

JANUARY 2024

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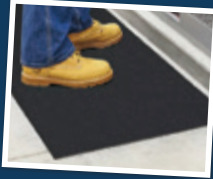
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Our Board is Recruiting!

Triwood Community seeks legal experts & real estate experts for our Board of Directors. Join us to make a meaningful community impact!

For details, email
markwhiteman@gmail.com

Happy Birthday, Jim!

On January 17, 1962, a comedic legend was born in Newmarket, Ontario. The star of hit movies like Ace Ventura: Pet Detective, The Mask, and Dumb and Dumber, Jim Carrey will turn 62 years old this year. Can you believe he has been gracing our screens since 1981 when he played Tony Canoni in Janet?

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Cubs Coordinator	Andrew Waddington
Beavers Coordinators	David Fong and Andrew Waddington

Seeking Rink Volunteers

It's that time of the season again! As we get ready for the winter season, we are looking for volunteers to help maintain our community's free outdoor skating rinks from November to March. Each week a new team of three to four people will meet to shovel the snow and flood the ice. Without the efforts of people like you, we would not be able to host such a pivotal part of our community. This is a free community amenity and is 100% volunteer maintained, we are reaching out to ask for more volunteers to support us this season. Thank you to our current group of volunteers that have put in wonderful efforts throughout the years and have brought joy to the community.

Please email programs@triwoodcommunity.com if you can lend a helping hand.

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.

Scouts Bottle Drive



Save the Date!
January 13th

at Triwood Community Association

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Recruiting Casino Volunteers!

March 29th & 30th 2024

For details, email
executivedirector@triwoodcommunity.com



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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!

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(house calls and after-hours appts. still available)

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!

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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Now Located At:
Triwood Community Centre

Confederation Park 55+ Activity Centre

NEWS FROM YOUR NEIGHBOURS AT CONFEDERATION PARK 55+ ACTIVITY CENTRE

Triwood Trumpet, January



January 12th, 2024 Games Afternoon in the Pub 12:00-3:00
Cost is \$10.00/person

January 26th, 2024 Lunch and Learn "Diabetes with a pharmacist from Crowfoot Pharmacy
Cost is \$15.00 for members and \$25.00 for non-members - Sponsored by Cogni Senior Living

January 30th, 2024 Presentation: Pub 10:00-12:00 Mediation with Older Adults - sponsored by 2Resolve
his presentation will have some great information.

February 8th, 2024 Games Afternoon in the Pub 12:00-3:00 Cost is \$10.00/person

February 15th, 2024 Presentation: Pub @ 10:00 am - 12:00 pm Alberta Blue Cross sponsored by Chartwell

February 16th, 2024 Family Day Lunch NEW BANQUET (Wild Rose Buffet) Lunch 1-3:00 Cost is \$20.00
members and \$30.00 for non-members

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 now offers [Housekeeping services](#).

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 Jeanne Le or Nigel.

TEA & CONVERSATION

Join us from 1:30 – 2:30 p.m. 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 asked to help subsidize the cost of the program.
Call Debbie Noy, 403-289-4780, ext. 206 or debbie.noy@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



Writing Group - Sharing Life Experiences

Date: First Tuesday of the Month

Note: First meeting will be January 9

Time: 1:00 to 3:00 pm

Location: Boardroom, Triwood Community Association

Bring your writing and a willingness to share.

What stories have you lived? How about writing them down in 700 to 1,500 words, circulating them to a small group of seven, and getting together once a month to talk about them? This group is designed for individuals who are interested in sharing their personal stories, experiences, and memories through the art of writing. Members provide friendly, helpful suggestions to make you a better writer; take them or leave them! We can all learn together. Whether you're a seasoned writer or a novice, our group provides a welcoming environment for all.

It's not a writing course! It's an exploration of something you may not have tried to do before. It's fun!

Each month through our story sharing and reflecting, our group will dive into creative exploration, collaborative feedback, creating community connections, and a space for personal growth.

Interested? Contact Colleen Tobman at tobman@tobman.ca or and let's get this group started!

Meeting Dates: January 9, February 6, March 5, April 2, May 7, June 4

Free Triwood membership required.

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AGES 3-5 | 8 WEEKS STARTING IN JANUARY

TIMESLOT 1

**TUESDAYS
9:30 - 10:30AM**

TIMESLOT 2

**THURSDAYS
2:30 - 3:30PM**

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KIDS SKATING PROGRAMS

8 WEEKS STARTING IN JANUARY

3 CLASSES BEING OFFERED:

**TUESDAY
JAN 9TH**

**WEDNESDAY
JAN 10TH**

**THURSDAY
JAN 11TH**



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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.

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SWIZZLE STICKS



AGES 6-12 | 8 WEEKS STARTING IN JANUARY

WEDNESDAYS
4:15 - 5:15PM



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110 PANAMOUNT DRIVE NW (PANORAMA HILLS)

Location! Location! Location! Across from a green park, 3 bedrooms, 1.5 bathrooms. 1,041 sq.ft, single attached garage.
Asking \$413,900 mls# A2081898

2716 CRAWFORD ROAD NW (CHARLESWOOD)

An outstanding bungalow located near the top of Charleswood Heights. Fully-developed basement. Double detached garage. Close to all amenities.
Asking \$719,900 mls# A2080002

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Two-storey townhome features 3 bedrooms, 2.5 bathrooms. Close to all amenities.
Asking \$495,000 mls# A2088851

2123-24 AVENUE NW (BANFF TRAIL)

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