hall)
848 Cantabrian Drive SW

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Sledding Safety

by Alberta Health Services, EMS

Emergency Medical Services (EMS) would like to remind parents and children about a few toboggan/sledding safety tips as the winter season continues. Injuries may result from collisions with stationary objects on the hill, such as trees, poles, rocks, or even collisions with other people. Unprotected falls can also result in more serious injury if you lose control at high speeds. However, everyone can be safe and have fun on the toboggan hill by following these reminders.

Equipment

- Always ensure your toboggan, or sledding device, is in good repair. Inspect it for any damaged or missing parts before each use.
- Be certain the operator is fully capable of staying in control of the sled at all times.
- Wear a ski helmet, designed for use in cold weather and high speeds.

Hazards

- Avoid hills that are too steep or too icy.
- Choose hills free of all obstacles such as trees, rocks, utility poles, benches, or fences.
- Beware of loose scarves, or clothing containing drawstrings, which could present a strangulation hazard if they become caught or snagged.
- Look out for others. Move quickly to the side after finishing a run and stay to the side of the sliding path when walking up the hill.
- Children should be supervised by an adult; never toboggan alone.
- Tobogganing at night is not advised.

Plan Ahead

- Dress warmly in layers and anticipate weather changes.
- Consider bringing extra sets of gloves and toques to exchange wet garments for dry ones.
- Take breaks out of the cold to warm up.
- Attempt to cover any exposed skin.
- Even when properly protected from the elements, the fingertips, toes, ears, the tip of the nose, and other high points on the face, such as the forehead and cheek bones can be affected by frostbite.
- If frost bite has occurred, treat it by first removing the individual out of the cold environment. Gently warm the affected skin by placing a warm hand over it, or by placing the affected part in warm - not hot - water, until re-warmed.

Gentle Intentions

from Alberta Health Services

Every January, there seems to be the pressure of locking in New Year resolutions. Be kind to yourself and instead consider setting some “gentle intentions.” Without focusing on overwhelming changes, reflect on smaller things we can do each day to improve our wellbeing. This shift in mindset can set up more sustainable, meaningful routines for 2023!

Here Are Some Tangible Tips to Embrace:

Sleep

Create habits that help you get a good night’s sleep. Avoid looking at screens before bed, write your thoughts about the day in a journal, read a good book, or take a mindful moment to relax before getting some ZZZs.

Nutrition

You must nourish to flourish! Fuel your body in a balanced way that feels right. Learn how you can also support others by contributing to local food banks, healthy food boxes, or community fridges.

Helping Others

Everyone can use a helping hand from time to time. Think about the ways you can be active and helpful to your community. Why not surprise your neighbour by shoveling their walkway or inviting them over for a cup of tea!

Supportive Connections

Think about the natural supports in your life, like friends, family, or members of your faith community. Check in with them after the excitement of the holidays is over. Rather than just responding, problem solving, or offering advice, try to offer support by listening.

Physical Activity

We know it will be chilly or snowy, so try to embrace the cooler season! Enjoy a hot cocoa, visit your local skating rink, or simply head out for a beautiful winter stroll.



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WWW.CMCA.CA/BPP

The CMCA Needs Bingo Volunteers!

The CMCA bingo fundraisers are held at the Grey Eagle Bingo Hall. The Grey Eagle Bingo Hall is a not-for-profit facility that is operated by the Best Bingo Association. CMCA is a member of the Best Bingo Association, along with many other groups such as community associations, sport groups, school bands, other not-for profits, and charities. Alberta Gaming, Liquor, and Cannabis regulates all aspects of gaming and ensures that the revenue raised each month from running bingos is split evenly between the groups based on the number of bingo events they worked.

Each group that is part of the Best Bingo Association must provide eight volunteers for their event. If the group cannot provide enough volunteers, the event must either be shared with another member group or given up. Both these options are less than ideal because it means splitting the revenue from the event or losing the revenue entirely.

All the revenue raised from bingos must be used for AGLC approved use of proceeds. For CMCA, that use is directed toward paying for the electricity costs associated with the hockey rinks and halls, as well as some other facility maintenance around the community centre. The monthly revenue over the last 16 months averages \$621. Over the last year, our group of bingo volunteers has raised a very impressive \$6,833 after deducting concession and bank fees.

Canyon Meadows community is committed to one bingo a month for 10 months each year. The amazing, dedicated, and valued group of CMCA bingo volunteers is a hard-working, fun group of only eight individuals who do their best to show up for every bingo event.

We would really like to increase the number of volunteers that are available to work a bingo for us. If you are usually available on a Friday during daytime hours (10:00 am to 4:00 pm) and don't mind being at a smoking venue that is large and has very modern, efficient ventilation, your volunteer time would be much appreciated. As well, daytime bingos are not as busy as the evening events. We really need you! All the volunteers receive lunch and beverages during the event and carpooling can be arranged, if required.

So, if you are interested in helping your community, meeting great people, and can be available during the daytime on Fridays, please contact Johanne at 403-281-6573 or Thilly at 403-256-5527.

Here are the upcoming bingo event dates that CMCA is scheduled to work:

February 3, 2023 | March 24, 2023 | April 28, 2023 | May 19, 2023 | June 23, 2023

Seniors' Coffee Dates

Come on out to the community centre and join your neighbours for coffee, treats, and great conversations close to home.

We hope to see you here on Wednesday, January 11 and Wednesday, January 25 from 10:30 to 11:30 am.

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