

MAY 2023

DELIVERED MONTHLY TO 3,525 HOUSEHOLDS



TRIWOOD trumpet

THE OFFICIAL CHARLESWOOD, COLLINGWOOD & FOOTHILL ESTATES COMMUNITY NEWSLETTER



A better future.



Dr. Luanne Metz
Calgary – Varsity
403-247-1075 albertandp.ca
Authorized by Alberta NDP

Live Life to the Fullest

A Day in the Life at Cambridge Manor



Treat yourself at the Bistro



Enjoy an active social life



Pamper yourself at the salon



Daily dining in the company of new friends

Availability for certain floor plans is becoming limited. Don't miss out! Call now for the best selection of private suites.

Now Over
80% Full

The 
Brenda Strafford Cambridge
Foundation Manor

403-536-8675
cambridge@theBSF.ca
www.CambridgeManor.ca

OFFICIAL

PLUMBING & HEATING

Plumbing Services
Furnace Install & Repair
Drain Cleaning
Boiler Install & Repair
Electrical

\$50

Service Call Fee



403-837-4023

info@officialplumbingheating.ca
official-plumbing-heating.ca



Your Patio Furniture Superstore!

YETI  **weber**

TRAEGER  RATANA 

Located Three Blocks East of Chinook Mall
6125 Centre Street S, (403) 258-2506
WickerLand.ca

TWC Directory

President	Mark Whiteman
Vice President	David Fong
Treasurer	Carlos Alonso de la Paz
Secretary	Vacant
Members at Large	Sandra Rhead, Jim Heck, Stephanie Church, Sandy Munro, Lynn Greig, Danielle Andrews
Executive Director	Stephan Horbay
Community Relations	Sandra Rhead
Operations and Events Manager	Jennifer Waller
Arena and Facilities Manager	Jim Pilling
Programs Coordinator	Bianca Ridge
Marketing Coordinator	Garrett Poon
Soccer Coordinator	Victoria Baker
Scouts Coordinators	David Fong and Mark Whiteman
Cubs Coordinator	Andrew Waddington
Beavers Coordinator	David Fong and Andrew Waddington

TRIWOOD SUMMER 2023

KIDS SUMMER CAMP
REGISTRATION
OPEN NOW!

TRIWOODCOMMUNITY.COM

The poster features a vibrant, colorful background with various icons representing summer activities and nature, such as a globe, microscope, key, magnifying glass, soccer ball, palm tree, butterfly, and a hot air balloon.

Triwood Game & Social

Chess Group

All skill levels welcome.
 Join us Monday's at 7pm
 Beginning on February 13th

Every third Monday of the month.
 Free with a Triwood Membership.
 Drop-ins and sign-up available.

The poster shows several chess pieces (pawns, knight, king, rook) arranged on a red and black checkered board. The Triwood logo is in the bottom left corner.

Triwood Community Social Groups

Triwoodsmen; Men's Social Group **Tuesdays from 1:00 to 4:00 pm**

The Triwood Sr. Men's group is always welcoming new members to their Tuesday afternoon pool matches, card games, and conversations. Join for some community camaraderie!

Trilighters; Ladies' Social Group **Thursdays from 1:00 to 4:00 pm**

Our Triwood Sr. Ladies' group offers a home for those looking for some friendship, games, and conversation throughout their week. Tai Chi is available twice per week, and each Thursday our group meets during the day for card games, tea, and coffee!

Contact king_berta@yahoo.com.

Bridge

Wednesdays from 1:00 to 3:00 pm

Do you enjoy playing bridge for fun? The Wednesday Bridge Group now plays weekly at Triwood Community Centre. Join us downstairs at JT's lounge (facing the arena) every Wednesday afternoon from 12:45 to 3:00 pm. New bridge enthusiasts are welcome!

Contact Roman at 403-289-6244.

Parent and Tot Social

Mondays and Wednesdays from 10:30 to 11:30 am

Bring your little one to our parent and toddler social group! While your little ones play, meet new little friends, and spend time building movement and cognitive skills, our Triwood parents/guardians have the chance to socialize with people their own age.

Drop-ins welcome. Free two-year Triwood membership required.

Contact programs@triwoodcommunity.com.

Chess Group

Every Third Monday

Chess Night and Social for all chess lovers at any skill level. Join us on the third Monday of the month at 7:00 pm for our community game night. All you need to bring is you.

JT's Community Social and Burger Night

First Wednesday of the month, come meet your neighbours and enjoy a \$10 burger.

Volunteering At Triwood

Looking to complete your volunteer requirements for this school year? Or are you interested in spending your time supporting your local community? Reach out to programs@triwoodcommunity.com to be added to our volunteer list.

Upcoming 2023 Events Include:

- Bingo, June 3 at 10:00 am and June 9 at 4:00pm
- Stampede Breakfast, July 9


Interested in working on volunteer-based projects? Have an idea you'd like your community to consider? Share with us at programs@triwoodcommunity.com.

Free With Our Free Triwood Membership:

Burger Nights - Every Wednesday, 5:00 to 11:00 pm

Enjoy our community burger nights at our JT's Clubhouse!


JT's new menu and extended hours



Dr. Craig Sabey
Family Dentistry

- Laser dentistry
- Nitrous oxide
- New patients welcome

Visit our Website
www.sabeydental.com

 **403-284-9390** 102, 1926 - 20th Avenue NW

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.

Great News Media and the Community and/or Residents' Association do not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.



United Conservative Government: Committed to Every Albertan

As MLA, I have had a chance to meet with many constituents and represent us on issues important to Calgary-Varsity including strengthening the economy, affordability, and building a strong public health care and education system.

Over the past four years, the UCP government has made progress on these issues:

- Making life more affordable for all Albertans.
- Continued economic growth and diversification, creating well-paying jobs.
- A public Health Care system that delivers services where and when people need them.
- Investing in our students so they can succeed and thrive.

To continue the work on these priorities, I am asking for your support to be your MLA and a member of a UCP government – a government that shares your values of fiscal responsibility and a diverse economy, knowing our success in these areas gives us the financial stability to invest in health care, education, and our most vulnerable.

Authorized by the Official Agent for Jason Copping



Jason Copping

Calgary-Varsity

825-438-6283

jason@copping4varsity.ca

Triwood Adults

12-Week Adult Fitness

Mondays

Flow Yoga | 5:00 to 6:00 pm | Beginning April 10

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
5-6PM FLOW YOGA	9:15-10:15AM BOOTCAMP 5:30-6:30PM YOGA CORE & STRENGTH	5-6PM PILATES FUSION 6:15-7:15PM HATHA YOGA	9:15-10:15AM BOOTCAMP 6:45-7:45PM YOGA CORE & STRENGTH 8-9PM POSTURAL YOGA

This class is designed to help you strengthen and stabilize the core and back. You will explore the connection of the breath and core and their relationship to maintaining a healthy spine, and how the core carries you through each movement of the day. To effectively work the core and support our spine, this multi-level class is designed to strengthen, lengthen, and stretch your body.

Tuesdays and Thursdays

Bootcamp | 9:15 to 10:15 am | Beginning April 4

Come gain fitness, strength, and mobility with our new Boot Camp class offered bi-weekly or one day per week registration (Tuesdays and/or Thursdays).

Enjoy a 60-minute total body workout designed for any fitness level. This Boot Camp class will improve your muscular strength and cardiovascular endurance using equipment such as dumbbells, kettlebells, medicine balls, mini bands, and Pilates balls to get your heart pumping and muscles activated. Come try this fun, safe, and effective workout. Parents with babies and preschool children welcome.

Yoga Core and Strength | Tuesdays from 5:30 to 6:30 pm and Thursdays from 6:45 to 7:45 pm | Beginning April 4

A class utilizing traditional yoga poses combined with a variety of common strength training and flexibility exercises targeting the trunk muscles of the body (core) to provide a powerful class session. YogaStrength focuses on developing muscular strength and endurance throughout all major muscle groups in the body. YogaStrength is a challenging workout that fuses functional strength and flexibility with the benefits of added resistance. With the safe use of hand weights, one can enjoy enhanced muscular toning, shaping benefits, and an overall feeling of mind/body strength.

Wednesdays

Pilates | 5:00 to 6:00 pm | Beginning April 5

Using Pilates fundamentals mixed in with several other modalities, Cristina will improve your three pillars of fitness: strength, flexibility, and balance.

Cristina is an experienced teacher who prioritizes proper form and will engage the right muscles during each movement. No matter the level of fitness you are at, Cristina has modifications to make sure that your sessions are challenging but not frustrating.

Hatha Yoga | 6:15 to 7:15 pm | Beginning April 5

Silvia has an extensive background in teaching yoga and is passionate about the success of her students. Hatha yoga pairs breathing exercises and postures, enabling participants to deepen their practice and prepare their bodies for everyday movement. Yoga is an excellent mind, body, and spirit practice that increases flexibility and is designed to calm your mind, increase your confidence, and learn to feel comfortable in your body while pushing yourself to new limits.

Thursdays

Bootcamp | 9:15 to 10:15 am

Yoga Core and Strength | 6:45 to 7:45 pm

Postural Yoga | 8:00 to 9:00 pm | Beginning April 6

Hit the mat with Silvia to practice Critical Alignment Yoga Therapy, developed in the Netherlands by Gert van Leeuwen. This practice integrates yoga exercises, the use of specific props, and breath awareness to release the tension and soften the tissue around the spine, to free the bone structure into a better posture. This is a highly effective way of working around injury, pain, or reduced mobility. This class will help you restore postural alignment, correct muscle imbalances, increase mobility in the hips and shoulders, reduce pain and tension, and mobilize and strengthen the spinal column.

Triwood Art Classes for Teens and Adults | Tuesdays at 6:30 to 9:00 pm | Starting May 9 to May 30

A four-week art principle course focused on teaching the most important foundational principles to gain an improved art technique and understanding. Beginners and intermediates welcome. Learning new approaches for starting a painting from scratch or from a photo that you have always wanted to paint but didn't have the courage to do. All materials will be provided but bring your own inspiration. Come and have some fun learning something different.



Now Located At:
Triwood Community Centre

Confederation Park 55+ Activity Centre

NEWS FROM YOUR NEIGHBOURS AT CONFEDERATION PARK 55+ ACTIVITY CENTRE

Triwood Trumpet
Happy Mothers Day!!



We have a very exciting year ahead with a number of special events and more new classes coming. Here is a taste of what is to come. Please note that you must register for all of our events online or in the office in order for us to know how much food we will require. No exceptions. There are cutoff dates for all events to register as well, so please keep this in mind.

May 12 - Support a Mom presentation, Jewelry sale an boutique sale

May 16 th - 50 TH Anniversary -activities all day, with a dinner and dance to follow. Watch for details.
View details @ yycseniors.com Dinner is \$35.00 per person

June 3 rd - Garage Sale - in the Triwood Arena - watch for more details

June 11 th - Lawn Bowling Event - will be hosted at Bow Cliff Seniors site.

June 16 - Cat Cuddling Day in the Foothills room

June 23 rd - Fashion Show (more info will be coming)\$10.00 for members and \$15.00 for non-members.

July 13 th - Stampede BBQ \$10.00 members and \$20.00 for non-members.

TEA & CONVERSATION

Join us from 1:30 - 2:30 pm Thursday afternoons for our Tea & Conversation (T & C) program. Live music, dancing, refreshments & stimulating conversation promote the physical, social and mental well-being of older adults.

A \$5 weekly donation is suggested to help subsidize the cost of the program.
Call Debbie Nay, 403-289-4780, ext. 206 or debbie.nay@yycseniors.com.

JOIN US AND STAY ACTIVE, STAY ENGAGED AND ENJOY EVERY MOMENT!

Email info@yycseniors.com to join our email list to receive updates about upcoming Confederation Park 55+ events.
Confederation Park 55 + Activity Centre, 2244 Chicoutimi Dr NW, T2L 0W1
info@yycseniors.com | 403-289-4780 | yycseniors.com | FB @CP55AC





Open on:
WEDNESDAYS
5-11pm



2244 Chicoutimi Dr NW
triwoodcommunity.com




THE SPRING MARKET IS SOON!

SAVE THE DATE

Event Market / Sunday, May 7th




THE SUMMER MARKET IS BACK!

SAVE THE DATE

Launch Market / Tuesday, June 6th

Spring Fitness

Pilates Fusion

Wednesdays
5-6pm

Full Session & Drop In




BUSINESS CLASSIFIEDS

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

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.

TRIWOOD MORTGAGE BROKER: Save a bunch of cash! As a Calgary mortgage broker, I have helped your neighbors 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.

CALGARY MAT & LINEN: Get high-quality mat and linen services with pick-up and drop-off from Calgary Mat & Linen! We offer expert rental and cleaning for hospitality and healthcare industries. Contact us at 403-279-5554 or visit <https://calgarymatandlinen.com/> to learn more and get a quote. We are located in SE Calgary.

LANDSCAPING & WINDOW CLEANING: Weekly yard care starting at \$39. Decorative mulch, rock, soil and sod installation. Window or gutter cleaning starting at \$109; interior or exterior. Garden beds, stone patios, walkways and rock walls. Deck and fence builds, small concrete jobs and synthetic grass installation. A+ Member of BBB. Licensed and Insured. WCB. 403-265- 4769 | YardBustersLandscaping.com.

LOVING FAMILY IS LOOKING FOR PART-TIME CAREGIVER: For elderly grandmother in Charleswood. Afternoons and evenings. 2 to 4 days/week. Flexible hours. Simple care duties. Meals, snacks, drinks provided, assist with movement to bathroom and bed. Downtime to study or read while working. \$20 to \$25/ hour. AHS Self-Managed Care program. Express interest to chippendale.drive.NW@gmail.com.

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.

FALCONER HANDYMAN SERVICES LTD: Stucco patching, re-stucco, small renovations, flooring, drywall and painting, foundation parging, and small concrete work. We can also build or fix decks, fences, etc. No job is too small. Fully insured. WCB and BBB member. For free estimates, please call Wes at 403-809-3644 or email handyfalconer@gmail.com.

E.G.K. GENERAL CONTRACTING | COMPLETE HOME RENOVATIONS AND DEVELOPMENTS, INTERIOR AND EXTERIOR WORK: Framing, drywalling, taping, texturing, tile-work, painting, plumbing, electrical, windows, doors, flooring, insulating, insurance claims, mold remediation, handyman services, and more! 35+ years experience. Licensed, insured, W.C.B. & B.B.B. A+ rating. Contact Erich at egkgencon@gmail.com, or 403-606-2493. Website: egkcontracting.com.

JEFFREY ELECTRIC: Friendly, professional electrical service for your next residential project, large or small. 10 years serving Calgary, City Qualified Trade, Master Electrician, licensed, insured. Very competitive rates for quality electrical work. Service panel upgrades from 60 amp to 200 amp. Car chargers, aluminum rewiring, custom kitchens and basements. Free estimates. www.cejelectric.com or call Clayton at 403-970-5441.

JOSHUA BLAIR CLASSICAL OSTEOPATHY: Helps find and fix the cause of your aches and pains through gentle manipulation so you can improve your wellbeing and be your best self! Better Structure. Better Function. Located at 1904-B 20th Avenue NW in Capitol Hill. Book online: www.jblairosteopathy.ca or by phone: 587-225-9734.

GUTTER DOCTOR: Home exterior services. We do eavestrough cleaning, repairs, and installation as well as downspouts, fascia, soffit, siding, roofing, cladding, leaf screens, and heat cables. Local business for over 20 years with more than 50,000 happy customers! Licensed, insured, and WCB. A+ rated BBB member. Multi award-winner. Quality work with a warranty! www.gutterdoctor.ca, 403-714-0711.

OUT ON A LIMB PROFESSIONAL PRUNING: Tree and shrub pruning, shaping and restoration. Tree removal and stump grinding. New tree and shrub selection and installation. Fertilizing and insect pest management. Licensed & Insured. Journeyman Landscape Gardener and certified Arborist. Call Jim at 403-265-6965 or email outonlimbprofessionalpruning@live.ca.

continued on next page

BUSINESS CLASSIFIEDS

continued

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

HOUSE AND YARD MAINTENANCE: Spring and fall yard clean ups, power raking, leaf clean-up, flower beds, hedge trimming, top dressing, and weeding. Eavestrough cleaning/leak sealing, window cleaning, fence work, and gates. Exterior painting such as decks, trims, and window frames. Commercially insured. Call Ryan at 403-202-1263.

TERRAVIEW LAWN CARE: Spring cleanups, power raking, aerating, slit-seeding, power washing, etc. Weekly and biweekly yard mowing and yard maintenance services. Reasonable rates. Call us today to discuss your yard care needs and to schedule any services. Craig | 403-819-7905. Ron | 403-669-4671.

SCAN HERE TO VIEW ADDITIONAL CONTENT: NEWS, EVENTS, CRIME STATS, REAL ESTATE STATS, & MORE

CHARLESWOOD



COLLINGWOOD



4.2.4

BAR. KITCHEN. SOCIAL.

NOW OPEN FOR LUNCH

4.2.4 IS ABOUT DELIVERING MEMORABLE MOMENTS OVER FOOD, DRINK, AND SOCIALIZATION, WHETHER IN THE DINING ROOM, AT THE BAR, OR AT YOUR HOME.

4.2.4 BAR. KITCHEN. SOCIAL. PROVIDES AN ATMOSPHERE THAT CREATES COMFORT, COMMUNITY, AND ENERGY BY PUTTING YOU AND OUR GUEST EXPERIENCE FIRST.



4.2.4

#101, 2411 4TH STREET NW
CALGARY, AB T2M 2Z8

ONE PIZZA. HALF PRICE.

ANY TOPPINGS. ANY STYLE (10", 12" OR 14").
FOR DINE-IN ONLY. VALID SUNDAY THROUGH WEDNESDAY.

*SOME CONDITIONS APPLY. ASK SERVER FOR DETAILS.
MUST BRING IN COUPON TO USE. EXPIRES JUNE 30, 2023.



CONCRETE WIZARD

403-816-0965
cityandvillageco@gmail.com

* All Triwood residents receive the friendly neighbourhood 10% discount.



NORTHWEST DENTAL

WELCOMES NEW PATIENTS

Avoid difficult dentistry tomorrow
with prevention today

Suite 206, 3604 52nd Ave NW
Calgary, Alberta

Ample Free Parking

403-282-7933

northwestdental.ca

SWANBY LAW NANCY A. SWANBY

• Barrister • Solicitor • Mediator

Wills & Estates Planning and Estate Administration
Collaborative Family Law
Residential Real Estate

Wills, Enduring Powers of Attorney, Personal
Directives, and Probate

Suite 226, Market Mall Professional Centre
4935 – 40th Avenue NW Calgary, AB T3A 2N1
Direct Line: (403) 520-5455
Facsimile: (403) 984-4842
e-mail: nancy@swanby.com
(house calls and after-hours appts. still available)

Proudly owned in *Calgary* serving Calgary businesses



CALL 403.279.5554

Calgary
Mat & Linen Services

109 - 10836 24th Street SE



MATS

Commercial mat rentals
and purchases



HOSPITALITY SERVICES

Linens for tables, chairs, and
napkins. Laundry and
pressing services



WORKWEAR

Workwear and cleaning of
uniforms and coveralls



CLEANING

One-stop service for cleaning
supplies and paper products

calgarymatandlinen.com



Mother's Day Brunch

Brunch to Go: Sunday May 14th

Pick Up times between 9:30am and Noon

Order Online until May 5th



“Professionals DO get results!”

DANNY WAI



SOLD! SOLD! SOLD!

BRENTWOOD—BRENTWOOD COMMONSold for 98.4% of asking price
FOREST HEIGHTS—6A AVENUESold for 100% of asking price



165 SHAWBROOKE MANOR SW (SHAWNESSY)
This beautiful two storey has over 2,710 sq.ft of total living area, new LVP flooring in front foyer, kitchen & the nook. Close to all amenities, schools, Shawinigan park with the ICE Rink. Excellent value in this location.
Asking \$609,900 mls# A2033108



3305, 755 COPPERPOND BLVD SE (COPPERFIELD)
Spacious 2 bedroom, 2 bathroom unit in the heart of Copperfield. Very open floor plan. Short walk to Wetland path. Close to schools, transit, shopping, athletic park, playground, basketball courts, South Health Campus.
Asking \$258,900 mls# A2035528



ARBOUR LAKE--ARBOUR LAKE ROAD
Beautiful 2 bedroom, 2 full bathroom unit on the second floor with mountain views. Close to bus stop, Crowfoot LRT station and shopping. One underground assigned parking stall.
Asking \$274,900 mls# A2026759



DALHOUSIE--DALHOUSIE DRIVE
Rare find! This amazing apartment unit with 2 bedrooms, 2 full bathrooms, 2 underground titled parking stalls in The Phoenician. Brand new LVP flooring. Close to all amenities.
Asking \$338,800 mls# A2028177

Free Home Evaluations Anytime
No Cost & No Obligation
Call Danny Wai
at 403-247-5171
and Start Packing!

Not intended to solicit currently listed properties.

Visit my website,
www.dannywai.com,
for all my listings
with photos, anytime!

Re/Max Real Estate
Mountain View
222 - 4625 Varsity Drive NW
Calgary AB T3A 0Z9
Fax: 403-247-4200
Email: dannywai678@gmail.com
www.dannywai.com