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Guess The Drink!

1. On August 28, 1898, Caleb Bradham invented this sweet, carbonated drink originally called "Brad's Drink" which was used to relieve dyspepsia (indigestion).
2. In 1969, Walter Chell invented this drink in Calgary which is typically made from Clamato juice, Worcestershire sauce, spices, and vodka.
3. This non-alcoholic drink is named after an iconic 1930s Hollywood child actress.
4. This drink has been around for thousands of years. Legend has it that in 2737 BC, Chinese emperor Shen Nung discovered it while sitting underneath a tree with boiling water.
5. This sparkling wine is named after the region from which it is produced.
6. This caffeinated energy drink from Austria "gives you wings".



SCAN THE QR CODE FOR THE ANSWERS!

international Left-Handers Day

August 13 is a special day for those who have the unique distinction of being left-handed. Approximately 10% of the global population are left-handed. But don't fret, left-handers! Some influential people who share your uniqueness include Prince William, Barack Obama, Justin Bieber, Oprah Winfrey, and Jennifer Lawrence, just to name a few.



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News, Events, & More



Crime Statistics



Real Estate Statistics



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Silent Pride: The Wordless Anthems of the World!

While watching the Paris Olympics this year, you might notice some athletes not singing along to their national anthems. Well, athletes from Spain, Kosovo, San Marino, and Bosnia and Herzegovina (yes, that is one country) can be excused because their national anthems have no words!

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WHAT'S HAPPENING AT HHCA

Check out what's happening at HHCA!

Get ready to renew! HHCA Membership renewal is now available. Renew your HHCA Membership today! By renewing your membership, you get access to exclusive discounts. HHCA members get 10% off at A&W Beddington and Hunterhorn, Boston Pizza Beddington, and Kung Fu Tea. HHCA members also gain access to register for programs and can drop in for free for certain drop-in programs. The membership will be valid from August 2024 to July 2025. The membership is \$25 for two adults and unlimited kids! Sign up today and become a part of the HHCA family!



Mark your calendars! HHCA program registration will officially open on August 19. Register for programs such as Learn to Skate, Shiny Hockey, Curling programs, and more! The programs fill up quickly so make sure you secure your spot in time for the fall.



On top of being a great exercise, yoga has been known to relax and rejuvenate the mind, body, and spirit. Our fall yoga will officially kick off on September 3. Choose between two styles of yoga, Slow and Strong, and Flow. Evening times are available for our registered yoga program. We also provide drop-in yoga on Friday mornings at 9:30 am. Sign up today and reap all the

benefits of yoga! Just a heads up, there will be no yoga in the last two weeks of August.

HHCA event alert! Join us on Saturday, September 14 for a Family BBQ! We will be serving up some yummy food, there will also be entertainment and fun activities for everyone. The event will be free and open to the general public. Make sure to bring the whole family along and let your neighbours know. We can't wait to see everyone there!

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**5-12
Camps**
Huntington Hills

JULY 2024

**2-5: Closed the 1st
Orange ya Glad it's Summa**

**8-12: Wonka's Wonderful World
of Sports**

15-19: Into Space with Anime

22-26: That's So Yesterday



AUGUST 2024

**29-2: Bricks, Blocks and Animal
Pups**

**6-9: Inside, Upside, Downside,
Outside**

12-16: Evil Villain's Science Fair

19-23: That was a Disaster!

*Huntington
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Youth Camps

Huntington Hills

JULY 2024

**2-5: Closed the 1st
Space vs Ocean**

8-12: Down The Rabbit Hole

15-19: Through The Decades

22-26: Shark Tank



AUGUST 2024

29-2: Going Green

**6-9: Closed the 5th
Survivor**

12-16: Myths and Legends

19-23: Game Show

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Huntington Hills Real Estate Update

Last 12 Months Huntington Hills
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
June 2024	\$562,450	\$588,250
May 2024	\$540,000	\$545,000
April 2024	\$549,888	\$580,000
March 2024	\$500,000	\$518,000
February 2024	\$578,000	\$587,200
January 2024	\$499,998	\$515,000
December 2023	\$409,000	\$462,000
November 2023	\$480,000	\$510,000
October 2023	\$543,950	\$539,200
September 2023	\$514,900	\$515,000
August 2023	\$504,950	\$510,000
July 2023	\$527,000	\$540,000

Last 12 Months Huntington Hills
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
June 2024	11	10
May 2024	26	21
April 2024	15	15
March 2024	18	20
February 2024	12	7
January 2024	8	9
December 2023	6	11
November 2023	11	7
October 2023	15	18
September 2023	16	18
August 2023	25	24
July 2023	20	20

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

Shoulder Pain or Pickleball Injuries?



SCAN THE QR CODE

to register for our upcoming in-person or virtual
Shoulder Pain and Pickleball Injuries workshop with Presenter
Matthew Vandervoort on **Wednesday, August 21st at 7pm** at
our Beddington location. Or call (403) 917-0958 to register.
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Celebrate, Elevate, and Enjoy: Nutrition for Older Adults

by Alberta Health Services

Let's celebrate getting older and aging healthfully. There are many aspects of aging that are out of our control, but food and nutrition research indicate there are many things that can be helped.

If you are, or if you know someone who is 65 years or older and lives independently or with others, this article may interest you. It will cover things we do in our life that can give us the best chance of maintaining good nutrition and health.

Weight loss is often seen as a positive topic that is promoted on social media and with family and friends. There are some medical conditions where weight loss is helpful in prevention or management like in Type 2 diabetes and fatty liver disease, but it can present a risk for older adults. When we lose weight, we don't just lose fat. We also lose muscle. People can start to lose muscle as early as age 30, but muscle loss increases quickly after age 70, independent of weight loss. Muscle is hard to regain in older adults. Generally, weight loss is not recommended in older adults. Maintaining weight and muscle is important to help you maintain your strength.

The Importance of Adding in Protein to Your Diet

Protein is a nutrient that helps you to keep the muscle you have. Many seniors do not get enough protein. Since your body can't store protein in your body, you need to eat higher protein foods, at least three times each day – every day – to maintain the muscle you have.

Try to consume protein foods at each meal. Here are some practical ways you can get more protein at meals and snacks:

- Add cheese, nut butter, or beans to toast.
- Make an omelet for breakfast.
- Mix one to two tablespoons of skim or whole milk powder or a scoop of protein powder into your cereal or yogurt.
- Add beans or meat (example wild game or fish) to pasta or vegetable dishes.
- Try adding a plant-based protein, like chickpea falafel or tofu to a stir-fry.



- Choose nuts, boiled eggs, Greek yogurt, or cottage cheese as a snack.

Elevate Your Eating Experience

Enjoyment of eating and quality of life are important for good health. If older adults have a health condition, such as diabetes or health disease, they may have been told to eat a special diet. If your heart healthy, low sodium, or diet for diabetes is affecting your appetite, it is important to talk to your healthcare team about making some changes to make your diet less restrictive.

Other ways to elevate the eating experience is to make the dining environment pleasant. Research shows that eating with others (like at work or with family, friends, or neighbours) makes it more likely to eat more food. Mealtime can be a time for nourishment and socializing. One way that can make having a meal together fun is hosting a potluck.

Visit ahs.ca and search 'Shift to Healthy Eating at Work' to find great potluck ideas for work or any gathering.

Emphasizing enjoyable, social mealtimes as well as nutritious foods are ways to age healthfully to maintain strength and vitality.

Mix It Up!

Adding activity into your day shouldn't feel like a chore or a punishment. It should be fun! Choose activities that you enjoy and mix it up with different types of exercise.

The goal of aerobic fitness is to increase the amount of oxygen that goes to the heart and muscles which allows them to work longer.

Creamy Potato Salad

by Jennifer Puri

Potatoes are normally used in place of bread, pasta, or rice. More than a billion people consume potatoes, and they are considered the third most valuable food crop around the world.

Potatoes contain several important vitamins and are 99% fat-free. They also contain half the number of calories of an equivalent portion of cooked rice or pasta as they have a high-water content.

To get the most antioxidants out of potatoes, leave the skins on and choose colourful varieties like red or purple. Baked potato skin is a good source of potassium, magnesium, and fiber which is beneficial for digestive health.

Raw potatoes contain a lot of water making them unsuitable for freezing so only cooked or partially cooked potatoes should be frozen.

Boiled, roasted, or mashed potatoes can be found in soups, casseroles, latkes, gnocchi, samosas, or curries to name a few, or as shown in this crowd-pleasing recipe below.

Prep Time: 15 minutes

Cook Time: 20 minutes

Servings: 4 to 6

Ingredients:

- 2 lbs. mixed red, purple, or golden baby potatoes
- 1 cup thinly sliced celery
- ½ cup thinly sliced green onions
- ½ cup chopped dill pickles
- 1 cup mayonnaise or veganise



- 2 tbsp. whole grain Dijon mustard
- ¾ tsp. salt
- ½ tsp. coarsely ground black pepper
- 4 hard boiled eggs, peeled and quartered
- 1 cup whole black or green pitted olives
- Juice of half a lime
- 1 tsp. paprika (optional)

Directions:

- Place potatoes in a large saucepan or pot and add enough salted water to cover. Bring to a boil and then reduce heat and simmer covered for about 15 minutes or until potatoes are tender. Drain and set aside to allow potatoes to cool.
- In a medium sized bowl, add mayonnaise or veganise, mustard, dill pickles, salt, pepper, olives, celery, green onions, and the lime juice. Next slice the cooked potatoes in halves (leaving the skins on) and add to the dressing.
- Finally, gently stir in the cooked eggs until potatoes and eggs are nicely covered. Cover with saran wrap and allow potato salad to chill in the refrigerator for a minimum of six hours, preferably overnight.
- Prior to serving, garnish the creamy potato salad with green onions and smoked paprika if desired.

Bon Appétit!



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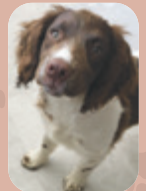
Riley, Kensington



Sawyer, Beddington



Snowbelle, Discovery Ridge



Tilly, Deer Run

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News from the Friends of Nose Hill


by Anne Burke

Urban green spaces enhance our lives in cities. Parks serve as spaces for physical activity, mental health, social contact, and connection with nature across Canada. As sanctuaries, they strengthen our bonds with nature and promote biodiversity. According to the 2023 Canadian City Parks Report, parks had high use and reflected great value during the period studied. Indeed, 94% of cities reported increased use of parks in the last year. Parks were also used more in the winter for 50% of Canadians and 73% expected this use to continue. Of all park types, Canadians say they preferred to visit local neighbourhood parks (71%), natural areas (61%), and trails (60%) for nearby green spaces. Community Park groups continued to use their local parks across the country.

There were interviews with 44 senior parks staff from 30 municipalities, who shared challenges they are facing, the projects and people that inspire them, and the vision for the future of city parks. About 64% of city residents said they visit parks two to three times per week or more, including 29% who visit every day or almost every day; while 51% of city residents said they'd like to spend more time in parks than they currently do. Addressing impacts from climate change/extreme weather is one of the challenges for 94% of cities; 60% said they feel equipped with the knowledge and tools to address climate change through their work in parks. Only 57% of cities agreed that most parks are well-designed and planned to withstand the impacts of climate change, but 3% strongly agreed. When many informal parallel bike trails lead to the same place, "during certain periods of the year, maybe we close the park and allow wildlife to migrate through it." See: ccpr.parkpeople.ca/2023/ for more on this report.

Rockyview Ramblers Square Dance Club
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Hello, Ward 4 Residents,

25th Anniversary of the International Year of Older Persons: Call for Time Capsule and Friendship Quilt Contributors

In 1999, the City, in collaboration with community partners and citizens, created a time capsule and a friendship quilt to celebrate the International Year of Older Persons. This year, 2024, marks the 25th anniversary of that significant event, making it the perfect occasion to open the 25-year time capsule and reflect on the meaning of the friendship quilt crafted during the 1999 celebrations. We are set to commemorate this milestone on October 1, 2024, coinciding with the International Day of Older Persons.

As we prepare for this special event, we aim to reconnect with individuals who played a crucial role in 1999, particularly in creating the time capsule and the friendship quilt. We want to ensure that those who contributed their time and creativity 25 years ago have the chance to participate in the October 1 celebration.

If you were involved in any capacity with the time capsule or friendship quilt in 1999, we want to hear from you! Your stories, memories, and reflections are invaluable as we revisit and celebrate the legacy of that extraordinary year.

Your participation will enrich our celebration and help keep the spirit of community and connection alive for future generations. Join us in this journey of remembrance, gratitude, and celebration by emailing us at agefriendlycalgary@calgary.ca.

Enjoy the rest of your summer!

Warm regards,

Sean Chu

Ward 4 Councillor



YOUR CITY OF CALGARY

City of Calgary Launches Secondary Suite Incentive Program

by the City of Calgary

The City of Calgary is proud to introduce the Secondary Suite Incentive Program, an initiative aimed at encouraging safe and accessible housing for Calgarians.

The Secondary Suite Incentive Program is a component of 'Home is Here: The City of Calgary's Housing Strategy.' It provides a qualifying homeowner up to \$10,000 to cover a portion of construction costs to develop and register a safe secondary suite.

The incentive applies to suites built within the main dwelling, not for backyard or detached suites. Applications are limited to one per person and you must own the property through the entire process. Qualifying homeowners with an active building permit can apply for the following:

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- Split heat/separate air

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The Secondary Suite Incentive Program is open for applications. Learn more about the program or apply at calgary.ca/suite-incentive.



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