

OCTOBER 2023

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TRIWOOD trumpet

THE OFFICIAL CHARLESWOOD, COLLINGWOOD & FOOTHILL ESTATES COMMUNITY NEWSLETTER



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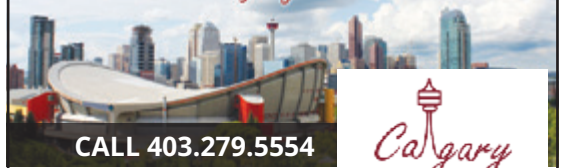
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Triwood AGM Announcement

Your presence can make a difference! Join us at the Triwood Annual General Meeting on Thursday, October 19 at 7:00 pm. This pivotal gathering is an opportunity to engage in the direction of our community and ensure your voice is heard. Before the meeting, at 6:00 pm, we're hosting an open house, complete with snacks and beverages, where you can connect with fellow residents, share ideas, and build a stronger sense of community. Together, let's chart the course for the future of Triwood. Mark your calendars and come to the Triwood Community Centre – we're eager to have you with us!



Triwood Community Social Groups

Triwoodmen; 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.

HELLO

Neighbour

You need a room — we have a space!

This year, spread holiday cheer with trinkets, treats, and treasures in our special spot for seasonal markets and shops.

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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.

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 has a new menu and extended hours.

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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CHARLESWOOD



COLLINGWOOD



Broomball at Triwood

Looking for a unique way to have a blast and stay active? Look no further than our broomball "lite" sessions! Whether you're a seasoned player or a complete beginner, our friendly and safe atmosphere welcomes everyone to enjoy the thrill of the game. We've replaced the traditional hard ball with nerf/foam balls and adopted a no contact rule, so you can focus on having fun and honing your skills without any worries.

The excitement kicks off in September, with sessions every Sunday from 5:30 pm onwards. It's an excellent opportunity to not only learn a new sport, but also to get your heart pumping with a fantastic aerobic workout. With just a minimal sports fee, you'll secure eight months of enjoyable gameplay, plus the chance to give back by volunteering at other events and fundraisers. We've got the brooms and balls covered; all you need is a helmet and clean footwear as we play on the Triwood indoor ice. If you find yourself falling in love with the game (which we're sure you will), we can guide you towards broomball shoes to enhance your experience.

All skill levels are welcome, so don't hesitate to sign up via the provided link or reach out to Don at 403-829-2794 for more information. Let's embrace the joy of broomball "lite" together!



Dr. LUANNE METZ
MLA Calgary-Varsity

Hello, Calgary-Varsity! I'm Dr. Luanne Metz, your new MLA. You can contact to my office at calgary.varsity@assembly.ab.ca or 403.216.5436 with your questions and concerns. Scan below to sign up for my digital non-partisan MLA newsletter to find out more about what we are doing in the Alberta Legislature to represent you!

X @luanne_metz Instagram Facebook @drmetzndp



<https://linktr.ee/mlametiz>

UPDATED



Fall Skate Times

Mondays | 3-4:45pm
Sticks and Pucks

Wednesdays | 3-4pm
Public Skate
No Sticks or Pucks



NEW CONDOS COMING TO U/D!

University District is excited to announce a new luxury bungalow-style condo project launching this fall. We can hardly wait to share all the exciting details with you! Visit our website for more information.

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JT'S HOURS

Monday | 7-10pm
Tuesday | 3-10pm
Wednesday | 4-10pm
Thursday 7-10pm



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ORDER BEFORE November 12th | PICKUP ON November 22th

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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.

BLUE WAGON LANDSCAPING: A student-owned business offering fall leaf cleanup and lawn aeration services now! Get your yard ready for the holidays! 700+ homes served so far. Limited spots are available. Contact Michael at 403-585-6128, team@bluewagon.ca, or visit www.bluewagon.ca to get a free instant quote!

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SENIORS 55+ DROP-IN CURLING: The Huntington Hills Community Association (520 78 Ave NW) Seniors Drop-in Curling League is looking for experienced curlers. We play Wednesday and Friday mornings. You must be at the rink by 9:15 am to participate. \$8 per game. Curling starts October 4. Email davejlaporte@shaw.ca for more information.



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Triwood Community Centre

Confederation Park 55+ Activity Centre

NEWS FROM YOUR NEIGHBOURS AT CONFEDERATION PARK 55+ ACTIVITY CENTRE

Triwood Trumpet



October 6 th - Thanksgiving Event - Presentation by Pioneers \$15.00 members - New Price!
\$25.00 non-members

October 24 - Planning Your Senior Living Journey Sponsored by Chartwell 10am - 12pm

November 10 - Remembrance day (Free) 10:30am-1:00pm
(Donation of \$10 to Veterans food bank requested)

November 14 - "Pearls From the Storm" by Jaline Perfect Book Signing 10am-12pm
November 28 - Canada Revenue presentation 10am-12pm in the PUB

December 8 Christmas \$35M \$45NM
Sponsored by Beltone & Chartwell

Watch our website and newsletter for upcoming classes for the fall!
All events, presentations and classes MUST be registered and paid for in advance.
Please see the office for details.

Confederation Park is launching a housekeeping program as of September 1 st .
If you are interested and want more details please contact the centre or view our
website. You can then make an appointment to visit the Centre and complete the
documents required with Jeannette or Nigel.

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

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VogaCore & Strength

Tuesdays Thursdays
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Zumba

Tuesdays
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Tuesdays
7:00-8:00pm

PROGRAM RUNS SEPTEMBER-NOVEMBER

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TRIWOOD FITNESS

Hatha Yoga

Wednesdays
6:15-7:15pm

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ON THE MARKET



**5308 BARRETT DRIVE
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ground floor is in the most desirable neighbourhood – Panorama Hills. Freshly painted throughout the unit, close to all amenities, shops, schools & public transit, easy access to Highway 201. Excellent value for a first time buyer or investment.

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street in the high demand area of Charleswood. Total of 3 bedrooms and 2 full bathrooms. Upgrades include light fixtures, furnace, hot water tank, shingles, electrical panel and more. Short walk to Canmore Park & the Confederation Park/Golf Course.

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