

NOVEMBER 2024

DELIVERED MONTHLY TO 3,450 HOUSEHOLDS

CANYON MEADOWS

CHRONICLE

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**REMEMBRANCE DAY
LUNCHEON
PAGE 8**



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www.calgaryweightlossclinic.com

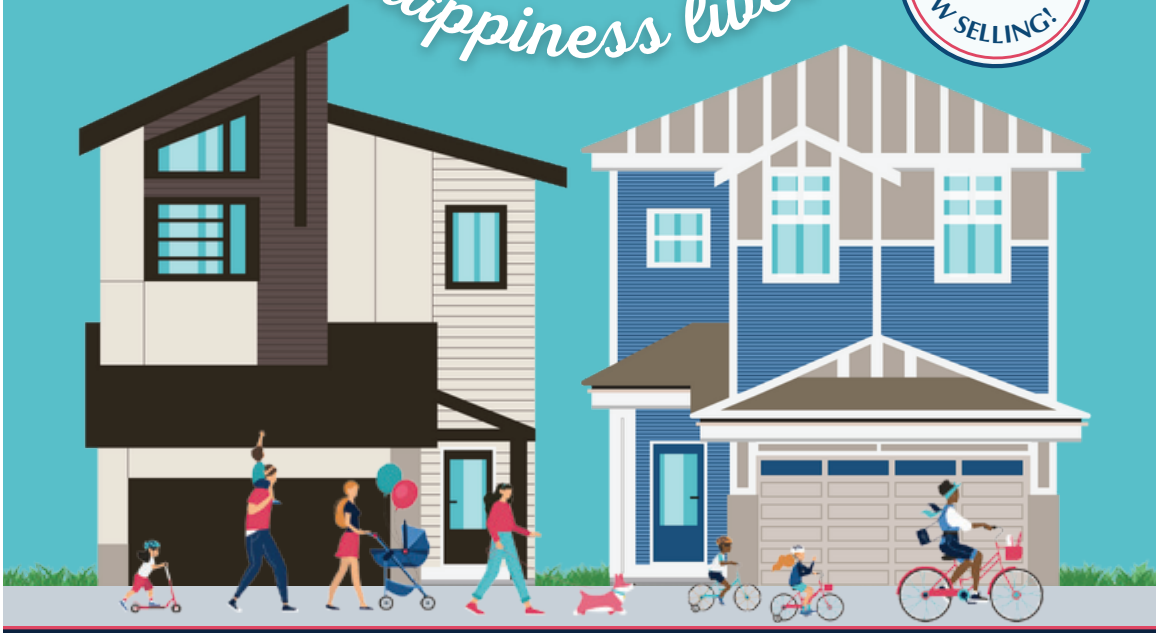


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QUADRA

APEX

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MANY OTHER PACKAGES AVAILABLE!

BATHROOM RENOVATION SALE

SUPREME ULTIMATE

- Remove all old materials from bathroom and job site
- Supply & install new acrylic soaker tub
- Supply & install new toilet with soft close seat
- Supply & install new Delta pressure balance taps
- Supply & install new showerhead & diverter spout
- Supply & install new mold-resistant board
- Supply & install new tile to ceiling
- Supply & install one corner caddy & soap dish
- Supply & install new subfloor
- Installation of new tile flooring
- Supply & install new vanity
- Supply & install new granite or quartz countertops with undermount sink
- Supply & install new Delta vanity tops
- Supply & install new drain system & pop-up stopper

ABSOLUTELY NO HIDDEN COSTS

Some restrictions may apply. Reg: \$14,679

SALE **\$10,769**
Limited Supplies

TUB TO SHOWER CONVERSION

- Remove all old materials from bathroom and job site
- Supply & install one custom shower stall 60" x 30"
- Supply & install new water resistant board
- Schluter base
- Supply & install new tile to ceiling
- Supply & install custom shower doors
- Supply & install new Delta pressure balance taps
- Supply & install new toilet with soft close seat
- Supply & install one corner caddy with soap dish

ABSOLUTELY NO HIDDEN COSTS

Some restrictions may apply. Reg: \$12,679

SALE **\$9,379**
Limited Supplies

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PLEASE CHECK OUT OUR REVIEWS ON HOMESTARS AND RATINGS ON BBB!!



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All Labour & Material Included

All packages pertain to standard size bathrooms

CMCA Office Hours

Monday to Friday: 9:00 am to 4:00 pm
 Closed on holidays
 Board Meeting Times: September to June
 The first Wednesday of the month
 7:00 to 9:00 pm
 Lower level boardroom
 Phone: 403-251-1715
 Website: www.cmca.ca

Mailing Address:

844 Cantabrian Drive SW
 Calgary, AB
 T2W 6G4

Facility 1 (Canterbury Hall)
 844 Cantabrian Drive SW

Facility 2 (Lloyd Hand Hall)
 848 Cantabrian Drive SW

Community Association Contacts

President	Michael Richmond	president@cmca.ca
Vice President	Anna Glickman	vicepresident@cmca.ca
Treasurer	Sarah Weatherdon	treasurer@cmca.ca
Secretary	Emma Paton	secretary@cmca.ca
Bingo Director	Johanne Smith	bingo@cmca.ca
Membership Director	Baylea Willan	memberships@cmca.ca
Events Director	Lindy Bowler	events@cmca.ca
Civic Affairs Director	Monica Fassnidge	civicaffairs@cmca.ca
Director at Large	Ryan Hogan	

Office Staff

Facility Manager / Hall Rentals	Bonnie Treavor	info@cmca.ca
General Manager	Colleen Griffin	gm@cmca.ca
Bookkeeper	Sherry Klimow	accounting@cmca.ca

Programs and Events at the Canyon Meadows Community Centre

The groups listed here are all users of the Canyon Meadows facilities. If you have an interest in joining, please get in touch with the group directly.

Group/Program	Day/Time	Contact
Iglesia Ni Cristo	Wednesdays and Saturdays	romting@hotmail.com
Dancing Heals	Saturday mornings	dancingheals@hotmail.com
Deeper Life Bible Church	Sundays, Wednesdays	calgary@deeperlife.ca or Joshua: 587-717-8675
Girl Guides – CCG TallTrees Dist.	Monday, Tuesday, Thursday	any-calgarytalltrees@girlguides.ca
Gospel Meeting	Sunday afternoons	B. Drummond: 403-921-8791
Hopscotch Before and After School Care	Monday to Friday	hopscotchbasc@gmail.com Jenn or Tammy: 403-890-8233
Little Kickers	Tuesday evenings	aboffice@littlekickers.ca 1-833-444-5425, ext. 4
Quilted Mouse	Every first and third Tuesday	kimmorrison4@gmail.com
Rock the Diploma	January and June diploma prep classes	marc@rtdacademy.com
Tai Chi	Thursday mornings. September to June	janesperiar@gmail.com



CMCA Facility Rentals

Weekday rates are for 6:00 am Monday to 6:00 pm Friday.
 Weekend rates are for 6:00 pm Friday to end of day Sunday.
 Minimum two-hour rental on weekends.
 Set up and clean up must be included in your rental time.
 CMCA members receive 10% off all bookings!



Rinks



Kitchen



Boardroom



CMCA Community Hall Aerial



Canterbury Hall



Lloyd Hand Hall



Playground



CMCA Community Hall



Gazebo

Facility	Description	Weekday rate	Weekend & stat holiday rates	Security Deposit
Canterbury Hall (F1) Main Hall 27x48' (1300 sq ft)	Includes bathrooms, spacious entryway, coat racks, small prep kitchen for reheating only, full size fridge, large East & West facing windows, tables & chairs, Wi-Fi	\$50/hr Mon 6:00 am to Fri 6:00 pm	\$70/hr Fri 6:00 pm to Sun (end of day)	\$1,200
Lloyd Hand Hall (F2) Main Hall 39x48' (1872 sq ft)	Includes bathrooms, outdoor gazebo, spacious entryway, generous coat room, portable bar, large windows, tables & chairs, podium, highchairs & Wi-Fi *Commercial kitchen is available for an additional fee*	\$60/hr Mon 6:00 am to Fri 6:00 pm	\$80/hr Fri 6:00 pm to Sun (end of day) Wedding Special Sat 8:00 to 2:00 am \$1,260	\$1,200
Lloyd Hand Hall (F2) Commercial Kitchen	Full rental – Includes use of all appliances; walk-in cooler, freezer, dishwashers, industrial double oven with 10 burner stovetop, & pizza ovens. Dishes, glassware, cutlery & serving dishes. Limited rental – Includes use of walk-in cooler, freezer, counter tops, sink	\$450 with hall rental \$165 with hall rental	\$450 with hall rental \$165 with hall rental	Equal to kitchen rental
Lower Boardroom Approx. 500 sq ft	Includes counter area, sink, bathrooms, microwave, fridge	\$35/hr Mon 6:00 am to Fri 5:00 pm	\$45/hr Fri 5:00 pm to Sun (end of day)	\$500

Upcoming CMCA Programs and Events

Learn more and register at cmca.ca.

Hip Hop Dance Class Sampler Session

Thursdays, November 14 to December 19

- Grades 2 to 5 – 3:15 to 4:00 pm
- Grades 6 to 9 – 4:00 to 4:45 pm

Break, pop, dance! Calgary-renowned Pulse Studios is coming south to our hall! Head over after school to shake off the day. Six sessions, caregivers watching on last day.

Members: \$108 | Non-members: \$120

Remembrance Day

Monday, November 11 from 10:30 am to 1:00 pm
Lloyd Hand Hall

Free gathering to listen to the Last Post and share a luncheon and stories. Contact events@cmca.ca to join the event online. See poster elsewhere in this newsletter.

Good Food Box

Order deadline: November 11

Pick up date: November 20

Monthly order of seasonal fruits and veggies.

\$30 - Small Box (20 to 25 lbs.)

\$35 - Medium Box (30 to 35 lbs.)

\$40 - Large Box (40 to 45 lbs.)

Senior's Coffee

Every Other Wednesday, September to June,
November 13 and 17 at 10:30 am
Lloyd Hand Hall

Free gathering to come catch up with neighbours for a chat. Treats provided by Canyon Meadows Bakery.

Christmas Craft Fair

Saturday, November 16 from 10:00 am to 3:00 pm
Lloyd Hand Hall

Free admission with a donation to the Calgary Humane Society.

Shop local vendors for gift-giving season, hot dog lunch special, concession, door prizes. Vendors tables are still available.

Santa's Mailbox

November 16 to December 16

128 Cannington Place SW

Free service! Santa will reply to letters before Christmas if they're delivered to Santa's mailbox by December 16. See the poster elsewhere in this newsletter for more details!

Kids' Christmas Party

November 29 from 2:00 to 5:00 pm

Lloyd Hand Hall

Free with gift donation to stuff a stocking for Servants Anonymous Society of Calgary. Crafts, letters for seniors, photo booth, decorate a cookie.



BRAIN GAMES SUDOKU

						5	6	
	8		5		6	7		3
		3						
								7
		2		1	3			4
	1		4		2	3		
7		1		2				
8			1	4				
	6							

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GREATER PROPERTY GROUP



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	Properties		Median Price	
	Listed	Sold	Listed	Sold
September 24	17	17	\$450,000	\$435,000
August 24	20	9	\$649,900	\$625,000
July 24	21	21	\$390,000	\$415,000
June 24	23	23	\$459,900	\$485,000
May 24	30	21	\$460,000	\$440,000
April 24	20	19	\$619,900	\$614,900
March 24	20	19	\$567,500	\$565,000
February 24	12	6	\$237,000	\$252,000
January 24	13	13	\$339,900	\$356,000
December 23	8	6	\$389,489	\$405,000
November 23	9	15	\$500,000	\$488,000
October 23	15	20	\$314,950	\$345,000

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



NOVEMBER 11 10:30-1:00PM

Lest we forget

REMEMBRANCE DAY GATHERING

Gather with neighbours, listen to the Last Post, share a luncheon and stories.

Canyon Meadows Community Association
Lloyd Hand Hall
848 Cantabrian Drive SW

Contact events@cmca.ca to join the event online.

VISIT CMCA.CA FOR MORE INFO

So Are the Days of Our Lives

Days of Our Lives first aired on November 8, 1965, making it one of the longest-running soap operas! The original title sequence, voiced by actor MacDonald Carey, who played Dr. Tom Horton for nearly 30 years, is still used today!



READY FOR ZUMBA® CLASS?

Thursdays at 7:00PM
11 Sackville Drive SE
Southwood Community Centre
403-630-5756



CMCA Bingo

The dedicated crew of CMCA Bingo volunteers continue with the monthly Friday events at the Grey Eagle Bingo facility. Our scheduled events run from 10:15 am to 4:00 pm. CMCA covers the lunch costs for all volunteers. If you are interested in joining this amazing group of volunteers, please email Johanne at info@cmca.ca.

Upcoming Bingo Dates

- November 15
- December 13
- January 10, 2025
- February 14, 2025
- March 21, 2025



Support your business
Support your community

CMCA BUSINESS PARTNERSHIP PROGRAM

AllKind Appliance Service Ltd.

Aquality Plumbing & Heating Inc.

Beitel Brothers Liquor

Canyon Meadows Auto Service

Canyon Meadows Bakery

Chamberlain Real Estate Group – Lindy Bowler

Electronic Innovation

Isle Love Travel - Tasha Walsh

Living Tai Chi

Smith Pezzente Real Estate Team Remax

Sylvan Learning of Mid-South Calgary

Thornborough Smeltz LLP

Wendy Kelman – Realtor Coldwell

WWW.CMCA.CA/BPP

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Long-Term Inner City Resident



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WINDOWS 1.0

Microsoft introduced Windows 1.0 on November 10, 1983, but it took almost two years to release. When it launched on November 20, 1985, anyone with a personal computer could use programs such as Calculator, Paint, Notepad, Write, Clock, and even the game Reversi!



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
HIPHOP DANCE CLASSES

PULSE STUDIOS IS COMING TO THE CANYON
MEADOWS COMMUNITY HALL! SIGN UP FOR OUR
SAMPLER 6 SESSION CLASS. ALL LEVELS WELCOME!

NOV 14-DEC 19 3:15-4PM, 4-4:45PM

\$108 MEMBERS \$120 NON-MEMBERS

MORE DETAILS AT CMCA.CA

 C. Nguyen

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IT'S TIME FOR THE CMCA



CHRISTMAS MARKET

ARTS * CRAFTS * FOOD



SATURDAY NOVEMBER 16 10AM-3PM



FREE ADMISSION WITH A DONATION TO THE CALGARY HUMANE SOCIETY

Float Like a Butterfly

The female Queen Alexandra's birdwing, the largest butterfly in the world, boasts a stunning wingspan of 25 to 30 centimetres! These magnificent butterflies make their home in the lush rainforests of Oro Province in Papua New Guinea. Talk about a tropical treasure!



WEST PEAKS DENTAL SUITE

Dr. Crystal Cobb is Joining the West Peaks Dental Team!

Dr. Cobb starts in January, call or scan the QR code to book an appointment with her today!

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Calgary, AB T2V 4A3
☎️ (403) 281-4264
🌐 westpeaksdentalsuite.ca




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CANYON MEADOWS CONTENT

News, Events,
& More



Crime
Statistics



Real Estate
Statistics



Cats, Canines, & Critters of Calgary



Bowser, Remus, Riku, *Montgomery*



Teddy and Sassy, *Foothills*



Tika and Chiko, *Stradwick Rise*

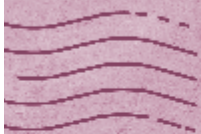


Tonu, *Seton*



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

*Santa's Mailbox is
coming November
15th!*



MAILBOX ADDRESS:

128 CANNINGTON PLACE SW

Address your letters to:

Santa Claus

North Pole

HOH OHO, CANADA

DON'T FORGET YOUR RETURN ADDRESS

*Santa will reply to letters before Christmas if they're
delivered to Santa's mailbox by Dec 16th.*

more info at cmca.ca

Peanut Butter Lovers Month

Did you know November is Peanut Butter Lovers Month? Although, many believe George Washington Carver is the person to thank for this tasty, nutty treat. It was actually Canadian chemist Marcellus Gilmore Edson who patented peanut paste in 1884, by milling roasted peanuts between heated surfaces.

Now you know who to thank for your favourite spread!





DISCREET & CONVENIENT TEETH STRAIGHTENING



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COMFORTABLE:

Custom-made for each individual, Invisalign aligners ensure a comfortable and snug fit, eliminating the potential for irritation or discomfort associated with traditional braces.



PREDICTABLE RESULTS:

Invisalign uses advanced digital technology to create a step-by-step plan for teeth movement, allowing individuals to visualize expected results before starting treatment for a predictable and controlled approach.



INVISIBLE APPEARANCE:

Invisalign offers a virtually invisible appearance due to its clear and transparent aligners, allowing individuals to undergo orthodontic treatment discreetly.



SHORTER TREATMENT:

In some cases, Invisalign may offer a shorter treatment duration compared to traditional braces, thanks to precise and personalized treatment plans.



REMOVABLE:

Invisalign aligners are removable, providing flexibility in eating and facilitating easier oral hygiene practices by allowing individuals to take them out for brushing and flossing.



IMPROVED ORAL HEALTH:

Being able to remove the clear aligners when necessary makes it easier to practice good oral hygiene like brushing and flossing. This can lead to a cleaner, healthier mouth and cut down on additional issues like mouth sores, cavities, bad breath, and tooth decay.



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JOIN US FOR OUR



Kids Christmas Party

Crafts, letters for seniors, photo booth,
decorate a cookie. Free with gift donation
to stuff a stocking for Servants
Anonymous Society of Calgary.

29
November

From 2-5 PM
Lloyd Hand Hall

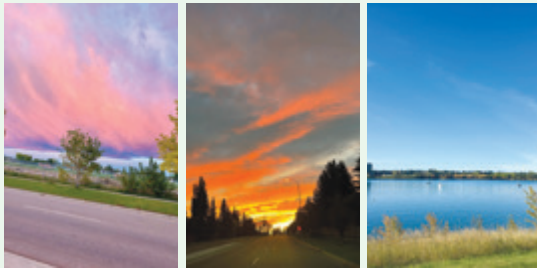
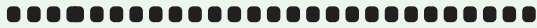
RIVER HORSE

Did you know that hippopotamuses can't swim! Despite spending most of their time in the water (almost 16 hours per day) they are unable to float on the water because of their dense bones. Instead, they gallop, quite gracefully, on the riverbed.



Photo Gallery

by Kim Chulsky



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NEPTUNE PLUMBING & HEATING LTD: Qualified journeymen plumbers/gasfitters, very experienced in Canyon Meadows. 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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CANYON MEADOWS 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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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.

CROWN RENOVATIONS: Beautiful kitchen, bathroom and complete basement renovations at affordable prices. Over 40 years' experience in quality renovations. Full service custom cabinetry manufactured in Calgary. Local, licensed, bonded, and insured. Free in-house estimates. Full house renovations. Check out our website at www.crownrenovations.com. Contact Susan at 403-801-1140 or crownreno@shaw.ca.

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Word of the Month

Accismus:

noun (uhk-siz-muhs)

When someone pretends to be indifferent about or feigns refusal of something they desire.

"Oh no, you shouldn't have," Sara said with a hint of accismus as her friend purchased her long-awaited coffee for her.



403-281-2008

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FROM THE HIGH

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244 CANNINGTON PL SW



12032 ELBOW DRIVE SW



12940 CANDLE CRES SW



404 CANTERBURY PL SW



12919 CANDLE CRES SW



CONTACT US TODAY FOR YOUR FREE EVALUATION: 403.251.2900

NOT INTENDED TO SOLICIT PROPERTIES ALREADY LISTED FOR SALE