

MARCH 2024

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TRIWOOD trumpet

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**TRIWOOD
SUMMER
2024**

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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** 

TWC Directory

President	Mark Whiteman
Vice President	David Fong
Treasurer	Carlos Alonso de la Paz
Secretary	Vacant
Members at Large	Sandra Rhead, Jim Heck, Sandy Munro, Lynn Greig, Danielle Tse, Jordan Crone, Mara Pratt
Executive Director	Chad Geiger
Accountant	Randy Dalgeish
Bookkeeper	Jonthan Fong
Community Relations	Sandra Rhead
Operations and Events Manager	April Morlidge
Arena and Facilities Manager	Jim Pilling
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Marketing Coordinator	Garrett Poon
Soccer Coordinator	Victoria Baker
Scouts Coordinators	David Fong and Mark Whiteman
Cubs Coordinator	Andrew Waddington
Beavers Coordinators	David Fong and Andrew Waddington

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!

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!

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.

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.

New Members One Month Unlimited Pass \$49

- be part of our kind and welcoming community
- get stronger and feel better at any age
- relax your mind & body
- passionate and experienced instructors you can trust

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City & Village

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cityandvillageco@gmail.com

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

TRIWOOD DINNER CONCERTS PRESENTS




OVER THE MOON

Tickets for Concert: \$25
Tickets for Dinner & concert: \$55

SUNDAY, MARCH 24TH

TRIWOODCOMMUNITY.COM

With *Spring* around the corner, it's time to consider doing a *Detox*.




In Traditional Chinese Medicine it is believed that our main detoxifying organs are most active during this time of the year. Think of a detox as “spring cleaning” for your body. Internal detoxes are a great way to help support your liver which is our main detoxification organ. Give your body the chance to reset itself.


External detoxes are a great way to cleanse your skin of impurities and dead skin cells. This will help your skin to achieve that natural glow.

Here at Cambrian Pharmacy, we take pride in being able to offer top quality products to help you.

Come in and chat with our professional staff to start your journey today. Scan QR code to view our March deals.



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403.289.9181 | CAMBRIANPHARMACY.COM



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.

Writing Group - Sharing Life Experiences

Date: First Tuesday of the Month

Note: First meeting was 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: March 5, April 2, May 7, June 4

Free Triwood membership required.

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.

Confederation Park 55+ Activity Centre

NEWS FROM YOUR NEIGHBOURS AT CONFEDERATION PARK 55+ ACTIVITY CENTRE



Triwood Trumpet March

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

March 22, 2024 Annual General Meeting Pizza will be served at 12:00, meeting at 1:00.

April 12, 2024 Volunteer Appreciation 11:00-2:30 This event is free, but you must register.

April 23, 2024 "Spring Cleaning" sponsored by Scenic Acres Retirement Living 10-12 in the Pub

May 10th Mothers Day Tea and Fashion Show "Hat Contest" Wild Rose Duo is the entertainment. Cost is \$20.00/members and \$30.00 for non-members.

May 21st Family Estate Planning in the Pub from 10:00-12:00 sponsored 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 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 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 asked to help subsidize the cost of the program.
Call Debbie Nay, 403-289-4780, ext. 205 or debbienay@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 Chickadee Dr NW, 1T1 0W1
info@yycseniors.com | 403-289-4780 | yycseniors.com | [Facebook](https://www.facebook.com/CP55AC) | [Instagram](https://www.instagram.com/CP55AC)




Epilepsy Awareness Month
Shine a Light on Epilepsy



Share your purple moments using
#postyourpurple

epilepsy association OF CALGARY
epilepsycalgary.com



Good Food Box
Winter 2024

Order a box of fresh fruit and veg through the Calgary's Community Kitchen program
Small \$30, Medium \$35, or Large \$40 box

ORDER BEFORE
March 10th

PICK UP ON
March 20th

TRIWOOD SOCCER 2024

COMMUNITY SPRING SOCCER

REGISTRATION OPEN NOW!

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TRIWOOD FITNESS

Winter 2024 Programs

Mondays
Flow Yoga | 5-6pm

Tuesdays
Bootcamp | 8:15-10:15am
Yoga Core & Strength | 5:30-6:30pm
Zumba | 7-8pm

Wednesdays
Pilates Fusion | 5-6pm
Hatha Yoga | 6:15-7:15pm

Thursdays
Bootcamp | 8:15-10:15am
Yoga Core & Strength | 5:30-6:30pm
Zumba | 7-8pm
Postural Yoga | 8-9pm



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

CHARLESWOOD



COLLINGWOOD





MLA Calgary - Varsity

Luanne Metz

201 – 1055 20 Ave NW

403-216-5436

calgary.varsity@assembly.ab.ca

@drmetzndp | @luanne_metz

Budget 2024

We began sitting for the Spring 2024 Session of the Legislature on February 28, 2024, and the government introduced the 2024 Alberta budget.

As Official Opposition Health Critic, I will be taking a lead role in scrutinizing the health budget. To prepare for this, I'm consulting with healthcare experts, frontline workers across the province, and everyday Albertans trying to access healthcare. In this budget, I will be looking for a long-term, evidence-based plan that makes the most effective use of money to recruit and retain health care workers, and to improve access and quality of care.

We cannot effectively increase spaces to care for people without enough staff. We must immediately focus on retention of our workforce. We cannot let the system crumble further.

Town Halls

On February 24, I hosted a "Your Pension Is Yours" town hall, to give constituents such as yourself a chance to share your thoughts on changes to the CPP. It remains clear that the vast majority of Albertans just do not want Alberta to leave the CPP, nor do they want politicians having control over their hard-earned retirement money.

On Thursday, March 21, I will be hosting a Health Care Town Hall in Parkdale, with an open house from 2:00 to 4:00 pm, and a town hall at 6:00 pm. With government health care reforms looming, and the system crumbling, there needs to be a serious refocus of the reforms to support frontline workers. I want to hear from the health care workers, the people who have been affected by this crisis, and you. If you are interested in attending, you can find more information at linktr.ee/mlametz, or email my constituency office at Calgary.Varsity@assembly.ab.ca.

If you are interested in reading more in-depth about issues affecting Albertans, and what I am doing to represent you, please sign up for my digital newsletter at linktr.ee/mlametz!

JOIN US FOR EASTER SUNDAY WORSHIP

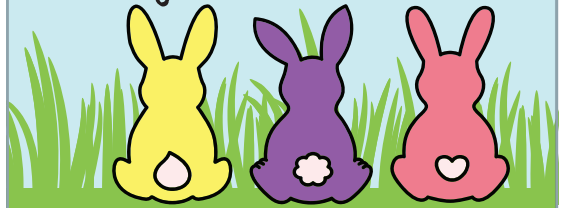
MARCH 31, 10:30 AM

INTERGENERATIONAL WORSHIP

KIDS ACTIVITIES

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ST DAVID'S & NORTHMINSTER UNITED CHURCHES

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Triwood Tai Chi

For Seniors

Mondays

9:30-10:30am

Foothills Hall

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Bernice
bolinb@telus.net
to Inquire!



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CHARLESWOOD—23 STREET.....Sold for 100% of asking price in 17 days
BRENTWOOD—BRENTWOOD ROAD.....Sold for 96% of asking price in 14 days
CHARLESWOOD—23 STREET.....Sold for 98% of asking price in 7 days
BRENTWOOD—BRENTWOOD COMMON.....Sold for 98.5% of asking price in 65 days

SOLD! SOLD! SOLD!

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TUSCANY—TUSCANY BLVD.....SOLD for 99.6% of asking price

ON THE MARKET

407, 3830 BRENTWOOD RD NW (BRENTWOOD)
 Great investment opportunity. Two bedroom unit with views of the Rocky Mountains, COP & Nose Hill Park.
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