

AUGUST 2025

DELIVERED MONTHLY TO 4,900 HOUSEHOLDS

your ARBOUR LAKE

THE OFFICIAL ARBOUR LAKE RESIDENTS ASSOCIATION NEWSLETTER



SENIOR'S BBQ
AUGUST 21



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have sharp edges to cut food

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are pointed to tear your food

BACK TEETH MOLARS

crush and grind your food so it can be swallowed and digested properly

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Dr. Cam Brauer



Dr. Jay Saffary

Dr. Jay has joined our team and we are looking forward to you getting to know him – please call to schedule an appointment!

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HOURS OF OPERATION

Monday	7am - 5pm
Tuesday	7am - 7pm
Wednesday	7am - 7pm
Thursday	7am - 7pm
Friday	7am - 5pm



Reconnect! Discover!

Square Dance Program

Intro to Today's
Square Dancing

Winston Heights Hall

520 – 27th Ave NE

Tuesday, August 5,
12, 19 & 26

6:30 PM to 7:30 PM

FREE



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ALRA VISION AND MISSION STATEMENT



VISION

Arbour Lake will be the most desirable community that encompasses world class amenities, a sense of welcoming and engaging residents to live the exclusive lake lifestyle.

MISSION STATEMENT

The Arbour Lake Residents Association is a limited company that was registered under the laws of Alberta on July 19, 1991. The purpose of this company is to care for, and improve upon, the Arbour Lake amenities, with the main focus being a pristine ten-acre lake in the heart of the community.

ARBOUR LAKE RESIDENTS HALL RENTALS

Please see our website at www.arbourlake.com for rental information or visit the lake office.
Email: info@arbourlake.com
Phone: 403-241-2628

ARBOUR LAKE RESIDENTS ASSOCIATION

Phone: 403-241-2628
Website: www.arbourlake.com
Email: info@arbourlake.com

COMMUNICATION

We are in the digital age at Arbour Lake Residents Association. Please send an email to info@arbourlake.com to let us know what your email address is. All future AGM information and billing invoices will be sent to registered members via email, so please confirm your information with us.

Hall Rentals Basics

Can I Rent the Hall?

Any person over the age of 21 may rent the hall. The hall can be rented for independent group programs, presentations, and personal events such as birthday parties.

When Can I Book Hall Rentals?

Hall rentals must be booked at the Lake office. You must come into the lake office to book your rental, as we must go through a rental contract and necessary information with you.

What Do I Need to Rent the Hall?

You need your photo ID, payment for the hall rental, and a damage deposit cheque for \$400 at the minimum. If you will be having alcohol at your event, you must obtain a liquor license and Party Alcohol Liability Insurance. Proof of these must be given seven days prior to the event.

Where is More Rental Information?

Website: www.arbourlake.com
Email: info@arbourlake.com
Phone: 403-241-2628

Hall Programs

The Arbour Lake Residents Hall hosts various programs through the ALRA, as well as through independent groups. Keep busy and connect with others through our various offered programs!

Child Safe Canada Programs: Child Safe Canada offers various safety programs at the Arbour Lake Residents Hall. The programs are offered throughout the year and include "Strangers & Dangers," "Don't Touch! It's my Body," "Home Alone Safety," and the "Red Cross Babysitter Program." For more information or to register, please visit www.childsafecanada.com.

If you would like to host your program at the Residents Hall, please email us at info@arbourlake.com.



ALRA MONTHLY UPDATES

Hi Arbour Lake Residents! Summer is finally here!

The lake is fully open! Come on down for some fun in the sun. See our website for information on the lake status or call the office if you have any questions.

Watch the Flags!

- Red = Full closure. Please stay off and far away from the water.
- Yellow = Partial closure. Contact the lake office or check the website for updates.
- Green = The lake is open for all activities.

Water Safety

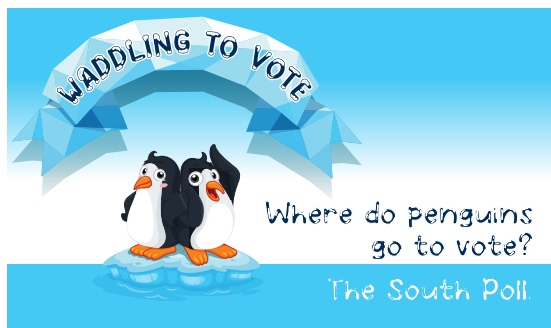
As a reminder, here are some safety tips:

- Arbour Lake is an unsupervised lake. Use of the lake and its amenities is at your own risk.
- There is no lifeguard on duty. Please always watch children.
- Always keep your small children within arm's reach.
- Life jacket rule: children twelve and under must wear a life jacket when swimming or their legal guardian must sign a waiver at our office. We highly recommend that children wear a PFD at all times.
- Children should remain in the buoyed swim area.
- Swim aids and toys must remain in the swim area.
- Swimming with a buddy is safer and way more fun.
- No diving.
- No swimming, diving, or playing in the water by the fishing docks!
- No swimming or boating during lightning storms.
- If your children are under the age of twelve, you must remain at the lake with them at all times. They cannot be left unsupervised.

Prohibitions

- Open fires or portable BBQs.
- Personal watercraft equipment.
- Glass bottles, glass containers, glass cups, etc.
- Alcohol, drugs, cigarettes, vapes, or similar substances.
- Animals.
- Bicycles, skateboards, or other vehicles.
- Motorboats or snowmobiles.
- Digging deep holes in the beach.
- Inflatable water toys or equipment. Only infant water wings are permitted.

- There is no smoking inside the park or parking lot.
- No person shall at any time discharge, deposit, throw, dump, or place any trash or debris of any kind whatsoever in the lake, on lake property, or in lake dumpsters.



WHAT'S UP AT THE LAKE

Hi Arbour Lake Residents!

Summer is starting to wind down but that doesn't mean that the fun has to stop! Daily summer activities continue through August; look at the schedule posted on our website. We've had some exciting updates this summer and we are excited to show the hard work our team has done!

Lotus

Good news! Some of our lotus seedlings have survived the transplantation and are growing in our lake! We should see larger leaves develop above the water in a few weeks!



Flowers

Our flowers are planted! Please take a second to admire the hard work our staff has put into planting our neighbourhood flowerbeds.



TAKE ON WELLNESS

Putting Yourself First!

by Recovery Alberta – Community Health Promotion Services



Life brings with it everyday stresses, but it is important to have coping strategies that can be used to regulate and balance our feelings and emotions. Sometimes we don't have control of stressors that cause the stress, but we can control our emotions or how we react to those stressors. Calming strategies help slow down the immediate response that we have by decreasing the amount of cortisol in our body, also known as the stress hormone. There are many coping strategies, and it is important to find what works best for you.

Here is a list of strategies that can be used by anyone, anytime, and anywhere:

Managing Emotions

Commonly referred to as “name it, to tame it”, is a technique that involves naming your emotions to allow you to pause and reflect rather than allowing your emotions to spiral or cause impulse decisions. Make it a habit to recognize how you feel. Did you feel embarrassed, sad, jealous, or upset? Simply notice that emotion and name it in your mind.

Mindfulness

Focusing on the present moment will help calm your mind and manage your emotions. What can you see, hear, touch, feel, or move in the environment you are presently in? This technique will help your brain focus on the present rather than the “what if”.

Breathwork

Slowing and deepening your breaths have been shown to help you self-regulate. Use breathing techniques that work for you; these can include box breathing or even paced breathing.

The key to all the above strategies is focusing on yourself. Everyone is different, so find techniques that resonate with you so you can be the best version of yourself!



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Sturgeon Moon



The gorgeous full moon that occurs in August is called the Sturgeon Moon. If you didn't already know, a sturgeon is a prehistoric-looking fish that has been traced back to around 136 million years ago! The name of this full moon comes from these fish that used to be abundant in the Great Lakes.

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UPCOMING EVENTS

Senior's BBQ

August 21 from 12:00 to 2:00 pm.

Calling all seniors! Join us for the Atria and Arbour Lake Senior's BBQ on August 21. Come down to the lake for a delicious lunch with entertainment and great company!



Sand Art Presentation/Workshop

September 6 at 3:00 pm.

It's free! Dive into the magical world of sand art with professional artist Kelly Choo! Her live performance utilizes sand and light to bring her storytelling to life in an engaging and beautiful show. Take this opportunity to view unique art and try sand art for yourself!



Arbour Lake Safe Space Initiative

The ALRA Safe Space Initiative is dedicated to creating a welcoming inclusive environment that embraces the diversity of our residents, guests, staff, and community. Through continuous education, awareness campaigns, and outreach efforts, this initiative aims to create a foundation that respects and accepts every individual, irrespective of differences, without biases. Our policies and conduct are designed to ensure that residents, patrons, and staff uphold the principles of this initiative. This initiative is dedicated to nurturing a safe and inclusive space that fosters a sense of belonging within the community, where individuals feel respected and valued.

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02144	4 Bitewing X-Rays	\$105.38	\$105.38
02113	3 PA X-Rays	\$81.35	\$81.35
02601	Panoramic X-Ray	\$106.61	\$106.61
11113	3 Units Scaling	\$250.53	\$250.53
11101	Polishing	\$74.40	\$74.40
12112	Fluoride Treatment	\$36.05	\$36.05

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services



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**DENTAL
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**CERAMIC
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**BOTOX
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**PORCELAIN
VENEERS**



INVISALIGN



**SMILE
MAKEOVER**



**TEETH
CLEANING**



CROWNS



**NIGHT
GUARDS**



ORTHODONTICS



BRIDGES



TMD THERAPY

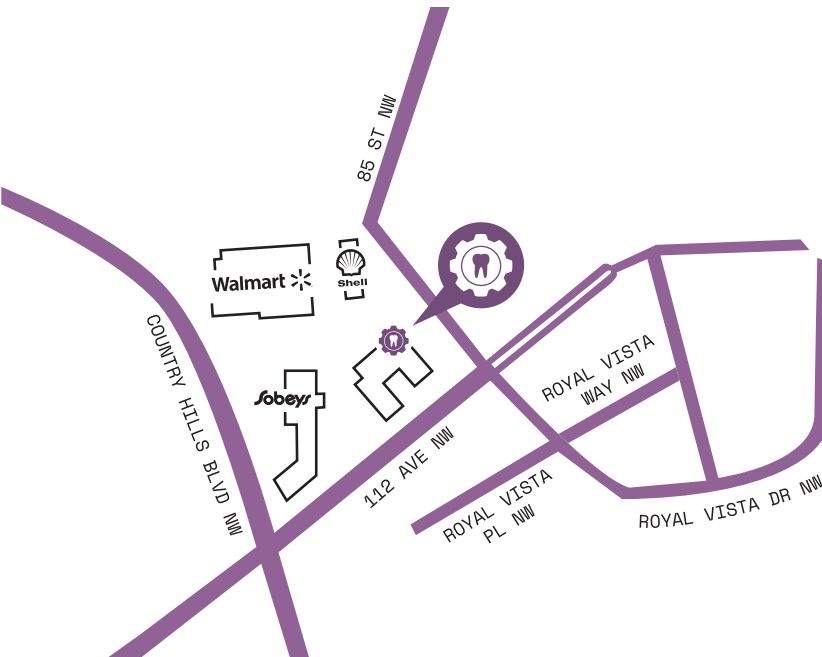


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Daily Activities

Don't miss out on our awesome lineup of daily activities! These events require no registration and are completely free! For more information, call the lake office or visit our website!

AUGUST 2025

DAILY SUMMER ACTIVITIES

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 3	 SENIORS COFFEE + BINGO 4	 GAME DAY 5	 MIN BINGO 6	 CRAFT DAY 7	 RELAY RACE 8	9
10	 SENIORS COFFEE 11	12	13	14	15	16
17	 SENIORS COFFEE + BINGO 18	 CRAFT DAY 19	 SAND CASTLE CONTEST 20	 SCAVENGER HUNT 21	 GAME DAY 22	23
24	 SENIORS COFFEE 25	26	27	28	29	30
31						

SENIORS COFFEE WILL BE AT 9:00AM
ALL OTHER DAILY ACTIVITIES WILL BE AT 2:30PM

SUMMER



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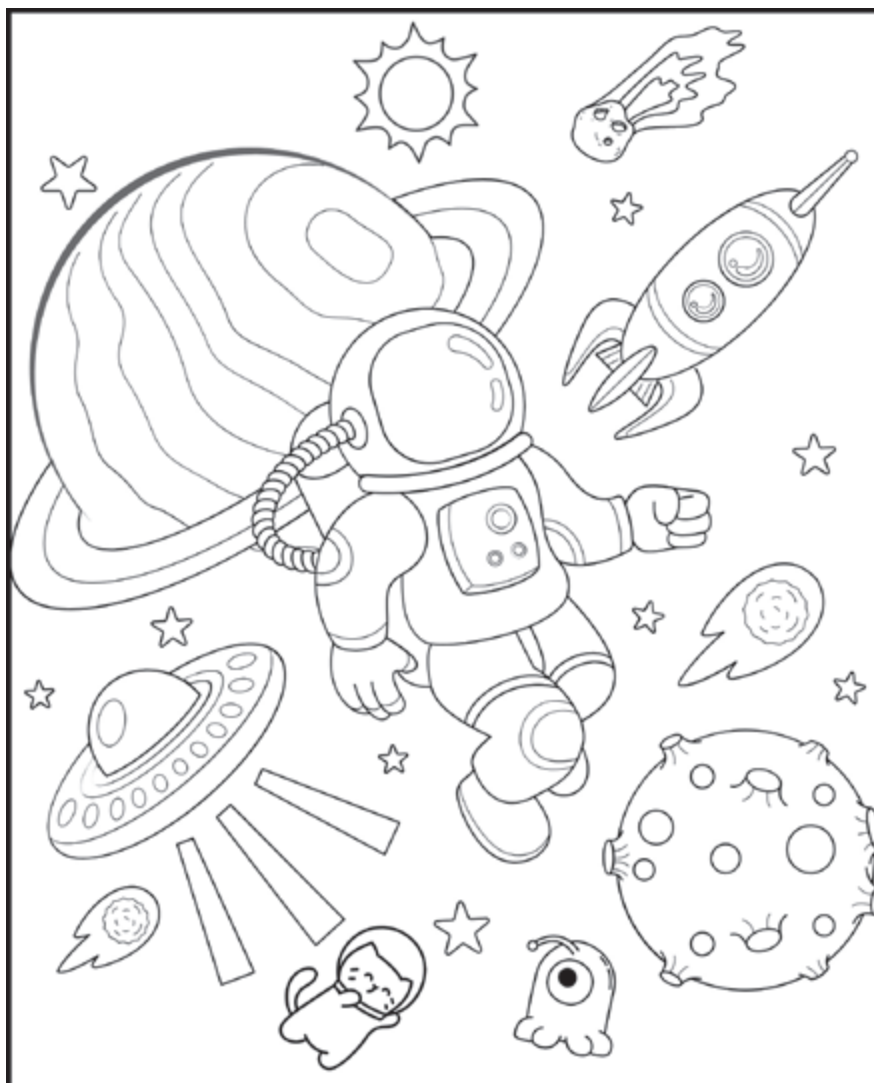




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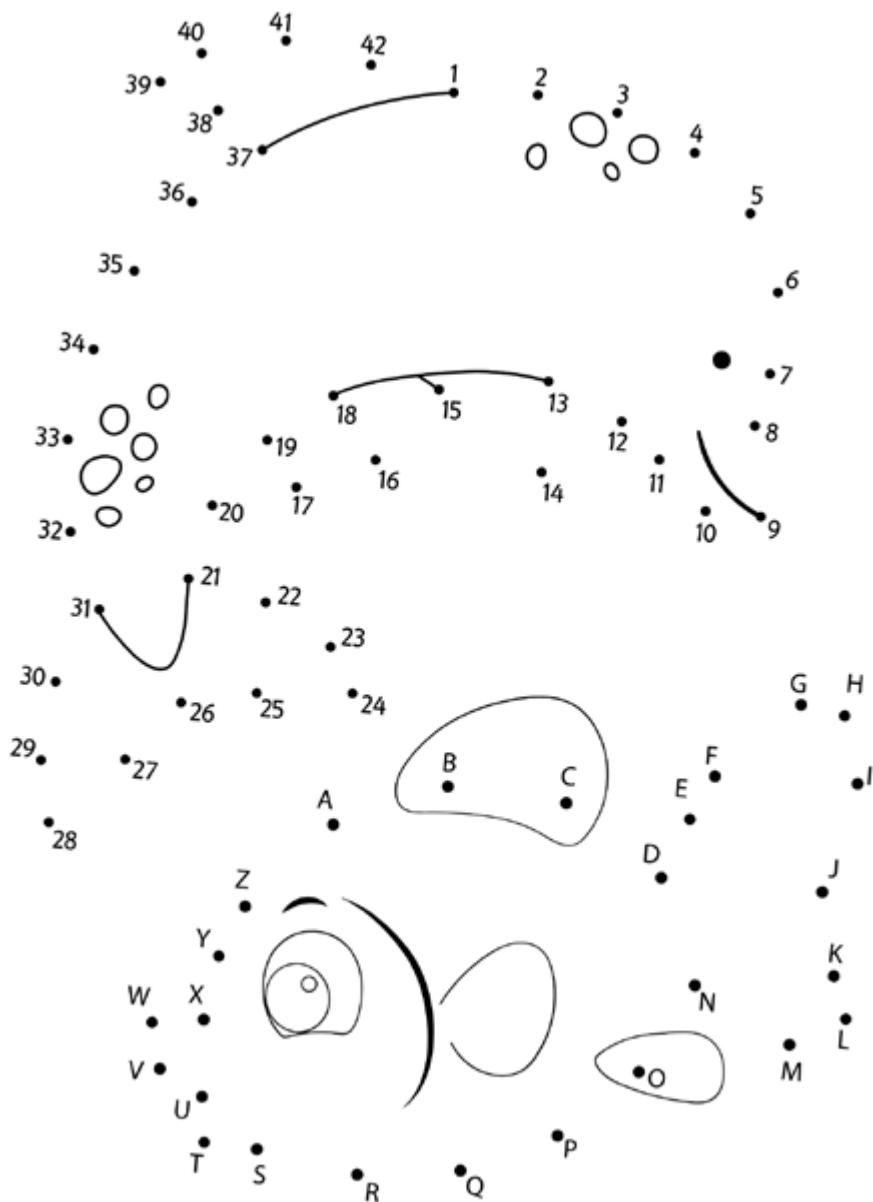
Hey, everyone! Colour the picture and drop it off at the lake office for a chance to win a great prize!

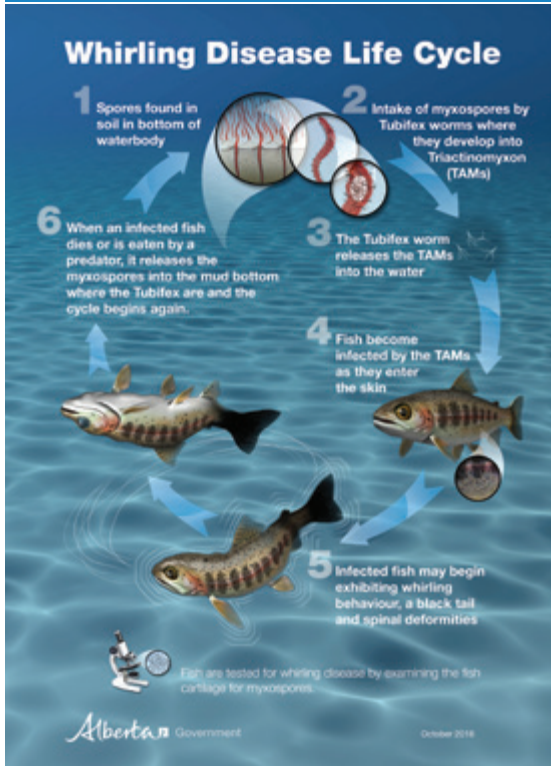


Name: _____

Address: _____

Connect the dots!





Fishing is Catch and Release Only!

At this time, only catch and release fishing will be permitted at Arbour Lake, until further notice. There will be no keeping of any fish of any kind of size! This is a result of Alberta Environment and Parks shutting down all fish stocking within the bow river drainage area, of which Arbour Lake is included. Due to whirling disease found in the Bow River and commercial fish culture operations, no fish may be kept. Any fish that cannot be returned to the water, must be surrendered to a staff member.

More information regarding whirling disease can be found at www.alberta.ca/whirling-disease.

Fishing

- May only be done from the designated fishing docks.
- Hooks must be Barbless and egg hooks are not permitted. No triple hooks are to be used. This ensures the survival of released fish.
- No live bait, corn, bread, minnows, smelts, fish or nets may be used to catch fish.
- Only one rod per resident may be cast at any one time and fishing lines must be attended to at all times.
- Random tackle box, bag and hook checks will be performed to ensure all Rules & Regulations are being followed.

NOTICE

You CANNOT use live bait, corn, dough, bread, minnows, smelts, fish or nets to catch fish.

You CANNOT use barbed hooks, triple hooks or egg hooks!!!



CATCH AND RELEASE ONLY
THIS IS FOR ALL FISH OF ALL SIZES AND KINDS!

Injured fish that cannot be returned to the water, **MUST** be handed over to a staff member for disposal.

Eutrophication

Here is some information on how important it is to be careful with how much fertilizer you use on your lawn. When you use too much fertilizer on your lawn, the excess nutrients are carried away by the rain and other forms or irrigation. The nutrients mix with water and find their way into our beautiful lake. These nutrients cause the algae and plants in the water to multiply rapidly, creating an algae bloom. This excessive amount of algae prevents sunlight from reaching the bottom of the lake. The plants lacking sunlight will die at the bottom of the lake where decomposers will use up the oxygen. When a bloom occurs, there is too much organic matter ready to decompose and all the remaining oxygen in the water is used by decomposers to decompose dead plants. This can cause all our fish to suffocate from the lack of oxygen. With your help in preventing the overuse of fertilizer, we can work together to keep the lake healthy and beautiful for all residents to enjoy.



Childsplace Learning Centre is a licenced childcare program located in Arbour Lake at the Residents Association building. We offer childcare for children ages 19 months to 5 years in our daycare and before and after school care for children in kindergarten to Grade 6. Our hours are 6:30 am to 6:00 pm, Monday to Friday. Our program is open all year round and closed only on weekends and stat holidays. We offer low rates based on the affordability grant and BAS families can apply for a subsidy.

We offer a flight-inspired program where your child gets to help develop what we are learning about and what activities are exciting. We learn through play and have lots of discussions to help the children learn concepts of literacy, math, science, art, and music. We go outdoors into the field daily. Our school children have care for all the days off from school and we offer field trips to our BAS children as well.

If you are looking for childcare, please visit our website www.childsplace.ca, call us at 403-241-6232 or email us at childsplace@shaw.ca. You can also find us on Facebook and Instagram!

Senior's Social

Despite the rainy weather, the senior's social was great! We unfortunately have no pictures to share, but our warm drinks and board games were enjoyed by a dozen participants. Thank you for your presence and enthusiasm!



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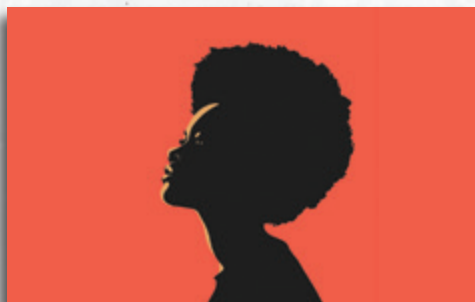


SCAN ME



Happy Birthday

Born in St. Matthews, South Carolina, Viola Davis is one of the most incredible actresses of our time. She was born on August 11, 1965, making this date a very important one in pop culture! How will you be celebrating this Woman King?





MLA, Calgary-Foothills
Court Ellingson
 Shadow Minister for Finance
 202-1829 Ranchlands Blvd NW, Calgary
 ☎ 403 216 5444
 ✉ Calgary.Foothills@assembly.ab.ca
 📘 facebook.com/CourtEllingsonYYC
 @courtellingson @CourtEllingson

Greetings Residents of Calgary-Foothills!

I hope you've been enjoying your summer! It's been fun and busy for me - I've attended summer events, participated in Stampede Breakfasts, and supported community association events put on by local volunteers.

I highly encourage you to become a member of your local community association as they play an important role in improving our local neighbourhoods.

With cost of living continuing to be a challenge, 2025 has been a difficult year for many. There have been growing concerns on various issues; ranging from the government making it easier to hold a referendum on Albertan separatism, education workers feeling burned out and unappreciated, questions about the UCP government's integrity around healthcare contracts, and the impact of trade uncertainty due to US tariffs.

In response to these concerns, I, as your local MLA and provincial representative, along with my Alberta New Democrats Caucus colleagues can empathetically say that we firmly believe Alberta should remain with Team Canada. Our New Democrat caucus will always invest in, and support public healthcare and education workers, and we believe economic diversification, innovation, and local investment are more critical than ever with the ongoing threat of tariffs.

To discuss this and more, I invite you to another "Ask Me Anything" Town Hall that I'm hosting at Arbour Lake Residents Association from 7:15 to 8:30 pm on Thursday, September 25. I hope to see you there! To RSVP, visit albertasfuture.ca/events/calgaryfoothillsamabettertogether.

Meanwhile, don't hesitate to contact Calgary.foothills@assembly.ab.ca to learn how your MLA can support you! Please request to be added to our e-newsletter list so that we can keep you updated on local events, and changes to provincial legislation.

If you have any questions or would like to volunteer with my office, please contact me! A reminder you can follow my work by connecting on social media: @CourtEllingson.



MP Calgary Rocky Ridge
Pat Kelly
 202 – 400 Crowfoot Crescent NW
 Calgary, AB T3G 5H6
 ☎ 403-282-7980 📠 403-282-3587
 ✉ pat.kelly@parl.gc.ca

It is an honour and a privilege to be re-elected as your Member of Parliament. I will do my best to represent you in the House of Commons. As part of the loyal opposition, I will use all the Parliamentary tools available to me to ensure the Government is held accountable to Canadians.

In the Conservative Party Caucus, I will serve as the Associate Shadow Minister for Prairies Economic Development Canada, and as the Economic Advisor to the Leader. I am also a member of the Standing Committee on Finance, a familiar role for me from past Parliaments.

I will demand that the government address Canada's weak economy, including high taxes, unaffordable cost of living, poor productivity, and our ranking 35th out of 36 in the Organization for Economic Co-operation and Development (OECD) for per capita GDP growth over the past ten years.

In the community, I recently spoke to grade nine students at William D. Pratt School in Royal Oak about the parliamentary system, what Members of Parliament do, and their role in the House of Commons.

At the time of writing this, the parliamentary session is in the final stretch before the summer break. I look forward to spending time in Calgary during the summer months, where I hope to see many of you at community events.

If you are involved with a local organization and would like me to participate in an event in the riding, please contact my office with the details, and I will be pleased to attend if my schedule allows.

It remains my honour to represent you at the House of Commons as your Member of Parliament.



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ARBOUR LAKE CONTENT**

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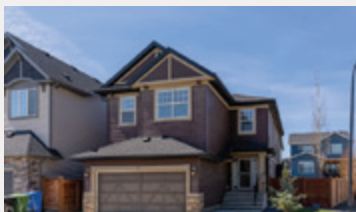
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