

FEBRUARY 2025

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PARKDALE POST

THE OFFICIAL PARKDALE COMMUNITY NEWSLETTER



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*Dr. Lauren Vredenburg,
Practice owner*

21 Ave NW

Calgary Fine Dentistry



20 Ave NW

Come check us out!

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#206 1910 20th Ave, NW

www.calgaryfinedentistry.com

GAMES & PUZZLES

Guess the Couple!

1. These two periodic elements make for a salty pair.
2. These semi-aquatic rodents mate for life and form strong bonds with their partners.
3. These two Disney pups celebrate their 70th anniversary in 2025.
4. This British celebrity supercouple are fondly known as Posh and Becks.
5. This fictional couple's sweet love story started in an office of all places!
6. This prehistoric couple lived amongst dinosaurs with their daughter, Pebbles.



SCAN THE QR
CODE FOR THE
ANSWERS!

WANTED: SOCCER REFEREES

**PCA IS SEEKING REFEREES FOR
U10 AND U13 GAMES IN PARKDALE
PAID POSITION**

Time Requirement:
Tuesdays & Thursdays : 6:00pm -7:30pm

contact
programs@parkdaleyyc.com
for more information

February Is Heart Month

by Alberta Health Services



Do you know the signs and symptoms of a heart attack and what to do if someone experiences these? Knowing may make the difference between life and death. Recognizing and responding immediately to the warning signs of a potential heart attack may significantly improve survival and recovery. February is Heart Month: take the time to be heart safe and learn how you can reduce your risk.

Common Signs of a Heart Attack

(Any, or all, of these signs and symptoms may occur)

- Chest discomfort described as simply a mild pressure up to a 'crushing' pain; may also be 'squeezing' or a 'heavy' sensation.
- Discomfort may move to the shoulders, arm, neck, or jaw.
- May include shortness of breath, sweating, or nausea/vomiting.
- Signs may vary person to person and can differ between men, women, and the elderly.

Heart Attack Risk Factors

- Obesity*
- Sedentary lifestyle*
- Smoking*

- High cholesterol*
- Age/Gender
- Family history

Speak with your doctor about how to treat your modifiable (*) risk factors and learn to be heart safe.

What To Do When Seconds Count

- Call 911, immediately. Early treatment can greatly reduce heart damage and be the difference between life and death.
- Treatment starts the moment EMS arrives. Paramedics can provide oxygen, start an intravenous, and perform an electrocardiogram (ECG).
- Paramedics can also administer important medication(s) in the early minutes of a heart attack to lessen heart damage.
- During transport, EMS will share information with the hospital so that definitive treatment can begin immediately upon arrival.
- Take a CPR/AED course. Training is widely available from many reputable organizations. It's easy and could make a significant difference in the outcome of someone experiencing a heart attack.

YOUTH SOCCER

SPRING 2025

U4 - U18

REGISTRATION ENDS MARCH 31



LEARN MORE AND REGISTER AT



www.parkdaleyyc.com/soccer

CHINOOKS
FC

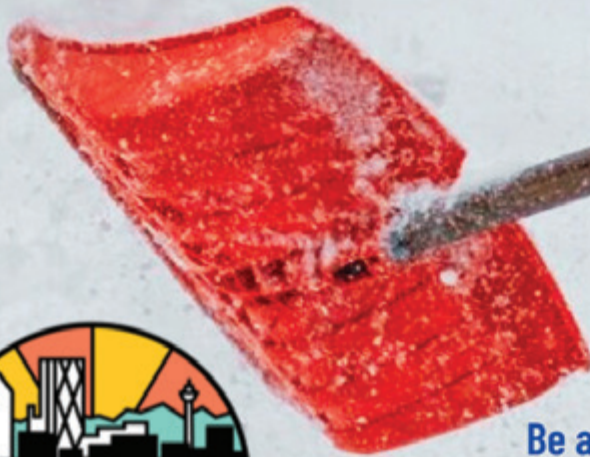
Parkdale Youth Soccer is now open until March 15th.

With offerings for children as young as 2 all the way up to 18, there is something for everyone.

For more information and to register, visit
www.parkdaleyyc.com/soccer



Give a Helping Hand



Be a snow angel this winter and help Parkdale residents keep their walkway's clear

Disclaimer: The opinions expressed within any published article, report, or submission reflect those of the author and should not be considered to reflect those of Great News Media or the Community and/or Residents' Association. The information contained in this newsletter is believed to be accurate but is not warranted to be so.

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SCAN HERE TO VIEW ADDITIONAL PARKDALE CONTENT

News, Events,
& More



Crime
Statistics



Real Estate
Statistics



Getting Active in the New Year

by Alberta Health Services

The New Year is a perfect opportunity to embrace healthier habits and prioritize well-being. You can start today.

Start by finding activities you enjoy, whether it's jogging, swimming, lifting weights, or joining a fitness class. Make movement a regular part of your routine. Although adding more activity to your life may seem overwhelming, it helps to start small. Make one lifestyle change that helps you move more regularly at an effort level that matches your current condition.

One Step at a Time

Walking is a great way to be active. For most people, walking is a safe activity, and it helps make the bones stronger and keep the joints healthy. It can make you feel less tired and can put you in a good mood. To help get into the habit of walking, try wearing a pedometer for a day or even a week. At the start, you might be surprised to see how few steps you take each day. To boost your daily step count, make simple changes in your daily routines like:

- Park a few blocks away from work and walk.
- Take the stairs instead of escalators or elevators.
- Walk in your neighbourhood before or after supper. Start with short walks and slowly increase the distance. Set new goals when you're ready.
- Invite a friend or family member to join. You may find you can walk longer when you walk with another person.

Remember, some activity is better than none. The more you do, the better. Finding activities you enjoy and that are practical is an important first step to becoming active.

Get Outside!

Spending more time being active outdoors offers many benefits like boosting your mental health, increasing energy, or lowering your risk of diabetes, heart disease, and some types of cancer. Although Alberta winters can be difficult because of the shorter days, cold weather, and snow and ice, there are many reasons to still get outside. Check out hard-to-reach places on snowshoes or skis or go skating outside. Being outdoors more can also make you feel good about your community.

It Doesn't Have to Be Hard

Most people who dance, swim, play tennis, or go hiking do these activities because they enjoy them. Having fun is good for your health. Taking part in an activity that you enjoy will help you relax and help lower your stress. It will help you feel good about yourself, which is good for your mental health. Physical activity doesn't have to be hard to be good for your body. If you don't like going to a gym, do something outside or walk in a mall.

What activity appeals to you? Try to find an activity you enjoy doing by yourself or with others. If you like what you're doing, you'll probably keep doing it. Find out about activities in your community to try new things and learn new skills.

Physical activity can help you live better as you grow older. Staying active will help you reach, bend, lift, carry, and move around easier, so you can keep doing things you like to do. The more you sit or lie around, the stiffer your joints get. Stretching and strength exercises will keep your muscles and joints moving and help stop falls and injuries.

Being active is safe for most people. Start slowly and work your way up. If you aren't sure about how much activity you can do, talk to your healthcare provider.

Physical activity doesn't need to be dull or boring. Do activities you enjoy more often. You may be surprised how quickly you start to feel stronger and like you have more energy.



Swish ORAL CARE

It's officially official.

Swish has arrived in the University District! Now accepting new patients.



Scan me
Scan me
Scan me



swishoralcare.ca

[@swishoralcare](https://www.instagram.com/swishoralcare)

At Swish, great care comes easy.

Swish is a locally owned dental clinic, and we opened this winter in the University District. Since opening our Bridgeland location in the summer of 2022, we've earned over 500 5-star reviews for our people-first, hospitality-inspired approach to dentistry. Our mission? To make every dental appointment feel less like a chore, and more like your favourite self-care routine.

Say goodbye to dental anxiety and switch to Swish. Join us at the brand-new University District location, now open!

Good Vibes +
Shame-Free
Treatment

Fast and
Convenient
Direct Billing

Experience
the Extras at
No Extra Cost

Swishers say...

- “ I love this dentist. I feel comfortable, the staff are amazing. It's clean and new. Couldn't have a better experience every time I go. Thanks Swish.” - *PW*
- “ Amazing experience, 10 out of 10! The team is super friendly and very knowledgeable, you are in great hands here. Most importantly I felt comfortable the whole time and left the dentist office feeling good about my teeth and oral health.” - *LC*
- “ My partner made me switch to this dentist and I'm so glad I did. They make you feel so welcome. I have had more than one appointment and every time it's been such a great experience. I mean who likes going to the dentist?” - *YT*
- “ The best dental office in the city. Dr. Shlah and his team always provide my family with the highest level of care. The office has a comfortable environment and any dental stress we had before the appointment is gone when we walk in the door. We always look forward to our next visit.”

The wait is over. Welcome to the Swish Experience.

Swish University District is now open!

Located in the award-winning University District, Swish U/D brings our signature 'self-care + oral care' experience to Calgary's Northwest.

Enjoy a suite of amenities like warm blankets and aromatherapy, treat yourself to local goods from Village Ice Cream or Monogram, and relax in a space so stunning, you might just forget you're at the dentist. The best part? It's all delivered with judgement-free, patient-centred care.

Say goodbye to dental anxiety and say hello to Swish.

Visit swishoralcare.ca to reserve your spot.

We can't wait to see you in U/D.

Take care,

Team Swish

The 411 on Swish U/D

Where is Swish U/D?

We're located at 3928 University Ave NW on the main floor of the Argyle building.

What services do you offer at Swish U/D?

All the classics (The Essentials, Fresh 5), plus Cosmetic Dentistry, Dental Emergencies, Invisalign, Botox, and more. Head to our Services page for the full list.

Who will be my dentist at Swish U/D?

Dr. Zahi Shlah will be doing double duty at Swish Bridgeland and U/D. Expect to see a few more friendly, familiar faces from Bridgeland too.

Do you direct bill?

Absolutely. Make sure to add your insurance info to your New Patient Forms for a super smooth, seamless check-out.

Where can I park?

Complimentary 3-hour parking is available in the University District underground lot. Make sure to register your license plate at our admin desk when you check-in.

I have more questions. Who do I contact?

Give us a call at 825-540-7183 or email UD@swishoralcare.ca.

Say ahhh...

Swish specializes in all things dental for all ages, from essentials to emergencies.



The Essentials

A comprehensive dental exam, cleaning, 3D wellness scan, x-rays, complimentary oral cancer screening, and free whitening.



Fresh 5

Fresh 5 is a flat rate option with five must-have treatments.



Dental Work

Cavities, wisdom teeth, root canals, crowns, implants, and more. Thorough, yet gentle on tough stuff.



Cosmetic Dentistry

Form meets function. Botox, whitening, veneers, and more.



Invisalign

Complimentary scans and detailed consults from the leader in straighter smiles.



Emergencies

Broken or chipped tooth? Extreme toothaches? Say no more – we're on it.

Brush up on all things

Swish

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Swish Oral Care
3928 University Ave NW
Calgary, AB T3B 6N7
825-540-7183

Find us online:



[swishoralcare.ca](https://www.swishoralcare.ca)

ud@swishoralcare.ca



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How to Know if You Are Ready For Couples Therapy or Not

by Nancy Bergeron, R.Psych. | info@nancybergeron.ca



There are many approaches to couples therapy such as Gottman Method, Emotionally Focused Therapy, and IMAGO to name a few. The decision to seek couples therapy requires evaluating your relationship and your willingness to work through challenges. The following are some key signs that you may be ready:

- 1. Communication Issues** – Do you struggle to express your feelings without arguing or shutting down? Are there unresolved conflicts that keep resurfacing?
- 2. Feeling Disconnected** – Has the emotional or physical intimacy in the relationship declined? Do you feel like roommates rather than partners?
- 3. Recurring Problems** – Are you stuck in repetitive arguments or unhealthy patterns? Have individual efforts to fix these issues failed?
- 4. Life Changes or Stressors** – Have recent events (moving, new baby or job) put a strain on your relationship?
- 5. Trust Issues** – Has there been a betrayal such as an infidelity or broken promises? Are you struggling to rebuild trust?
- 6. Desire to Improve** – Are you both willing to put in the effort to strengthen the relationship? Do you believe the relationship has potential for growth?
- 7. Mutual Commitment** – Are you both open to exploring therapy, even if one of you is more hesitant at first?
- 8. Individual Challenges Impacting the Relationship** – Are personal issues such as stress, trauma, or mental health affecting how to connect with each other?

If you relate to some of the above, couples therapy could be beneficial. Even if you're unsure, seeking therapy to explore some of these concerns and set goals can be a proactive step.

The following are some signs that couples therapy could be unproductive or even counter-productive:

- 1. Lack of Commitment to Change** – One or both of you are not genuinely willing to work on the relationship. Going to therapy just to 'check the box' or appease the other.
- 2. Blaming Without Accountability** – If either of you is solely focused on blaming the other without reflecting on your own role in the relationship's challenges.
- 3. Unwillingness to Communicate Honestly** – If either of you are unwilling to be vulnerable, open, and honest, your therapist won't have a full picture to be able to help you.
- 4. Hidden Agendas** – If therapy is being used as a way to justify leaving the relationship rather than to repair it, the process won't be effective.
- 5. One of You is Being Forced into Therapy** – If one of you does not want to attend or doesn't believe in the process, lack of engagement can hinder the process.
- 6. Ongoing Abuse** – Couples therapy is not the right setting to address physical, emotional, or verbal abuse. These situations require specialized interventions to ensure safety and require individual therapeutic attention.
- 7. Unresolved Individual Issues** – If personal issues such as active addiction or untreated mental health conditions are dominating the relationship dynamics, individual therapy is a better starting point before engaging couples therapy.
- 8. Timing is Off** – If there are active external factors like intense work stress, a recent traumatic event, or other life circumstances, it will leave little energy or focus for therapy. It may be better to wait.
- 9. Desire for Separation** – If one of you has already decided to end the relationship and sees therapy as a formality, it will obviously prevent any genuine engagement.

Being ready for couples therapy requires mutual willingness and effort, but readiness can evolve with time and self-reflection.

ChargeYYC: Helping Calgarians Install EV Chargers in Multi-Residential Buildings

by The City of Calgary



The City of Calgary opened ChargeYYC for applications on January 28! This pilot program is designed to support residents living in apartments, townhouses, rowhouses, and other multi-residential buildings to install electric vehicle (EV) chargers. This initiative is part of The City's commitment to prepare for the future of low carbon mobility.

Building owners and property managers can apply into Phase One of the program for financial incentives of up to \$4,000 to develop a plan to install EV chargers in their buildings. ChargeYYC aims to simplify the process and reduce the costs associated with EV charger installations, making it easier for more Calgarians to own electric vehicles.

Motor vehicles are a major contributor to Calgary's greenhouse gas emissions, making programs like ChargeYYC essential for achieving the city's climate goals. The first phase of the program focuses on planning, with future phases offering additional financial incentives for installation.

For more details and to apply, visit calgary.ca/chargeyyc.

Cats, Canines, & Critters of Calgary



Basha and Molly, Elbow Scene



Daisy Nulo and Nulo Pickles, McKenzie Towne



Howie and Pepper, Crestmont



Tucker and Bentley, McKenzie Towne

To have your pet featured, email news@mycalgary.com

Watching for Head Lice

by Alberta Health Services



Head lice are tiny insects that live close to the scalp, where they lay and attach their eggs (nits).

Head lice are most common in children and typically spread anytime a child's head is in contact with the head or hair of someone else who has lice.

There are common misconceptions and stigma around head lice. These are a few important points to remember about head lice:

- They are not dangerous.
- They do not spread disease.
- They do not have anything to do with how clean someone is.
- They cannot survive unless they are close to the scalp.
- They cannot fly or jump.

Symptoms

Head lice may cause an itchy feeling on the scalp. This is because of your body's reaction to the lice bites. But not everyone has itching, and not all itching means you have lice. Lice can be on the scalp for four to six weeks before itching starts.

Diagnosis

You can check for head lice at home. Under a bright light, use a fine-toothed comb and part small sections of hair to look for live lice and eggs (nits). Using a magnifying glass can help too. It may be easiest to find them on the back of the neck at the hairline or behind the ears.

Live lice are tan to greyish white. They're about the size of a sesame seed. Nits look like tiny yellow or white dots attached to the hair, close to the scalp. They're often easier to see than live lice. Nits may look like dandruff, but you can't pick them off with your fingernail or brush them away.

Treatment

There are several over-the-counter medicines that kill lice. Most of them are creams or shampoos that you put on the scalp. Each type of medicine is a little different, so it's important to follow the directions carefully. Your doctor or pharmacist can help you choose a medicine that is safe.

You may also want to try wet combing, which can help physically remove the lice and nits. Use a comb with teeth that are close together. You can also find special lice combs in pharmacies.

Remember to check your scalp for live, active lice twelve hours after treatment. If you find any, talk to your doctor. You may need a different type of treatment.

Prevention

Check everyone in your home for lice. If your child shares a bed with someone, the other person should be treated too. (Don't worry about pets. They can't get lice). Teach your children not to share anything that comes into contact with hair. For example, don't share hair bands, towels, helmets, hats, combs, or brushes.

You don't need to spend a lot of time or money deep cleaning your home. But it's a good idea to:

- Soak hairbrushes, combs, barrettes, and other items for ten minutes in hot water.
- Machine-wash clothes, bedding, towels, and hats that touched the head in the last two days in hot water. Dry them in a hot dryer. If you don't have access to a washing machine or if items can't be washed or dried, store these items in a sealed plastic bag for fourteen days.
- Vacuum carpets, mattresses, couches, and other upholstered furniture.



News from the Friends of Nose Hill

by Anne Burke

Natural parkland is green space with a (relatively) low level of maintenance and natural or naturalizing vegetation. Natural areas are accessible (by trail networks) or have limited/little public access. A master plan deals with current and future needs by population for park/greenspace. The Municipal Protected Areas Program demonstrates how biodiversity will be protected, conservation lands connected, and how Canadians will gain an appreciation for local nature. A Municipal Eco Toolkit by the Miistakis Institute for Alberta municipalities will help maintain their natural infrastructure systems (municipal30x30.ca).

Nature Canada is building a web of partners to help Canada achieve its biodiversity conservation goals to protect 30% of land, water, and marine areas by 2030. As of 2022, Canada has only protected 13.7% of land. The Canadian City Parks Report surveyed 35 Canadian municipalities, 2,500+ residents of Canadian cities, as well as park staff and other professionals across the country. One-third of cities said addressing federal biodiversity and land protection goals are a high priority. When 81% of Canadians are living in urban areas, protecting land in urban areas is vital. Cities are in dire need of new space for parks. Park budgets are not keeping pace. Partnerships are critical when cities need policies and structures. Park issues are increasing and require more training and collaborations. Departmental structures can promote collaboration or disconnection. Some residents feel disempowered but still want to engage. Mental and physical health benefits are key although there is a lack of programs. There are nine case studies in the 2024 Report which includes analysis of key data from surveys of both municipal staff and residents of Canadian cities, for new and ongoing issues facing parks, and how to help city staff make better decisions about programs, policies, and funding. Read more at parkpeople.ca.



Calgary Confederation
Len Webber, MP
 2020 – 10 St NW
 Calgary, AB T2M 3M2
 ☎ 403-220-0888
 ✉ len.webber@parl.gc.ca

Are You Registered?

Canada will have a federal election this year, but its timing is uncertain. We may be in the middle of one by the time you read this.

When an election is called, Elections Canada provides information about when and where you can vote. To do this, the non-partisan government agency maintains the federal electors list.

The electors' list, the Register, is continually updated with information from a variety of sources, but there is a chance your information is not up-to-date, especially if you have moved since the last federal election in 2021.

You can verify if you are registered to vote by visiting www.elections.ca. You must be at least 18 years of age and a Canadian citizen to vote. If you do not have access to the internet, you can call 1-800-463-6868 for assistance.

You can register at the polls when you go to vote, but, if you register in advance at the right address, you will receive a voter information card in the mail when a federal election is called. The voter information card tells you when, where, and the ways to vote. An up-to-date registration will also make the voting process faster.

Maintaining the list is a mammoth job as the Register contains records for almost 28 million voters.

Each year, over 13% of all eligible elector information changes. In addition to address changes, electors turning 18 and new Canadian citizens are added to the Register, and the names of deceased electors are removed.

Canadians living abroad can vote in a Canadian election if they are registered on the International Register of Electors. More information on registering here and learning how to cast your vote from outside Canada is available at www.elections.ca.

Your participation in our elections is critical to our democracy. Please vote!

BUSINESS CLASSIFIEDS

For business classified ad rates contact Great News Media at 403-720-0762 or sales@greatnewsmedia.ca

A Journey Through Winter

by Les Robertson

What should we do when there is snow on the ground?

More than you think, and this is what I found
You can build a snowman outside your front door
Or cuddle by the fireplace on your living room floor

You can take in a hockey game at your local hockey rink

or go for hike and try to spot a mink
Head out to the mountains and ski down the hills
Check out the scenery which is always a thrill

If you have a snowmobile there are many trails to explore

Glistening white frosted branches are easy to adore
Take out your snowshoes and glide across the land
Getting exercise in the cold or as much as you can stand

Find a winter carnival with ice sculptures on display
Watch the modern-day lumberjacks competing on that day

At home you reflect and take time to appreciate
While sipping your cocoa, you realize it must have been fate

Let Us Enjoy the Winter Season

OFFICIAL PLUMBING & HEATING: Small company, low overhead, excellent warranties, and great rates. Specializing in residential service and installs. Services include furnace service and replacement, hot water tank service and replacement, leaks, clogs, gas fitting, and more. Licensed and insured. Why wait? Call today and get it fixed today! Available 24/7, we accept debit/VISA/MasterCard. Call 403-837-4023 or email info@officialplumbingheating.ca; www.official-plumbing-heating.ca.

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NEIGHBOURHOOD CONFLICT? Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.



The Great Joni Mitchell

Canada's Juno Hall of Fame features many incredible artists from over the years. A very special addition was made on February 5, 1981, when Alberta-born singer-songwriter and multi-instrumentalist Joni Mitchell joined those honoured. Way to go, Joni! She really couldn't be any cooler.





RINK
DAILY HOURS OF
OPERATION
9:00AM - 9:00PM
(LIGHTS OFF)



PCA RINK RULES

Please make yourself aware of the fire safety plan posted about the fire wood.

Keep the area clean. Garbage must be removed before leaving the area.

Fire pit door may be hot, use caution when opening.

When you're finished, ensure the fires completely out.

In case of an emergency call 911



PARKDALE COMMUNITY VOLUNTEER OPPORTUNITIES

Treasurer
Events Director
Board Member

The PCA is always looking for outgoing individuals looking to contribute to their community

Interested? Please email
office@parkdaleyyc.com



PCA RINK RULES

Use At Your Own Risk

1. **No** Skateboarding
2. **No** Use of Ramps, Rails or Obstacles
3. **No** Hanging on Basketball Rims
4. **No** Game Play Outside of the Rink
5. Protective Equipment Highly Recommended (helmets, padding)
6. **Do Not** Damage PCA Property / Facility Equipment
7. Volunteer Run, Please Help Keep it Clean

For Rental/Program Information,
Please website: www.parkdaleyyc.com or
TV schedule inside Locker Room

This area is monitored 24/7 by CCTV
In Case of an Emergency Call 911



PARKDALE COMMUNITY ASSOCIATION PRESENTS

MICRO-GRANTS PROJECT

PCA Micro-grants of up to \$500 will be awarded to initiatives that encourage community involvement and good citizenship.

This program is meant to encourage active citizenship by providing residents with funds to implement creative projects that benefit their local community.

To learn more & apply, please visit email Jean-Michel Pare at volunteer@parkdaleyyc.com.



RECYCLING & FUNDRAISING

Have bottles to recycle?

Help Support the Parkdale Community Association



Donate with Skip The Depot

Download the app today, & select the PCA to support!

Thank you for supporting us with your donation!

app.skipthedept.com/parkdalecommunity



Parkdale Community Association

Bringing together Calgary's most vibrant community

SWAG PRICE LIST

- Hoodie S _____ \$50
- Hoodie M _____ \$50
- Hoodie L _____ \$50
- Hoodie XL _____ \$50
- Hoodie 2XL _____ \$50
- Water Bottle - 500mL _____ \$40
- Ball Cap _____ \$35
- Beanie _____ \$30

BRAIN GAMES

SUDOKU

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

SCAN THE QR CODE FOR THE SOLUTION



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New patients receive a free
Sonicare toothbrush with:
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Wed: 7 am - 3 pm Fri: 8 am - 4 pm



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Discover Better Rates
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