

JUNE 2025

DELIVERED MONTHLY TO 3,500 HOUSEHOLDS

SOUTHWOODConnects.ca

THE OFFICIAL SOUTHWOOD COMMUNITY NEWSLETTER



RHUBARBFEST 2025!
JUNE 21
SEE PAGE 6 FOR DETAILS

20
25

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SCAN ME

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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: \$15,679

SALE \$11,679

Limited Supplies

SUPREME 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
- 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 new corner caddy with 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

ABSOLUTELY NO HIDDEN COSTS

Some restrictions may apply. Reg: \$17,789

SALE \$13,879

Limited Supplies

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SOUTHWOOD COMMUNITY ASSOCIATION

11 Sackville Drive SW, Calgary, Alberta, T2W 0W3

Telephone: 403-259-0919

Website: SouthwoodConnects.ca

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Southwood Community Gardens		southwoodcommunitygardens@gmail.com	
Southwood Community Social Worker	Sarah Thomas	sarah.thomas@calgary.ca	368-889-5168

Hall Rentals

Looking for a space to hold your next function or weekly/monthly meeting? The Southwood Community Hall is the perfect spot for birthdays/anniversaries, seminars/workshops, book clubs, day camps and playgroups, fitness classes and more! Discounted rental fees for community members! For more info, visit our website at www.southwoodconnects.ca or call Lola at 403-474-3845.

Southwood Community Association AGM

Thursday, June 19 | 7 to 9 p.m.

Southwood Community Hall
11 Sackville Drive SW
Pioneer Room

Longest Day

Mark your calendars - this year's summer solstice will take place on June 20. Calgary will experience approximately 16 hours and 35 minutes of daylight. That means there is plenty of time to play, relax, and maybe even forget what bedtime is!

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YOUTH NIGHT

LAST FRIDAY, EVERY MONTH

11 SACKVILLE DRIVE SW

5 TO 9 P.M.

AGES 10 - 18.

GAMES, PIZZA, POP, CHIPS, & MORE

INFO@SOUTHWOODCONNECTS.CA



CMCA

SENIORS BBQ

4TH JUNE 2025 • 11:00 AM-2:00 PM

WELCOMING SENIORS FROM CANYON MEADOWS
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RHUBARB FEST



SAT JUN 21ST
11:00AM-4:00PM



SOUTHWOOD COMMUNITY CENTRE
11 SACKVILLE DR SW



Southwood Community Events - June 2025

JUNE 3	7:00pm - 9:00pm	Makers Night Southwood Community Hall - 11 Sackville Drive SW Free Drop-in craft night for all skill levels. We supply the snacks, basic supplies, you bring your projects!
JUNE 4	11:00am - 2:00pm	Seniors BBQ Canyon Meadows Community Hall - 844 Cantabrian Dr SW Free community event for Seniors in Southwood, Canyon Meadows and area. Please email GM@CMCA.CA or call 403-251-1715 to RSVP
JUNE 5	10:00am - 1:00pm	Southwood Cooking Program - Planning Meeting Lutheran Church of the Cross - 10620 Elbow Dr. SW Calgary Contact Teresa for details: info@southwoodcc.ca
JUNE 10	7:00pm - 10:00pm	Southwood Gamers Guild Southwood Community Hall - 11 Sackville Drive SW Get together, play some games, and have fun! Player fees \$5.00/night. Southwood Community Association Members play for free.
JUNE 12	10:00am - 3:00pm	Southwood Cooking Program - Cook Lutheran Church of the Cross - 10620 Elbow Dr. SW Calgary Contact Teresa for details: info@southwoodcc.ca
JUNE 16	10:00am - 12:00pm	Morning Meet Up Southwood Community Hall - 11 Sackville Drive SW Drop in for a coffee and snacks and meet your neighbours!
JUNE 19	7:00pm - 9:00pm	Southwood Community Association Meeting Southwood Community Hall - 11 Sackville Drive SW
JUNE 21	11:00am - 4:00pm	Rhubarb Fest Southwood Community Hall - 11 Sackville Drive SW Free family event with live music, vendors, kid's activities, food, and more!
JUNE 24	7:00pm - 10:00pm	Southwood Gamers Guild Southwood Community Hall - 11 Sackville Drive SW Get together, play some games, and have fun! Player fees \$5.00/night. Southwood Community Association Members play for free.
JUNE 27	5:00pm - 9:00pm	Southwood Community Association Youth Night Southwood Community Hall - 11 Sackville Drive SW Free Drop-In Youth Night with Pizza! Ages 10-18.
JUNE 30	10:00am - 12:00pm	Morning Meet Up Southwood Community Hall - 11 Sackville Drive SW Drop in for a coffee and snacks and meet your neighbours!

Don't miss out on community events and programs happening in Southwood! Sign up for the Southwood Community Connector Email Newsletter - info@southwoodcc.ca





SOUTHWOOD CA

This is your community newsletter with a mission to keep Southwood residents connected and involved in community life. The volunteer efforts of contributors and distributors ensure its success. This newsletter is printed monthly and is distributed without charge to all residents of Southwood.

Please check out our website, which contains useful information for you to access at SouthwoodConnects.ca.

Newsletter Submissions

We welcome articles and letters from our readers. All submissions must be accompanied by a name and telephone number. Articles should be between 200 and 550 words and can be submitted to the newsletter editor.

We reserve the right to edit articles for appropriate content or length. Photographs of community events are also greatly appreciated. Editorial deadline is the first day of the month prior to publication.

We want to make our newsletter as complete as possible, to include all community events and programs. If we missed yours, please contact the newsletter editor.

Newsletter newsletter.southwood@gmail.com

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Gentle Yoga

We will explore yoga poses, mindful movement, and tools for self-regulation including breathing exercises. We will learn gentle ball rolling techniques that act as a tune up for the body and bring awareness to the continuity of our fascia. Some classes will include Critical Alignment exercises to care for our spines. The intended effect of the practice is to leave feeling refreshed, calm, and ready for the rest of the day.

Three main goals of this class are adding variety to the way we move and to practice sensing and responding to our bodies with kindness. We will explore movements that resource our fascial matrix to resource ourselves.

Please bring a yoga mat, a large towel or two, and a curiosity about our amazing bodies.

A squishy apple sized ball may be used in some classes as well as a Pilates stability ball (approximately 8 to 12 inches in diameter). Please bring your own if you have one. Extras are available to borrow.

No prior yoga experience required.

June Kwak holds certifications from the Myofascial Yoga Institute of Canada (300Hr), the Yoga Studio College of Canada (RYT 200), Critical Alignment and Therapy (CAY-T Level IV), and Mindful Yin Yoga.

For more information and to register, contact June Kwak at june@regroovenating.com or 403-710-5126 (texts welcome).

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Get Your FREE Southwood CA Membership!

More and more Southwood residents are getting involved!

Connect with your community association to find out what makes Southwood a great community!

Your community association offers:

- Community representation on city development issues
- Funding for special programs
- Management, upkeep, maintenance of our hall, hockey rink, community gardens
- Keeping residents informed through articles in the monthly community newsletter and online at www.Southwoodconnects.ca
- Hall rentals (creating needed income for Southwood Community Association)
- Exclusive offerings for Southwood Community Association Members at community events

To register your household for a membership, you can do one of the following:

1. Go to Southwoodconnects.ca/Memberships.
2. Complete the form below and drop it off or mail it to the community association (11 Sackville Dr SW Calgary, Alberta T2W 0W3)

Southwood Community Association Membership

Valid until FEBRUARY 28, 2026

As per the Privacy Act, any information you provide will be held in strictest confidence and will not be disclosed to third parties.

Family Name: First Name:

Address: Postal Code:

Email:

(Used only by SCA to send occasional emails about community issues and events)

Phone #: Cell #:

Can we contact you about upcoming activities? YES NO

Can we contact you about volunteer opportunities? YES NO

Casino volunteer? YES NO

Quarterly e-newsletter? YES NO

THANK YOU FOR SUPPORTING YOUR COMMUNITY

- Southwood Community Association meetings are held the third Thursday of each month at 7:00 pm – All are welcome. 11 Sackville Dr SW
- Have a voice and be informed about issues affecting our community
- Volunteer at Events. Join the Southwood community board





STAY TUNED FOR...

SOUTHWOOD SUMMER CLUB

We're planning a free, weekly drop-in Summer Club for kids and youth. Each week will feature fun activities and snacks.

DETAILS ON DATES, TIMES, LOCATION, AND AGES COMING SOON!

Make sure you are signed up for our email newsletter for updates! Email us at info@southwoodcc.ca
Contact Sarah Thomas (Southwood Community Worker). sarah.thomas@calgary.ca 368-889-5168

STAY CONNECTED

Where to find out what is happening in Southwood:



Southwood Community Connectors Website

<https://www.southwoodcc.ca/>



Southwood Community Association Website

<https://www.southwoodconnects.ca>



Southwood Community Connector Email Newsletter

Email us to sign up: info@southwoodcc.ca

Or sign up at <https://www.southwoodcc.ca/newsletter>



Southwood Community Connectors Facebook Page:

@Southwoodcc

<https://www.facebook.com/southwoodcc>

- Run by the Southwood Community Connector and Community Development Worker.



Southwood Connects Facebook Group:

@Southwoodconnects

<https://www.facebook.com/groups/southwoodconnects>

- Run by the Southwood Community Association
- Make sure you check the EVENTS section on the Facebook group to see the list of upcoming events.



Southwood Connects Instagram

@southwoodconnects



Southwood Connects Mail Flyer

- Delivered monthly via mail to all residents.
- The flyer and other news are also posted online:
<https://mycalgary.com/communities/calgary/sw/southwood/>





MLA, Calgary-Acadia
Diana Batten
 Shadow Minister for Children & Family Services
 105, 10333 Southport Road SW, Calgary
 ☎ 403-640-1363
 ✉ Calgary.acadia@assembly.ab.ca
 📘 facebook.com/dianabattenmla
 📧 [@dianabatten_](mailto:dianabatten_) 📧 @DianaBatten_

Hello Neighbours,

I hope this message finds you well!

Now that the legislature has wrapped up for another session, I am excited to spend more time in the fantastic riding of Calgary-Acadia.

Thank you for your emails and phone calls sharing your concerns around the many Bills brought to the legislature this session. The top concerns I heard from folks in Calgary-Acadia reflected a strong desire to protect our natural resources, take care of the vulnerable, and ensure healthcare is available for all Albertans.

Your voice is important and every contact with the office is counted and noted. Many of you are writing or calling for the first time and I deeply appreciate the time and energy it takes to be an advocate. Your efforts truly make a difference.

From bike parades to pickleball tournaments, I am eager to connect while learning how I can best serve the constituents of Calgary-Acadia.

A highlight for me is spending time in classrooms and listening to students' questions. As this school year wraps up, I want to wish the graduates all the best and hope everyone has a restful and safe summer break.

Save the date for our Stampede Breakfast scheduled for July 6! This annual event is a great way to celebrate our community spirit. Please contact my office for more information and for anything else we can help you with.

Cheers, and I look forward to seeing you at upcoming community events!

Diana

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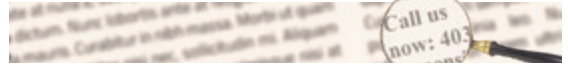
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WORD OF THE MONTH

Acumen: noun
(uh-kyoo-muhn, ak-yuh-)

A keenness; the ability to make quick, good decisions.

Her sharp business acumen meant she would be a great CEO at the company.



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