

JULY 2024

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TRIWOOD COMMUNITY MARKET

SUMMER FIESTA

TUESDAY, JULY 30 | 3PM-7PM

Live music | Dance demos | Tacos at JT's

STAMPEDE BREAKFAST

TRIWOOD COMMUNITY ASSOCIATION
2244 CHICOUTIMI DR NW

SUNDAY, JULY 7

9AM
TILL
1PM

Sponsored by Community Realtor Dean Stewart

TWC Directory

President	Mark Whiteman
Vice President	David Fong
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Members at Large	Sandra Rhead, Jim Heck, Lynn Greig, Danielle Tse, Jordan Crone, Mara Pratt, Dean Stewart and Shannon Harrington
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Accountant	Randy Dalgeish
Administrator	Olivia Fong
Operations and Events Manager	April Morlidge
Arena and Facilities Manager	Jim Pilling
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Community Engagement Manager	Shivani Gibbs
Scouts Coordinators	David Fong and Mark Whiteman
Cubs Coordinator	Andrew Waddington
Beavers Coordinators	David Fong and Andrew Waddington
Executive Chef	Warren Copeland



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Triwood Writers



What stories have you lived?

You can become a part of Triwood Writers, already five strong! Join us in the community centre board room from 1:20 to 4:00 pm on the first Tuesday of each month – even in July and August!

This group is designed for individuals who are interested in sharing their personal experiences and memories through the art of writing. Members provide friendly, helpful suggestions to make you become a better writer - take them or leave them! We all learn together. Whether you're a seasoned writer or a novice, our group provides a welcoming environment for all.

Bring your stories told in 500 to 1,500 words. You'll circulate your story by email to our small group a week before each get-together. Then we'll meet to discuss every submission. You'll also get feedback on your writing emailed from each member after each meeting.

It's not a writing course! It's an exploration. It's fun!

Each month through our story sharing, our group dives into collaborative feedback, creating community connections, and personal growth.

Interested? Contact Colleen Tobman at tobman@tobman.ca and try something new!



Confederation Park 55+ Activity Centre

Activity Centre for all adults 18 years of age & older
Located in the Triwood Community Centre



Howdy Neighbours! We hope you all have a wonderful Stampede! We invite you to join us for these upcoming events. Please note that **all events must be registered and paid at least one week prior to the event date** (unless otherwise indicated) and are for those **18 years and over**.

Upcoming Events

TO REGISTER: call 403-289-4780 or visit yycseniors.com/events

- **EVERY THURSDAY, 1:30PM - 2:30PM:** Join us for **Tea & Conversation (T&C)** featuring live entertainment, dancing, complimentary tea & coffee. RSVP is required: Debbie at 403-289-4780 Ext 206.
- **Thursday, July 11 - Stampede BBQ Lunch & Dance, 11:30 AM - 2:30 PM:** BBQ Beef on a Bun* with entertainment by Randy Poirier. Advanced tickets only: \$10 Members, \$20 Non-Members.
- **Wednesday, July 17 - Afternoon Games in the Pub, 12 PM - 3 PM:** Join us for an afternoon of fun, board & card games, and pool in the cool air conditioning of JT's Clubhouse. \$10 includes 2 slices pizza.
- **Wednesday, Aug 14 - Afternoon Games in the Pub, 12 PM - 3 PM:** Join us for an afternoon of fun in JT's Clubhouse. \$10 includes 2 slices pizza.
- **Wednesday, Aug 28 - Summer Wrap-Up Lunch & Dance, 11:30 AM - 2:30 PM:** The Wild Rose Duo will be playing so be sure to wear your dancing shoes! \$15 Members, \$25 Non-Members.
- **Friday, Sept 13 - Seniors Olympics, 10 AM - 3 PM:** Free event. Friendly competitions in Beanbag Toss, Ring Toss, Line Dancing, Drawing, Euchre & Crib. **MUST REGISTER** due to limited seating: **Registration CLOSES August 30th**. Optional \$15 Lunch must be pre-ordered and paid when registering. Menu and details are on our website. yycseniors.com/seniorsolympics.
- **Tuesday, Sept 17 - Free Presentation: Planning Your Senior Journey, 10 AM - 12 PM:** Sponsored by Chartwell. Free: must register by calling 403-289-4780.
- **Friday, Sept 20 - Free Presentation: Cognitive Health (Dementia): 12 PM - 1:30 PM:** Sponsored by ComForCare. Free: must register by calling 403-289-4780.
- **Friday, Sept 27 - Welcome Back Lunch, 11:30 AM - 2:30 PM:** Wine Tasting & Charcuterie sponsored by Scenic Acres Retirement Living. \$15 Members, \$25 Non-Members.
- **Monday, Sept 30 - Free Presentation, 12 PM - 1:30 PM:** Topic TBD. Sponsored by InHome Physical & Massage. Free: must register by calling 403-289-4780.

NOTE: Tickets are non-refundable and non-transferable. Registration required; no tickets at the door.

*Menu subject to change without notice.

Email info@yycseniors.com to join our email list!

Confederation Park 55+ Activity Centre, 2244 Chicoutimi Dr NW, T2L 0W1
info@yycseniors.com | 403-289-4780 | yycseniors.com | [FB @CP55AC](https://www.facebook.com/CP55AC)

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TRIWOOD WEEKLY SUMMER MARKET

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JUNE 4TH-AUGUST 27TH

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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.

How to Grieve the Loss of a Pet

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



The loss of a pet can be a profoundly painful experience. For some of us, we know the time is coming. For others, it is unexpected, and may be thrust upon us due to an accident or profound acute illness. Pets become an integral part of our lives. For most of us, they are an extension of our family. They provide us companionship, unconditional love, and emotional support. Grieving the death of a pet is a deeply personal process. Understanding the different ways to cope with this loss can help in navigating this intensely difficult time.

First, it's essential to acknowledge the depth of our grief. Society sometimes downplays the significance of losing a pet, which can make us, as owners, feel isolated and misunderstood. We must recognize that our feelings are valid. It's important to allow ourselves to mourn without guilt or embarrassment. Grief is a natural response to losing a beloved companion, and our emotional pain reflects the bond we shared with our pet.

Creating a space to express our emotions is vital. Journaling about our pet and the joy they brought to our lives can be therapeutic. Writing down memories, silly and special moments we shared, helps in processing our feelings. Some individuals find comfort in creating a memorial for their pet. This can be as simple as a photo, an album, a dedicated space in the home for an urn, or a ceremony to honour their memory. These acts of remembrance can provide solace and a sense of closure.

Sharing our grief with others who understand can also be comforting. Talk to family members and friends who are

empathic and supportive. Joining support groups, either online or in-person can connect us with people who have experienced similar losses. They can offer understanding and compassion. These communities provide a safe space to share your feelings and receive emotional support.

Professional support can be incredibly beneficial as well. Pet loss can sometimes trigger or exacerbate existing mental health issues. Speaking to a therapist that specializes in grief can help us navigate our emotions and provide us with strategies to cope with our loss. Therapy can offer a structured environment to work through our grief and help us find ways to heal.

Allowing ourselves to feel joy, and remembering our pet with fondness is also part of the grieving process. It's normal to feel sadness, but we need to try to balance it with positive memories. Celebrating the life of our pet rather than focusing solely on their passing can help shift our perspective. We could make a donation, volunteer, or plant a tree in their honour. These acts of kindness can create a lasting legacy for our pet and help bring purpose to our grief.

Practicing self-care is important during this time. Grief can take a toll on our physical and emotional health. We must ensure that we are eating well, getting enough sleep, and doing things that bring us comfort and relaxation. Physical activities such as walking and yoga can help release built up stress and tension. Meditation and mindfulness help keep us present and focused.

Finally, we need to be patient with ourselves. Grief is not linear; it comes in waves and can be unpredictable. There is no set timeline for mourning the loss of our beloved pet. Over time our grief will lessen, and our happy memories will be more present. We must take care of ourselves during this time. Eventually, we will come to accept that our pet may no longer be with us, but the bond we shared and love we felt will always be a part of us.

"There is a cycle of love and death that shapes the lives of those who choose to travel in the company of animals. It is a cycle unlike any other. To those who have never lived through its turning or walked its rocky path, our willingness to give our hearts with full knowledge that they will be broken seems incomprehensible. Only we know how small a price we pay for what we receive; our grief, no matter how powerful it may be, is an insufficient measure of the joy we have been given." Suzanne Clothier



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continued on next page

BUSINESS CLASSIFIEDS

continued

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CHARLESWOOD



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is it drooping?
- A** **Arms**
can you raise both?
- S** **Speech**
is it slurred or jumbled?
- T** **Time**
to call 9-1-1

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Call 9-1-1 FAST

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**TRIWOOD
SUMMER
2024**

**2024 CAMPS
PART 1**

**WEEK 1: NATURE EXPLORERS
JULY 2-5** 

**WEEK 2: SCIENCE SPECTACULAR
JULY 8-12** 

**WEEK 3: CREATIVE KIDS
JULY 15-19** 

**WEEK 4: ANIMAL ADVENTURES
JULY 22-26** 



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**TRIWOOD
SUMMER
2024**

**2024 CAMPS
PART 2**

**WEEK 5: TRIWOOD OLYMPICS
JULY 29-AUGUST 2** 

**WEEK 6: INCREDIBLE INVENTORS
AUGUST 6-9** 

**WEEK 7: CURIOUS QUESTS
AUGUST 12-16** 

**WEEK 8: CREATIVE KIDS
AUGUST 19-23** 



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DALHOUSIE—DALHOUSIE DRIVE.....SOLD for 104% of asking price
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ON THE MARKET

705, 108-3 AVENUE SW (CHINATOWN)

An affordable studio condo apartment in Chinatown, offers downtown view from the south facing bright living area and the balcony. Short walk to public transit, restaurants, and walking trail along the Bow River.

Asking \$128,800 mls# A2129193

5111 BULYEA ROAD NW (BRENTWOOD)

Outstanding open-beam, three bedrooms bungalow in Brentwood with over 1,225 sq.ft. oak hardwood flooring reminiscent of mid-century construction. The lower level has a legal, two bedroom secondary suite. Previously approved development drawings for a laneway suite located above a triple garage are available for future consideration.

Asking \$849,900 mls# A2129277

VARSIITY—VARSIITY DRIVE

Welcome to the desirable McLaurin Village in Varsity. The main level offers a large living room with fireplace, dining room, kitchen and a balcony. Upper level has two bedrooms, one to four pcs bathrooms. Master bedroom has an overlooking green area. Walking distance to University of Calgary and Brentwood LRT station. Close to schools, shopping and hospitals.

Asking \$349,900 mls# A2124999

BRENTWOOD—BROWN CRESCENT

Well maintained bungalow, featuring >2,000 sq.ft. of living space, three bedrooms and two full bathrooms. Heated double detached garage with RV parking on the side with a gate. A short walk from all levels of school, shopping and parks.

Asking \$669,900 mls# A2129814

HAMPTONS—HAMPTONS LINKS

Two bedroom townhome in La Vita Pointe in Hamptons. This lovely unit offers 1,620 sq.ft. nine feet high ceiling on the main floor, living room with a gas fireplace and access to the greenspace out back off the patio. Double attached garage (tandem).

Asking \$529,900 mls# A2131621

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