DECEMBER 2026 YOUR OFFICIAL COMMUNITY NEWSLETTER

inside Edgemont

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Filipe Carballo
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Filipe.carballo@ckpyyc.ca

Lorrie Herrick
403-538-7386
Lorrie.herrick@ckpyyc.ca

TOGETHER, WE BREAK THE CYCLE OF HUNGER.

Edgemont Community Association

33 Edgevalley Circle NW, T3A 4X1
Phone: 403-239-1211 • Fax: 403-547-5799 • Email: office@edgemont.ab.ca
Web: www.edgemont.ab.ca • Facebook: Edgemont Community Association
X (Twitter): @EdgemontCA • Instagram: @edgemontcommunity
Business Hours: Monday to Friday 9:00 am to 5:00 pm

Submissions to *Inside Edge* due on the first of every month

VOLUNTEER BOARD OF DIRECTORS

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Margaret Anne McCaughey	Second Vice President margaret@edgemont.ab.ca
Deirdre Harris	Secretary deirdre@edgemont.ab.ca
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Kieran Fitness	Director kieran@edgemont.ab.ca
Jeff Coombes	Director jeff@edgemont.ab.ca
Charmaine Grills	Director charmaine@edgemont.ab.ca
Jymi Chun	Director jymi@edgemont.ab.ca
Jessica Yau	Director jessica@edgemont.ab.ca
Julie Wong	Director julie@edgemont.ab.ca

EDGEMONT VOLUNTEERS

Jymi Chun	volunteers@edgemont.ab.ca

OFFICE 403-239-1211

Office Administrator	office@edgemont.ab.ca



OTHER CONTACTS

Heather Hubert	Office Manager heather@edgemont.ab.ca
Cst. Shawn Radford	Community Resource Officer SRadford@calgarypolice.ca
Vacant	Newsletter Submissions and Communications Coordinator
Lori Holford	Edgemont Elementary
Vacant	Tom Baines School Rep genieh1@educbe.ca
Vacant	Sir Winston Churchill High Rep
Vacant	Mother Mary Greene Rep
Rick Wierzbicki	Rink Coordinator rink@edgemont.ab.ca
Disc Golf	discgolf@edgemont.ab.ca
ELM	askELM@edgemont.ab.ca

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The Mountain View Room: Capacity 70
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The Board Room: Capacity 20

For more information call 403-239-1211



News From Your Board



Amid the busy rush of the holiday season, I want to take a moment to pause, reflect, and say thank you. A neighbourhood is defined by more than just streets and houses; it is built on the kindness, support and connection we share with each other. Whether you have lived here for decades or just moved in this year, you are a vital part of what makes our community so resilient and welcoming.

Thank you to the volunteers, donors and staff who have supported the Edgemont Community Association (ECA) in 2026. The ECA would not be able to operate without your support and dedication. A special thank you to everyone who volunteered for our recent casino fundraiser. You have helped our community secure vital funding that will directly support facility maintenance, local programming and outreach to the community. Our gratitude goes to Cari and David Middleton for their leadership in taking on the task of organizing the casino this year.

Thank you to everyone who braved the cold to make our annual Winter Market a spectacular success! Seeing the community centre bustling with holiday cheer, smiling faces, and neighbours connecting was the perfect way to kick off the festive season. Thank you to our amazing volunteers, talented vendors, and everyone who came out to browse, chat, and support local businesses.

Join us for another Coffee and Conversations on December 13 2:00 to 3:00pm. This is a free event at the ECA with light refreshments included! This session will be hosted by YYC Home Care Services: This information session will focus on understanding home care options and the support available to individuals and families. Learn about personal care, companionship, respite care, dementia support, and other services that can help individuals remain safe and independent at home. We'll also discuss Alberta's CDHCI government-funded home care program, who may be eligible, and how the process works. The session is designed to provide practical information, answer common questions, and help families feel more confident navigating home care. Register at: https://edgemont.getcommunal.com/parent_programs?sort=recommended.

There are more ways to volunteer this winter to keep our community supported and connected.

- The Ice Rink will be opening this month if the weather cooperates. Volunteers are always welcome to help clean and flood the rink on Wednesday evenings and Saturday and Sunday mornings.
- The Snow Angels program helps seniors and neighbours who have difficulty clearing snow from their sidewalks and driveways. It's a great way to provide someone with a sense of safety, independence, and peace of mind during the winter months.

You can volunteer by calling the ECA office 403-239-1211 or emailing volunteers@edgemont.ab.ca.

We are still accepting donations for our annual Holiday Hamper Program. The holiday season is all about coming together, and this program is our chance to ensure that every family in our community can enjoy a warm, joyful season. We are collecting monetary donations, gift cards, gift items, toys, and non-perishable food items. Items can be dropped off at the ECA office. Monetary donations can also be made online at https://edgemont.getcommunal.com/donate. Thank you for your generosity and for helping us spread true holiday spirit throughout our neighbourhood.

There is a beautiful kind of magic that settles over our community during the holidays. It is time for connecting, sharing traditions, and looking out for one another. As we head into the festive season and prepare to welcome a new year, the ECA Board wishes to express our deepest gratitude for the incredible spirit of togetherness you bring to our community every single day.

Happy Holidays!

Submitted by Deirdre Harris ECA Secretary



Edgemont Community Association

403-239-1211 | WWW.EDGEMONT.AB.CA

ELM Report

The depth of winter has fully embraced Edgemont and as we wrap up yet another year we give our most valuable resource to others and ourselves during the upcoming Holiday and Christmas Season: time. In this month, with its long nights counterbalanced with bright, low sunshine from the Mountain silhouettes, your ELM program will hopefully bring you and those in our community warmth and comfort with our iconic winter displays.

By now, the majority of these winter displays will be in place in the most impactful locations, with some finishing touches ongoing. Much of the material is re-used from previous seasons and the fresh greenery is recycled at the end of each season making this initiative an environmentally friendly element. Many thanks to Edenscapes for your continued support of our program! These displays are actually the longest lasting element of the ELM program, stretching five or six months as opposed to the flowers and mowing which are generally only four months.

But if you are longing for summer flowers, they are not far away and are growing at our local greenhouse partners, sprouting more and more each day!

The big and exciting structural changes formulating over the last couple of years which govern all Calgary ELM programs are really taking shape. These changes are meant to help facilitate new community entrants into ELM programs, which strengthens exiting communities' programs with higher participation rates. There will be a stronger foundation for existing ELM communities in future years, and it will maintain the responsibilities of Community Associations role in guiding and administering each individual program. Details will be provided here as they become official. Thank you to the City of Calgary for their ongoing recognition and support of this valuable and community fostering program.

We wish to take a moment and thank everyone who makes Edgemont shine – whether you've helped a trusted neighbour or welcomed a new one, provided feedback to our ELM program, are one of our valued program partners, joyfully volunteered with the Community Association in making all of this possible, or simply smiled and waved at fellow resident; Happy Holidays, Merry Christmas, and Happy New Year! Thank you for being the essence of our vibrant and caring community!

ELM

YOUR CITY OF CALGARY

Kick Off 2027 With Fireworks, Music, and Celebration!



Calgarians are invited to ring in the New Year at the City's official New Year's Eve celebration. A night of free, family-friendly fun at Eau Claire Plaza and Prince's Island Park. Starting at 7:00 pm on December 31, the evening will feature live entertainment, interactive activities, local food trucks, and an outdoor skating party. As the clock strikes midnight, a dazzling fireworks show will launch from Prince's Island Park, perfectly timed to music on CJSW 90.9FM. The display can be enjoyed from both celebration sites or watched from home via livestream at calgary.ca/NYE. Let's ring in 2027 together! Learn more at calgary.ca/NYE.

SCAN HERE TO VIEW ADDITIONAL EDGEMONT CONTENT

News, Events, & More

Crime Statistics

Real Estate Statistics

VOLUNTEER REPORT

A Season of Community and Thanks

As we come to the end of another year, December is a wonderful time to recognize the many volunteers who continue to give their time and energy to our Edgemont community.

Our Snow Angel volunteers continue to support families and neighbours in need throughout the winter. Thank you for being there when help is needed and for making our community a little warmer during the coldest months.

A big thank you as well to everyone who volunteered for our Casino Fundraiser. We are so grateful to have volunteers step forward to cover all the roles and shifts. Your time and commitment helped make this important fundraising event possible and supports the programs and activities our community enjoys throughout the year.

At our Winter Market, we were very happy to welcome student volunteers from Sir Winston Churchill High School again this year. Thank you for helping our vendors and visitors throughout the event and for bringing such great energy to the market.

We also want to thank the Edgemont School parents and students who joined the Book Exchange Program. Through this program, we received two large boxes of donated books for the Edgeburn Lane Little Library. It is wonderful to see books being shared and passed along for more neighbours to enjoy.

From helping neighbours in the snow, to supporting fundraising events, welcoming visitors at the Winter Market, and sharing books with the community, every contribution makes a difference.

Thank you to all our volunteers for being part of Edgemont in 2026. We wish everyone a warm and happy holiday season and look forward to another year of volunteering together in 2027!





News from the Friends of Nose Hill

by Anne Burke

I was contacted by a PhD Student at the University of Calgary who is training to become a forest therapy guide. His research is on the use of nature in cancer care, and he plans to provide some to patients and participants at Nose Hill Park. He intends to be mindful and have minimal human impacts on the land and the rough fescue grasses. He wants to avoid off-leash areas and others with a lot of thistles. Forest therapy is a legitimate, research-backed wellness practice for reducing stress and improving mood, though it is considered preventive or complementary care rather than a medical cure. While forest therapy is a structured, clinical intervention aimed at specific health challenges, forest bathing is a general mindfulness practice for stress reduction.

Calgary's first official trail at Inglewood Bird Sanctuary was certified by the Association of Nature and Forest Therapy (ANFT). The loop offers five unique stations that guide you on a sensory exploration of this peaceful natural area. Community walks are seasonal and guided two-and-a-half-hour programs are in local wilderness spaces like Griffith Woods Park. The Cumming School of Medicine (CSM) engages deeply with nature-based healing through Indigenous medicine walks and local health partnerships. The school integrates immersive nature experiences primarily through traditional Indigenous healing frameworks. Organized by the CSM Strategic Partnerships and Community Engagement office alongside the Calgary and Elbow River Healing Lodge, University of Calgary medicine walks take place at Nose Hill Park. Led by Indigenous elders, these walks guide medical students through the natural environment to explore the collection, application, and meaning of traditional plant medicines, blending medical education with ecological connectedness.

This article is for informational purposes only. For medical advice or diagnosis, consult a professional.

BRAIN GAMES

SUDOKU

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

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Discover the Magic of
Sand Art
Date: January 17, 2027



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Light refreshments included!

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EDGEMONT COMMUNITY ASSOCIATION
presents
Coffee & Conversations
YYC Home Care Services

This information session will focus on understanding home care options and the support available to individuals and families. Learn about personal care, companionship, respite care, dementia support, and other services that can help individuals remain safe and independent at home. We'll also discuss Alberta's CDHCI government-funded home care program, who may be eligible, and how the process works. The session is designed to provide practical information, answer common questions, and help families feel more confident navigating home care.

December 13, 2026
2:00 PM - 3:00 PM
33 Edgevalley Circle NW



YYC Home Care Services

Edgemont

Soccer in the Community
CMSA League
Ages 6–19

OUTDOOR
Spring: May-Jun
Summer: Jul-Sep

INDOOR
Fall: Oct-Dec
Winter: Jan-Feb
Prep: Mar-Apr

Community
Ages 4–19

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ECA EVENTS & PROGRAMMING

Location of events and programs are at the Edgemont Community Association unless otherwise specified.

Edgemont Community Centre, 33 Edgevalley Circle NW or online.

For more information, call the office at 403-239-1211, or check www.edgemont.ab.ca.

*Please note that some programs are only offered during the school year while others are year-round.

Self-Development and Healthy Living

Alcoholics Anonymous
Meets at Edgemont Community Centre every Friday evening. Contact ECA: 403-239-1211.

AL-Anon Family Group Meeting
Support for friends and family of alcoholics. Thursdays at 10:00 am in the Boardroom. For more information, email livingthelegacies@gmail.com or call 403-266-5850.

Good Food Box
New Prices Effective January 2026
Small Box: $35, 15 to 20 lbs of fruits and vegetables*
Medium Box: $40, 25 to 30 lbs of fruits and vegetables*
Large Box: $45, 35 to 40 lbs of fruits and vegetables*

*Please note weights are approximate.

There is no Good Food Box in December.

Order link: edgemont.getcommunal.com/parent_programs.

Email GFB@edgemont.ab.ca for information.

Childcare

Edgemont EduSARC
Before and after school-age program serving the Edgemont Elementary School. Please call 403-241-0131 or email edusarc@gmail.com.

Babies, Children and Youth

193 Edgemont Scout Group
Activities and adventures for youth ages 5 and up. We need new parent leaders to help us open up more spots for youth! No experience necessary, and full training provided. Come and have fun with Scouting! Contact Graham at edgemontscoutsgroup@gmail.com.

Fencing Calgary
Programs for children and youth ages 7 to 14 (equipment included) at www.fencingcalgary.com. Learn to play the fencing way!

Art Drawing Class, STC Arts
Thursday, Saturday, Sunday classes for ages 5 and up. Includes cartoon, sketch, and watercolour painting. Visit www.artsstc.com/.

ABAITC
AI Junior Coding Class | For more information or to register call 587-926-9005 or email aitech201905@gmail.com | abaitc.org.

Casey O'Loughlin Academy of Irish Dance
Saturday mornings for ages 4 and up. For more information or to register, call 403-520-0059 or email caseyoloughlin@academy.com.

Junior Philatelists (Stamp Club for Youth)
Meeting the second Saturday of the month, January to May, and September to November. Each gathering includes discussions on the history, geography, and culture of stamp issuing countries. Ideal age range would be from 8 to 16, and no previous background in the hobby is necessary. For further information, please contact Jim Senecal at 403-547-7681.

Mavericks Football (Atom, Peewee, Bantam)
www.mavericksfootballclub.com.

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Rhythmic Gymnastics
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Sportball
Indoor parent-and-child sports program. Ages 2 to 3 with a parent; ages 3 to 5 do not require a parent to attend. Call 403-700-7994, or visit www.sportball.ca/calgary/return-to-play.

Stars Basketball (Grades 1 to 6)
Our coaches are trained to promote joy, ignite passion, and develop skills. Email info@starsathletics.ca.

Suzuki Baby
Music classes for ages 0 to 2. Visit www.suzukibaby.ca/.

Thunder Basketball
Tykes to U18

www.thunderbasketball.ca.

Youth and Adults

Momentum Dance Academy
We offer ballet, jazz, lyrical, acro, hip hop, and tap! Come dance with us! We offer both recreational and competitive options.

Contact office@momentumdanceacademy.ca for more information. www.momentumdanceacademy.ca.

Seiwa Kai Karate
Seiwa Kai Karate was established in Calgary in 1979. Presently, the club has five branches located in northwest and southwest Calgary. The club offers classes for beginners, children, and adults. All students of Seiwa Kai Karate are members of the National Karate Association and Karate Alberta Association.

Email info@seiwakai.ca or call 403-560-4508. Visit www.seiwakai.ca for more information.

Alan Colter Karate
Koryu Uchinadi karate club based in Calgary, Alberta, Canada.

Call 403-926-3535 or email sensei.alan@bunbukankarate.com.

New! Colour On Fire Art Studio and School (COF)
Kids and adults explore the exciting world of art at COF art education classes! Students learn about sketching, shading, texture, and colour while working with a variety of mediums such as acrylic and watercolour paint, chalk and oil pastels, charcoal and, more.

Through artistic experimentation, using a variety of techniques and subject matter, students learn, gain confidence and an understanding of their own art practice.

For more information contact 403-542-0178 or to register visit www.colouronfireartstudio.com.

Adults and Seniors

Yoga
In person yoga Monday evenings. Contact Pankaj Sharma: Pankaj.jiit@gmail.com.

Fit Change
Contact Michelle: 403-804-6951 or email yycfit4change@gmail.com. www.fit4change.ca.

Second Sixties Outdoor Club
Open to age 50+. If you enjoy any of hiking, walking, snowshoeing, cross-country skiing or golf, check out www.secondsixties.ca for more information.

Speakers' Edge Toastmasters
Meets Saturdays.

Contact speakersedgetoastmasters@gmail.com.

Calgary Silver Thimbles Quilters Guild
Quilting guild meets at 7:00 pm on the first and third Wednesday of the month from September to June. Zoom meetings are held for some of the third Wednesdays during the winter months. Quilters of all levels are welcome. For more information contact cstqg1@gmail.com.

Calgary Chinese Seniors Recreation Society-Ping Pong
We provide a variety of recreational programs, giving our members the opportunity to build their social network, showcase their talent and improve the seniors' quality of life. Contact Frank at 403-870-8878 or frank8y@hotmail.com.

Calgary Chinese Elderly Citizens' Association CCECA
The Calgary Chinese Elderly Citizens' Association (CCECA) is a non-profit social service organization. It has been serving Chinese older adults citywide since 1985. It provides a great variety of services and programs including social services, community support, health service, etc.

Visit www.cceca.ca/ for more information.

Spiritual

Mountain Creek Community Church (formerly Northwest Community Church)
10:30 am Sundays. See nwcchurch.ca.

Contact Pastor Jeff Edwards at 403-616-6480 or pastor@nwcchurch.ca.

continued on next page

Please call organizers for more information

Calgary True Light Gospel Church 真光教会
10:30 am Sundays. See truelightca.com.

Chinese Service. Contact Ke Wang 587-717-5826.

Gospel Church
Sunday evening services.

Visit www.edgemont.ab.ca for details.

ECA Board of Director Meetings

ECA board meetings are generally held on the third Tuesday of the month starting at 7:00 pm. If you have an item that you would like added to the agenda, email secretary@edgemont.ab.ca. ECA members are welcome to attend meetings in-person. Let the secretary know so we can be assured that we have sufficient meeting space.

Upcoming Events and Projects
Go to www.edgemont.ab.ca for More Information

Coffee and Conversations: Navigating Home Care December 13, 2:00 to 3:00 pm

Free at the ECA with light refreshments included! This session will be hosted by YYC Home Care Services: This information session will focus on understanding home care options and the support available to individuals and families. Learn about personal care, companionship, respite care, dementia support, and other services that can help individuals remain safe and independent at home. We'll also discuss Alberta's CDHCI government-funded home care program, who may be eligible, and how the process works. The session is designed to provide practical information, answer common questions, and help families feel more confident navigating home care. Register at: https://edgemont.getcommunal.com/parent_programs?sort=recommended.

Free Special Sand Art Event January 17 2:00 to 3:30 pm: Discover the Magic of Sand Art! Join professional sand artist Kelly Choo for a unique live sand art experience! Watch beautiful images and stories come to life through sand, light, and music. The program will include a live sand art performance, opportunities for audience participation throughout the show, and a brief hands-on sand art experience at the end. It's a fun and creative experience for all ages! Look for more details and registration coming soon!

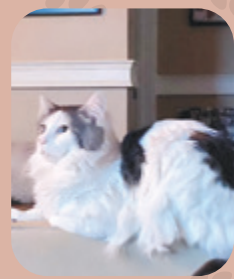
Cats, Canines, & Critters of Calgary


Jasmine, *Mount Pleasant*


Jasper, *Arbour Lake*

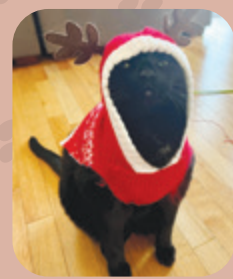

Jewels, *Walden*


Kevin, *Acadia*


Lilly, *Millrise*


Princess Molly, *Acadia*


Sintra, *Midnapore*


Taco, *Woodbine*

To have your pet featured, email content@greatnewsmedia.ca

The Nutcracker



In 1892 Tchaikovsky premiered his third ballet, “The Nutcracker” in Saint Petersburg, and while in recent times it is know globally and considered a Christmas tradition for many people, the ballet was not well-loved upon release. In fact, it did not gain popularity until closer to the 1950s when companies began performing it annually, marketing it as a Christmas feature.

Joke of the Month

Who is the snowman’s favourite relative?

Aunt Artica!



Edgemont

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EDGEMONT MORTGAGE BROKER: Save a bunch of cash! As a Calgary mortgage broker, I have helped your neighbours 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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