

APRIL 2024

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THE OFFICIAL SILVERADO COMMUNITY NEWSLETTER

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		Properties		Median Price	
		Listed	Sold	Listed	Sold
February	24	14	12	\$521,400	\$533,950
January	24	10	9	\$549,900	\$539,900
December	23	6	3	\$649,888	\$636,000
November	23	9	12	\$499,450	\$507,450
October	23	13	9	\$535,000	\$526,000
September	23	9	8	\$604,894	\$611,500
August	23	19	18	\$499,950	\$502,500
July	23	12	9	\$538,900	\$551,500
June	23	18	18	\$514,450	\$540,000
May	23	20	22	\$597,450	\$588,700
April	23	14	14	\$503,950	\$515,625
March	23	19	17	\$539,000	\$550,000

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



Silverado Community Association

Board of Executives

Barbra Deskin	President
Abiodun Lawal	Vice President
Kyle Hamilton	Treasurer
Vacant	Secretary

Board of Directors

Julian Springer	Communications
Christine Sauvé	Director at Large
Michèle Kawa	Fun Run
Jonathan Love	Rink
Vacant	Development Committee
Charlotte Schank	Community Garden Committee

To contact the SCA, email info@silveradoca.ca

COMMUNITY ASSOCIATION NEWS

All residents of Silverado, Belmont, and Yorkville are invited to attend our meetings. If you wish to join us or if you have any questions, please feel free to email us at info@silveradoca.ca.

Do you love to cook? Or want to learn? Have you come up with a yummy recipe? Or had one passed down through the generations? We would love to hear from you! We will be starting a Recipe of the Month section in our newsletter, and would love to include diverse items that represent our community! Please send any submissions to info@silveradoca.ca!



BRAIN GAMES

SUDOKU

	3	8	5			6		4
7	2	4	1	8		5		
					4			
						3		
8	4						5	6
3		9				4		
			2				6	
		3		9	5	2	8	1
2		1			8		4	

SCAN THE QR CODE FOR THE SOLUTION



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News, Events, & More



Crime Statistics



Real Estate Statistics



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Silverado
COMMUNITY ASSOCIATION

Become a part in your Community! Join the Silverado Community Association

Family Name:
Date:
Applicant's First Name(s):
Home Phone:
Address:
Postal Code:
Email:

- The easiest way to become a member is by registering on our website.
- Memberships cost \$25 per year for each address and are renewable annually. You may alternatively mail an application form to: Silverado Community Association, 141 Silverado Creek Crescent SW, T2X 0C5, or send an email to info@silveradoca.ca. Cheques are payable to Silverado Community Association. Please allow three to four weeks for your membership to be delivered to your home address.
- Members of the community association are welcome to attend SCA-sanctioned events throughout the year. Not only will you be able to meet others within Silverado, but you will help build a better sense of community in our neighbourhood.
- Stay connected with what is happening within your community. Members are kept up to date on the developments within and around the community.
- Silverado Community Association is actively looking for volunteers to help out with community events and for board positions. If you are interested in volunteering your time to make Silverado a better community, please send inquiries to info@silveradoca.ca.
- Silverado Community Association updates can be found on our website at silveradoca.ca.



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South Health Campus Wellness Centre

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Find information, resources, and classes to help make decisions about your health. Visit the 2024 Spring/Summer Program Guide for more information and registration details at www.ahs.ca/shcwellness. Questions? Call 403-956-3939.

Upcoming Free Programs

Tasty, Low Salt Cooking

Enjoy flavourful meal, dip, and sauce ideas that focus on less salt (sodium) in this two-part series and explore ways to reduce salt intake by using delicious, lower salt substitutes and label reading. These practical cooking demonstrations include recipes and helpful tips. Part 1 features meal ideas using less salt and Part 2 features tasty dips and sauces. Join us from the comfort of your home for this virtual cooking demonstration.

When: Meal Ideas - April 17 from noon to 1:00 pm.
Dips and Sauces - May 1 from noon to 1:00 pm.

Program Provider: AHS Nutrition Services and the Wellness Kitchen.

Registration: www.redcap.link/TastyLowSaltCooking.

Easy and Healthy Mediterranean Cooking

Discover great flavours and how to eat Mediterranean! The Mediterranean may be far away, but the delicious

and healthy 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. This practical cooking class includes recipes and helpful tips. Join us in-person in the Wellness Kitchen or from the comfort of your home virtually for this cooking demonstration.

When: April 23 and June 11 from noon to 1:30 pm.

Program Provider: AHS Nutrition Services and the Wellness Kitchen.

Registration:
www.redcap.link/EasyHealthyMediterraneanCooking.

Cooking When Fatigued

Learn to prepare and cook healthy meals when you live with chronic fatigue, or physical or cognitive symptoms related to neurological conditions like Parkinson's Disease or arthritis. This unique cooking demonstration gives you the opportunity to ask questions and learn strategies to be more successful in the kitchen.

When: In-person - April 11 from noon to 1:30 pm (space is limited).
Online - May 15 from noon to 1:30 pm.

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

Registration: www.redcap.link/CookingWhenFatigued.

Bicycle Helmet Safety

by Alberta Health Services EMS



Head injuries are the leading cause of serious injury and death to kids on wheels*. Most injuries occur when a cyclist suffers a fall, strikes a stationary object, or collides with another cyclist/pedestrian. Remember – it's the law in Alberta that cyclists under the age of 18 must wear a helmet (and highly recommended for all ages). Helmets should be CSA approved and worn during recreational activities such as skateboarding, in-line skating, and cycling.

Getting Informed

- Wearing a helmet while cycling can prevent a serious injury, or even save a life
- Brain injuries can cause permanent disability or death
- Reduce your risk by always wearing your helmet
- Replace any helmet that has been involved in a crash, even if it appears undamaged

Getting Started

- Allow children to assist when buying their helmet. Cyclists who choose their own helmet are more likely to wear them

- Start the habit early. Young children learning to ride tricycles need to wear helmets
- Parents must lead by example – always wear a helmet when cycling

Getting the Right Fit

- Take the time to properly fit and adjust your helmet to ensure maximum protection in case of a crash
- When worn properly, helmets should fit level, not tilted up, or down over the forehead
- Helmets should feel snug, but not too tight. To test the fit, the helmet should not fall off when you shake your head from side-to-side while the straps are unfastened
- Adjust the chin straps to form a “Y” below and slightly forward from the ears
- Only one finger should be able to fit under the chin strap when it is fastened
- Do not forget to use the sizing pads included with the helmet. They will help improve the overall fit, comfort, and safety.

* Parachute Canada: <http://www.parachutecanada.org/injury-topics/item/wheeled-activities1>.

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YOUR CITY OF CALGARY

Get Ready Calgary – Green Line Is on Its Way!

by *The City of Calgary*

Main construction of the Green Line LRT is starting this year, and the benefits will last Calgarians a lifetime. Phase one spans 18 kilometers from Shepard Station at 130 Ave SE to Eau Claire at the north end of downtown. With 13 stations, it provides connections to the Red and Blue LRT lines and three MAX rapid bus routes.

The Green Line will provide transit options for 70,000 people living within a ten-minute walk of the line, unlocking land for development, and increasing access to housing options. This leads to a more vibrant and diverse community for all Calgarians to enjoy.

As the largest infrastructure project in Calgary's history, the Green Line will also improve social equity by providing direct access to 190,000 jobs in downtown, Quarry Park, and industrial areas. The project is also expected to create over 20,000 direct and supporting jobs by the end of construction.

With an estimate of 55,000 daily Green Line riders, there will be less congestion on existing transit routes, and fewer cars on the road. This is great news for the environment and public transit riders!

As construction begins and excitement grows, stay up to date on the project by visiting calgary.ca/GreenLine or following @GreenLineYYC on social media.




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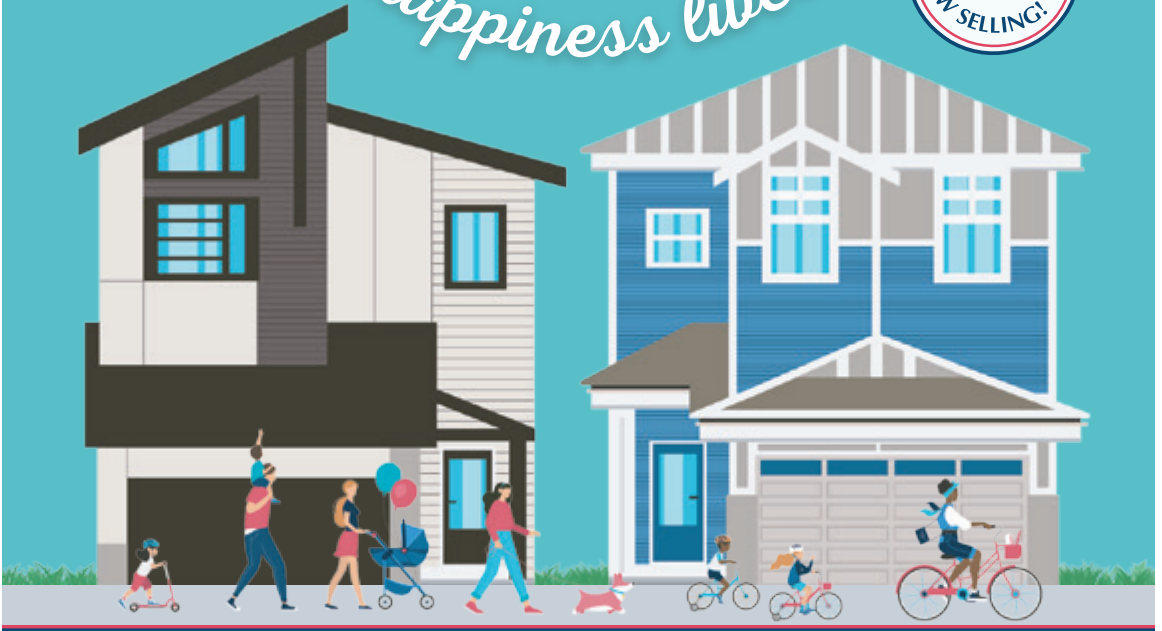
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