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**VALENTINE'S DANCE**  
**CANYON MEADOWS**  
**BAKERY FAREWELL**

**PAGE 5**



*Cover Photo by Kim Chulsky*



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- 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: \$15,679*

SALE **\$11,679**  
*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
- Tile Schluter base
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- 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

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# Community Association Contacts

## 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

President	Michael Richmond	president@cmca.ca
Vice President	Anna Glickman	vicepresident@cmca.ca
Treasurer	Eugene Otsuka	treasurer@cmca.ca
Secretary	Emma Paton	secretary@cmca.ca
Bingo Director	Johanne Smith	bingo@cmca.ca
Events Director	Michael Ingham	events@cmca.ca
IT and Funding Director	Ryan Hogan	funding@cmca.ca
Director at Large	Baylea Willan	
Director at Large	Frank Anderson	
Director at Large	Kyle Jones	
Director at Large	Lindy Bowler	
Director at Large	Monica Fassnidge	

## 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
Dancing Heals	Saturday mornings	dancingheals@hotmail.com
Deeper Life Bible Church	Sundays, Wednesdays	calgary@deeperlife.ca
Girl Guides – CCG TallTrees Dist.	Monday, Tuesday, Thursday	any-calgarytalltrees@girlguides.ca
Gospel Meetings	Sundays, 3:30 to 5:30 pm	
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
Queens & Jacks	Monday evenings	info@queensandjacks.com
Quilted Mouse	Every first and third Tuesday	Group currently closed for registrations
Rock the Diploma	January and June diploma prep classes	marc@rtdacademy.com
Tai Chi	Thursday mornings. September to June. Beginner and Advanced levels. Try a free class!	janesponiar@gmail.com

## Upcoming CMCA Programs and Events

Learn more and register at [cmca.ca](http://cmca.ca).



### Good Food Box

**Order deadline: February 17**

**Pick up date: February 26**

Monthly order of seasonal fruits and veggies.

- \$30 Small Box (20 to 25lbs)
- \$35 Medium Box (30 to 35lbs)
- \$40 Large Box (40 to 45lbs)

Order at [cmca.getcommunal.com](http://cmca.getcommunal.com).

### Senior's Coffee

**Every other Wednesday, September to June,  
February 12 and 26 at 10:30 am**

Lloyd Hand Hall

Free gathering for members to come catch up with neighbours for a chat.

### Valentine's Dance

**Friday, February 14 from 7:00 to 10:00 pm**

Lloyd Hand and Canterbury Halls

Adult dance with supervision and kids party provided in separate hall.

Come celebrate community love with a DJ, lights, licensed bar, sweets, and more!

Buy your tickets at [cmca.getcommunal.com](http://cmca.getcommunal.com).

**Canyon Meadows Bakery: Open from 1988 to  
December 2024**

**Saturday, March 1 from 1:00 to 3:00 pm**

Lloyd Hand Hall

Join us for a drink and refreshments as we gather to appreciate Stan and Heather, and this cherished community business.

**Hip Hop Dance Class Sampler Session  
Coming March 2025**

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

Register now at [cmca.getcommunal.com](http://cmca.getcommunal.com).

**CMCA**  
CALGARY COMMUNITY COMMUNITY ACTION

*Celebrating Community*  
**Valentine's Dance**

**FRIDAY FEBRUARY 14 7-10PM**

reserve your tickets now

Adult dance, kid party in separate hall, DJ, lights, licensed bar, sweets and more!

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## BINGO! 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**  
• February 14, 2025 • March 21, 2025

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**CMCA BUSINESS PARTNERSHIP PROGRAM**

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- Beitel Brothers Liquor
- Calgary Art Community
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- Canyon Meadows Auto Service
- Chamberlain Real Estate Group – Lindy Bowler
- Coldwell Banker Mountain Central – Realtor Wendy Kelman
- CottageCare Calgary South
- Electronic Innovation
- Evans Resource Management Ltd.
- Isle Love Travel – Tasha Walsh
- Living Tai Chi
- Making Copacetic Happen - Professional Organizer Mauri Loyer
- Parkview Massage + Wellness
- Smith Pezzente Real Estate Team Remax
- Sylvan Learning of Mid-South Calgary
- Thornborough Smeltz LLP
- Ukrainian Bakery


**WWW.CMCA.CA/BPP**

**SCAN HERE TO VIEW ADDITIONAL CANYON MEADOWS CONTENT**


**News, Events, & More**



**Crime Statistics**



**Real Estate Statistics**



## Facility Amenities

Beat the winter blahs and bring your team together at CMCA! Our Xbox Gaming Room is perfect for year-round team bonding—whether you're a hockey team, soccer group, or company crew.

When summer rolls around, take the fun outdoors with Crazy Carts—our exciting drifting go-karts, available for rent in our outdoor rinks.

Learn more at [cmca.ca/xbox-games-room](http://cmca.ca/xbox-games-room) and plan your next team adventure!



## Facility Rentals

Looking for an affordable and versatile space for your program or event? Our two spacious halls and fully equipped commercial kitchen are perfect for life's special milestones and activities—birthdays, weddings, celebrations of life, church services, creative and exercise classes and events, AGMs, and more.

With flexible weekday and weekend availability, we're ready to accommodate your needs! For details, see page 8, then contact us at [info@cmca.ca](mailto:info@cmca.ca) or call 403-251-1715 to book today!

# CMCA Facility Rentals

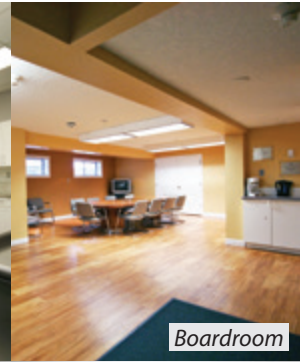
Weekday rates are for 6:00 am Monday to 6:00 pm Friday.  
 Weekend rates are for 6:00 pm Friday to end of day Sunday.  
 Minimum two-hour rental on weekends.  
 Set up and clean up must be included in your rental time.  
 CMCA members receive 10% off all bookings!



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
<b>Canterbury Hall (F1) Main Hall</b> 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
<b>Lloyd Hand Hall (F2) Main Hall</b> 39x48' (1872 sq ft)	Includes bathrooms, outdoor gazebo, spacious entryway, generous coat room, portable bar, large windows, tables & chairs, podium, highchairs & Wi-Fi <i>*Commercial kitchen is available for an additional fee*</i>	\$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
<b>Lloyd Hand Hall (F2) Commercial Kitchen</b>	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
<b>Lower Boardroom</b> 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





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	Properties		Median Price	
	Listed	Sold	Listed	Sold
December 24	4	7	\$599,900	\$575,000
November 24	15	9	\$489,900	\$445,000
October 24	23	15	\$388,000	\$374,000
September 24	11	17	\$450,000	\$435,000
August 24	17	9	\$649,900	\$625,000
July 24	21	21	\$390,000	\$415,000
June 24	22	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

To view more detailed information that comprise the above  
MLS averages please visit [cany.mycalgary.com](http://cany.mycalgary.com)



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## The Little Month



We all know February is the shortest month of the year, but did you know the Welsh have a cute nickname for the month. The Welsh call February “y mis bach,” which means “the little month”.

## GAMES & PUZZLES

### Guess the Couple!

1. These two periodic elements make for a salty pair.
2. These semi-aquatic rodents mate for life and form strong bonds with their partners.
3. These two Disney pups celebrate their 70<sup>th</sup> anniversary in 2025.
4. This British celebrity supercouple are fondly known as Posh and Becks.
5. This fictional couple's sweet love story started in an office of all places!
6. This prehistoric couple lived amongst dinosaurs with their daughter, Pebbles.




**SCAN THE QR  
 CODE FOR THE  
 ANSWERS!**



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### 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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## Joke of the Month



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good dancers?

They have two  
left feet.

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There are two boxes that must be checked off for a year to be a Leap Year. First, it must be divisible by four; second, it will not be divisible by 100 unless it's also divisible by 400. 2025 does not check off these boxes, but you can still look forward to it because the next Leap Year will be February 29, 2028!

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