

NOVEMBER 2024

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Did you know that November is
Diabetes Awareness Month?



Diabetes is a chronic condition that develops when your body either doesn't produce or effectively use insulin, which it needs to turn sugar into energy. Diabetes can lead to serious complications if not properly managed, but steps can be taken to control it and lower your risk.

Living with diabetes is a continuous cycle that demands time, attention, and energy. With one in three people in Canada affected by diabetes, chances are you or someone in your life has been impacted. Show your support this Diabetes Awareness Month by taking time to learn about diabetes and raise awareness about this too-often "invisible" condition.

Our knowledgeable pharmacists at Cambrian Pharmacy can help answer your questions about diabetes and make sure you are on the best treatment plan for you.



Scan the QR code to view our November deals.

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TRIWOOD CHRISTMAS MARKET

*Fri. November 29 & Sat. Nov. 30 2024 | 2244 Chicoutimi Dr NW
Sleigh rides, Santa, Firepits, Live Music & Holiday Cheer!*

*Buy
Local*

NOW SEEKING VENDORS

Apply at [triwoodcommunity.com/farmers-market](https://www.triwoodcommunity.com/farmers-market)



VISIT THE MARKET

Fri. Nov. 29 3pm - 9pm | Sat. Nov. 30 10am - 4pm

TWC Directory

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

Triwood Writers



What stories have you lived?

You can become part of Triwood Writers! Join us at the community centre in the Foothills Room (downstairs) from 1:20 to 4:00 pm on the first Thursday of each month, October through December.

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 help 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.

Volunteering in Triwood

We have counted over 1,500 volunteer hours contributed since January 2024, so a huge thank you is due! Volunteers have spanned beyond event helpers and are crucial to us for essential fundraising, renovations help, administrative work, social group facilitators, and board members. Volunteering is empathy in action and builds the fantastic community culture we live in. If you're interested in learning more about the volunteer opportunities in Triwood, please visit triwoodcommunity.com/ volunteer and sign up for more information.



JT's IS OPEN!

Food & Drinks
Family Friendly
Dine-in or Take-out

Mon. - Thurs.
5pm - 9pm

Lower level of Triwood



Welcome Club

New to the area?
Want to meet your neighbours?
You're invited to join the Welcome Club!

Tuesdays | Monthly
6pm-8pm at JT's

Nov 12, Dec 10



 **SOCIAL PROGRAMS**

Free with a Triwood Membership
Sign up online: triwoodcommunity.com



Fall Skate Times



Mondays | 3-4:45pm
Sticks/Pucks'n'Rings

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

PARENT + TOT SOCIAL GROUP

WEDNESDAYS

9:45AM - 11:15AM

SEPT 11 - DEC 18 2024

FREE FOR MEMBERS



TRIWOODCOMMUNITY.COM

Tips and Gifts for a Less Stressful Holiday Season

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



1. Plan Ahead: You know how it goes with procrastination – Christmas Eve spent scrambling through stores and madly wrapping gifts. Plan your shopping list a month ahead and schedule time to shop early. Prepare any meals or holiday treats a few weeks before the holidays.

2. Make Time to Relax: Take time for activities you enjoy and find relaxing. For example, enjoy reading in front of a fire, or go skating with a friend or the family. Don't compromise a relaxing winter evening for another night in the shopping mall. Stay home with the family having a hot chocolate creation day, holiday movies and popcorn night, or family and friend potluck.

3. Put Expectations in Check: If you're hoping for perfection (from yourself or your holiday experience), you might be setting yourself up for disappointment. Be realistic in your holiday preparations and the holiday experience itself.

4. Look For Help: Try not to take it all on yourself. Connect with your spouse, family, and friends and share the responsibilities for holiday shopping, preparing, and cooking. Perhaps a cookie exchange or a potluck style traditional dinner where you are only responsible for the turkey and the guests all bring another part of the feast.

5. Set Limits: Commit yourself to a budget to alleviate post-holiday financial stress. Stick to a certain number of gifts purchased and/or money to be spent. Say “no” to extra holiday work and be honest with yourself about the amount of energy and time you can devote to holiday events and guests. If your social calendar is over-booked, say “no” to an extra pre-Christmas party.

6. Eat, Drink... But Be Healthy: Holidays are usually full of all your favourite things – including sweets, treats, and cocktails. Practice moderation while enjoying parties and holiday meals. This is the time of year, we need to get sufficient rest, healthy foods, and hydration to ward off colds and flus.

7. Let Things Go: If family and relative interactions this time of year tend to turn into blow-ups and unmet expectations, the holidays are not the time to resolve old issues. We've had eleven months to confront these challenges with others in a more controlled, respectful, and healthy way. Write your grievances down to address in the early new year to allow time to work through or resolve some of these ongoing issues.

8. Don't Forget the Fun! Remember the reason for all your holiday planning... a season for celebration and time spent enjoying your family and friends. Take the time to remember what this holiday season means to you and enjoy it! This is where mindfulness comes in... be present and take in all the wonder of the season with all of your senses.

Gift Ideas to Calm the Nervous System:

- Weighted Blankets – Great for easing anxiety, sensory challenges, providing a feeling of safety, and self-soothing.
- Journal Books – With guided prompts or blank – getting your thoughts out of your head and onto paper is a good way to dump over thinking and anxiety.
- Aroma Therapy Diffusers – There are many scents to choose from based on the effect you are looking for such as energize, relax, etc.
- Colouring Books and Pencil Crayons – To reconnect with your inner child, take the focus off your anxiety, or just a quiet activity to destress.
- Puzzles – I'm referring to good, old-fashioned, lay it on the dining room table puzzles. Great to do alone or with others.
- Sound Machines – Whether it's the sound of waves crashing, a thunderstorm, or sound of a rainforest, the soothing noise calms your nervous system.
- Sunshine Lamps – The SAD (Seasonal Affective Disorder) season is upon us and even if you don't think you suffer from SAD these lights are sure to perk you up.

- Chill-Out and Meditation Playlists – Meditation apps to get your Zen on, and practice mindfulness and being present.
- Massage Gift Certificates – If you don't care for a body massage, you could try reflexology or reiki.
- Warm Socks or Slippers, Wraps and Blankets – Warming up in something cozy brings comfort and allows us to relax our tense muscles.
- Gratitude Jar and Fancy Paper – Throughout the year write something you are grateful for at the end of each day and then on New Year's Day you can read them all and count your blessings!
- Bubble Bath, Bath Bombs, and Candles – Nothing better than a hot scented bath to soak your stresses away.
- Fuzzy Hat, Gloves, and Scarf – To crunch along the crisp snow and get some fresh air and sunshine.
- Herbal Teas – Something aromatic and soothing or spicy and invigorating depending on the mood you want to create.

Wishing all of you a wonderful and stress-free holiday season.

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News from the Friends of Nose Hill

by Anne Burke

For two weeks in fall 2024 about 800 goats grazed a 58-hectare area of the Rubbing Stone Hill Natural Parkland Zone in Nose Hill Park. The number of goats has increased from past years because it allows the same amount to be done in half the time. Like elk and bison, the herd of livestock reduces overgrown vegetation, shrubs, and trees in grasslands. Parking was limited when the Nose Hill 64 Avenue NW parking lot partially closed to accommodate moving the goats in and out of the park. Program Ambassadors were on site at Nose Hill Rubbing Stone Hill north of the parking lot. As a precaution, parts of the park and pathways were temporarily fenced off to public access during this grazing period. Park users were asked to follow all posted signage and closures. They were not to approach the goats and were directed to avoid electric fences used to contain the animals. Cyclists should have slowed down near grazing areas. Visitor dogs had to be kept on leash for their safety because off-leash herding dogs were working in the park.

In 2016 City Council approved an amendment to the Parks and Pathways bylaw to permit targeted grazing and help recover rough fescue habitat. Depending on terrain, there have also been goats in Confluence Park, McHugh Bluff, and Ralph Klein Park, while sheep were used in an area of the Weaselhead. Goats are preferred for woody material and undergrowth, but sheep are considered better for pasture-like areas. Other methods of vegetation control combine mechanical (hand pulling) and chemical spraying. The use of grazing comes with value added for biodiversity which helps native seeds to germinate and grow. The City gains both citizen interest and engagement to promote public education.

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Craft Fair*

**SATURDAY
NOV 16, 2024
9 AM - 3 PM**

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3303 Capitol Hill Cres NW



Confederation Park 55+ Activity Centre

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



As Remembrance Day approaches, we honour the bravery and sacrifices of veterans and active duty military personnel. It's a time to remember those who serve, wear poppies with pride, attend ceremonies, and observe moments of silence for fallen heroes. Together, we can ensure their legacy of courage is never forgotten and embrace peace and gratitude in our lives.

Upcoming Events

TO REGISTER: call 403-289-4780 or visit yycseniors.com/events. All events are 18+.

- **Nov 1: Free Presentation: Adapting to the Role of Family Caregiver and Avoiding Burnout.** Complimentary tea, coffee & snacks. Presented by Com-ForCare.
- **Nov 4: Free Presentation: Services for Seniors and Persons with Disabilities.** Complimentary tea, coffee & snacks. Presented by Service Canada.
- **Nov 5: Free Presentation: Fall Prevention.** Complimentary tea, coffee & snacks. Presented by Chartwell.
- **Nov 8: Free Presentation: Finding the Right Fit: Seniors Living Options.** Complimentary tea, coffee & snacks. Presented by Lindsay of Origin Active Lifestyle Communities.
- **Nov 15: Free Presentation: Cognitive Health and Mental Wellness for the Holidays.** Complimentary tea, coffee & snacks. Presented by Hafiza of Origin at Home.
- **Nov 19: Cultural Diversity Festival** with free events: Belly Dancing, Bhangra Dancing, Cornhole Games, Yahtzee Games and Art Classes! Sponsored by Chartwell and FCSS. Registration is required.
- **Nov 25: Free Travel Presentation: The Pros of River and Ocean Cruises.** Complimentary tea, coffee & snacks. Presented by Boulevard Senior Travel, sponsored by Chartwell.
- **Nov 26: Acrylic Painting Workshop: Red Truck with Christmas Tree** with Carol Marasco, \$40/\$75.
- **Nov 26: Conversation Café** for care partners and those with dementia.
- **Nov 28: Free Bread Market** for 50+
- **Nov 29: Free Presentation: Healthy Aging - Lessons from Those Who Live The Longest.** Complimentary tea, coffee & snacks. Presented by ComForCare.



Plan ahead and book your tickets for our Christmas Lunch on December 6th! Full Turkey Dinner, Door Prizes & a Photo Booth! Entertainment by Walkin' on Sunshine. Sponsored by Always Best Care Senior Services and Crowfoot Pharmacy. \$25/person. No membership required. 18+

NOTE: Tickets are non-refundable & non-transferable. Registration required; no tickets at the door. Menu may change without notice.

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

Confederation Park 55+ Activity Centre, 2744 Chiroutimi Dr NW, T1L 0W1
info@yycseniors.com | 403-289-4780 | yycseniors.com | FB [@yycseniors](https://www.facebook.com/yycseniors)

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AND ENJOY EVERY MOMENT!**

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SUNDAY, DECEMBER 8

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Fall 2024 Programs

Mondays

Flow Yoga | 5-6pm



Tuesdays

Bootcamp | 9:15-10:15am

Zumba | 7:15 - 8:15pm



Wednesdays

Pilates Fusion | 5-6pm

Hatha Yoga | 6:15-7:15pm

Postural Yoga | 7:30-8:30pm



Thursdays

Bootcamp | 9:15-10:15am

Zumba | 7:15-8:15pm



Sign up online: triwoodcommunity.com



Seeking Volunteers

Want to make an impact?

Reach out to us at marketing@triwoodcommunity.com if you want to get involved!



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Saturday, November 23
10am - 5pm
Sunday, November 24
10am - 5pm

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Top #8 Team in the year of 2023

SOLD! SOLD! SOLD!

BRENTWOOD—BRISEBOIS DRIVE.....LISTED & SOLD for 101% of asking price

ON THE MARKET



3320 BOULTON ROAD NW (BRENTWOOD)

Stunning brand new, custom-built two storey home in Brentwood. 3,630 sq.ft. plus legal basement suite with separate entrance, high ceilings, total of 7 bedrooms, 3 with ensuite, 5.5 bathrooms, 9 ft. ceiling in basement. Double detached garage. Short walk to all levels of school, Brentwood LRT station, University of Calgary and shopping.

Asking \$2,199,000 mls# A2153745

ON THE MARKET



4912 CARNEY ROAD NW (CHARLESWOOD)

Cornet lot in Charleswood. This bi-level property is the perfect family home featuring 1,390 sq.ft. above grade with a fully developed basement, 4 total bedrooms, 2 full bathrooms, and hardwood flooring throughout the main floor. A wonderful family home with a great location that is quiet, away from busy traffic, near loads of amenities, and in an established neighbourhood. Just minutes away from John Laurie, Market Mall, and the University of Calgary.

Asking \$769,900 mls# A2170037

ON THE MARKET



226,1920-14 AVENUE NE (MAYLAND HEIGHTS)

Well maintained lowrise apartment complex in Mayland Heights. This loft style end unit boasts 9 ft. ceilings with 2 bedrooms and 2 bathrooms. Plenty of counter space in kitchen. Lots of natural light flows in from the dining room windows. In-suite laundry. In-floor heating system. Close to downtown, shopping, restaurants and major roads.

Asking \$318,900 mls# A2168781



401-7 STREET SW MEDICINE HAT

An excellent opportunity to own the corner commercial building in a high traffic location in SW Hill-Medicine Hat. This vacant side used to be a medical foot clinic, it has 4 exam rooms, an office, reception area, kitchen, bathroom, and laboratory. It can be used for any type of business! Whether it is a dentist's office, a law firm, a medical office, for real estate, or for something else; this is the spot! The rubber membrane of the roof and the rooftop furnace/air conditioning unit were updated a few years ago.

Asking \$619,900 mls# A2141032

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