

APRIL 2025

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TRIWOOD trumpet

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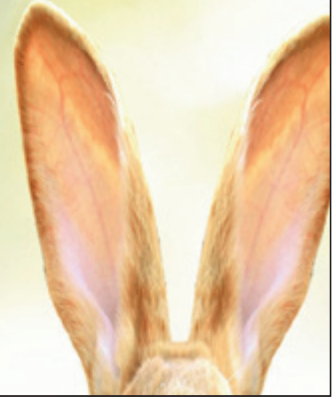
Easter Sunday, April 20th

10:30 AM

“Hope Lives Here”
A Worship Celebration

Orchestra & uplifting music
 Activities for children

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Kids Easter Egg Hunt

Kids & kids-at-heart welcome!

Sunday, April 13th 12:30pm-4pm

Free Registration for Easter Egg Hunt Required: triwoodcommunity.com

TWC Directory

| | |
|-------------------------------|---|
| President | Mark Whiteman |
| Vice President | David Fong |
| Treasurer | Carlos Alonso de la Paz |
| Members at Large | Sandra Rhead, Jim Heck, Lynn Greig, Danielle Tse, Jordan Crone, Mara Pratt, Dean Stewart and Shannon Harrington |
| Executive Director | Chad Geiger |
| Accountant | Randy Dalgeish |
| Administrator | Olivia Fong |
| Operations and Events Manager | April Morlidge |
| Arena and Facilities Manager | Jim Pilling |
| Programs Coordinator | Mackenzie Spong |
| 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 | Mayur Kunte |

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.

Triwood Writers



What stories have you lived?

You can become part of Triwood Writers! Join us at the Triwood Community Centre in the Foothills Room (downstairs) from 1:20 to 4:00 pm on the first Thursday of each month, January to March. In 2025, come to Triwood on January 2, February 6, March 6, and April 3.

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.

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



News from the Friends of Nose Hill

by Anne Burke

Connect: Calgary's Parks Plan will determine how Calgary's 2,900+ parks are managed, developed, and redeveloped over the next 20 years. A draft will be presented to City Council after review by the Community Development Committee. Parks connect urban communities, but the city is projected to grow to two million people within the next two decades (<https://engage.calgary.ca/parksplan>).

Calgary has over 200 natural areas in the parks system. Our relationship with the natural world is primarily to preserve undisturbed land, wildlife, and native plant communities. In a natural area all uses and activities must comply with the approved habitat management plan to protect the natural environment and not cause damage. New natural areas should be designated. There are different types, but all need to be protected to conserve nature now and for the future. The landscape offers access to the natural world which helps our physical and mental well-being. Special places like Nose Hill, a major natural area, foster stewardship, support biodiversity, and reduce impacts of heat, flooding, and drought. Some areas are sacred spaces for Indigenous Nations and provide opportunities to learn about cultural history.

Controlled burns and animal grazing are encouraged as alternate land management practices. We must assess and update the cost of maintenance to ensure the value of natural areas with a compensation model. We can allow litter-control-only (with guidance) in natural areas to be included in enhanced landscape maintenance requirements. We should develop ten-year operational Habitat Management Plans for all natural areas, including those required as part of the development approval process. Prior to subdivision the developer is responsible for restoration and compensation must be paid to the City when there is damage or disturbance to land dedicated to environmental reserve. Back sloping should not be allowed.

tu SOCIAL PROGRAMS

NEIGHBOUR NIGHT

Tuesdays, Monthly | 6pm
JT's Pub & Clubhouse
Apr 15 - May 27
Free to attend!



**TRIWOOD
SUMMER
2025**

SUMMER CAMP

**REGISTRATION
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Dine-in or Take-out

**Mon. - Thurs.
5pm - 9pm**

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9:45AM - 11:15AM

JAN 8 - MAY 28 2025

FREE FOR MEMBERS



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Confederation Park 55+ Activity Centre

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



Upcoming Events

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

- Apr 4 - Free Presentation - **Pulling Back the Curtain on Health Research** Complimentary tea, coffee & snacks. Presented by Always Best Care Senior Services.
- Apr 7 - Free Presentation - **BBB Scams** Complimentary tea, coffee, & snacks. Presented by Scenic Acres
- Apr 11 - Free Presentation - **Choosing the Best In-home Care Services** Complimentary tea, coffee, & snacks. Presented by Always Best Care Senior Services.
- Apr 11 - **Games Day** in the Pub \$12.00/person for lunch.
- Apr 14 - Free Presentation - **Levels of Living Care** Complimentary tea, coffee, & snacks. Presented by Chartwell.
- Apr 15 - **Conversation Cafe** 10:00-12:00 in the Pub.
- Apr 28 - Free Presentation - **Maintaining Better Cognitive and Brain Health** Complimentary tea, coffee, & snacks. Presented by Always Best Care Senior Services.
- Apr 29 - **How to Apply Makeup** - Donation to the Pantry Program \$20.00
- May 9 - **Wine Tasting** \$20.00M \$30.00NM
- June 6 - **Seniors Information Fair** 10:00-2:30 Tables are for rent.
- Jun 21 - **Garage Sale** Join us for our Annual Garage Sale from 8:00 - 2:00
Donations being accepted on June 18,19,20 from 9:00-2:00

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 @yycseniors](https://www.facebook.com/yycseniors)

**JOIN US AND STAY ACTIVE, STAY ENGAGED
AND ENJOY EVERY MOMENT!**



**TRIWOOD
SOCCER
2025**

**COMMUNITY SPRING SOCCER
REGISTRATION
NOW OPEN**

SOCCERTECH.CA



**Spring
Tennis
2025**

REGISTRATION OPEN!

**Kids
Classes
May - June**

Tuesdays
West Confederation
Park Tennis Courts

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CHARLESWOOD



COLLINGWOOD



Overcoming Dating Anxiety

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

Dating anxiety is common, but you can manage it with the right mindset and strategies. Here are some suggestions to get you started:

1. Shift Your Mindset

Lowering the pressure or expectations. Treat dates as casual meetups instead of stressful interviews.

Reframe any rejections. Not every match works out, and that is normal. See each time as a learning experience.

Focus on the enjoyment of the date. Instead of trying to impress your date, focus more on whether you are enjoying their company.

2. Prepare and Practice

Start small. Get comfortable with social interactions by practicing with friend or in low pressure environments.

Plan ahead. Choose a familiar setting for the date to feel more at ease.

Have conversation starters. Think of a few topics in advance to avoid awkward silences.

3. Manage Anxiety in the Moment

Breathe deeply. Try slow breathing exercises.

Use grounding techniques. Focus on your senses - what you see, hear, feel to stay present.

Accept your nervousness. It's normal. A little anxiety can make you appear more engaged and authentic.

4. Build Confidence Overtime

Expose yourself gradually. The more you date, the more natural it will feel.

Positive self-talk. Remind yourself of your strengths and why you are a great person to date.

Don't overanalyze. Avoid replaying the date in your head. Just move forward.

5. Seek Support if Needed

Talk to friends. They can offer their encouragement and a different perspective.



Consider therapy. If your anxiety is overwhelming, a therapist can help with confidence building strategies.

6. Confidence Tips

Before the Date: Dress in a way that makes you feel good and comfortable. Listen to music that pumps you up. Visualize the date being successful. Remind yourself why you are going to be a great date.

During the Date: Open body language by maintaining good posture, an open smile, and making eye contact. Try to slow your speech, reminding yourself that it's okay to pause and breathe. Focus on the other person as it helps keep away self-consciousness. Laugh off any mistakes you make. Humility is actually attractive.

After the Date: Don't overanalyze the date in your head. It is what it is, they either like you or they don't. It's a two-way street...you're evaluating them as well. Celebrate that you took a chance even if the date wasn't perfect. You break your anxiety cycle by facing your fears and learning as you go!

Practice makes each attempt easier and builds confidence. Get out there and have some fun.

Use Your Water Meter to Check Your Home for Leaks

by The City of Calgary

Did you know that 40 percent of homes have some water fixture leakage? Using your water meter to check for leaks, inside and outside the home, is one way you can do your part to use water wisely.

Using your meter to check your home for leaks is easy:

1. Turn off all taps and water-using appliances – inside and outside your home.
2. Watch the flow register on the face of the meter. The register could look like a gear or a needle depending on the model of meter you have.
3. If it keeps turning, you have a leak somewhere in your house.
4. Check all water devices, such as your toilet, taps, humidifier, hot water heater, and water softener. To learn more about common sources of household water leaks, including some helpful repair tips, visit calgary.ca/waterguide.



Green Calgary Rain Barrel Sales

by The City of Calgary

Did you know, water use in Calgary communities increases up to 20 percent in the summer months? Capturing rainwater can help you and your community build resiliency during times of hot and dry weather while keeping your yard and garden healthy. Rain barrels typically fill up after a single rainfall and help keep water on your property, so less dirt and contaminants wash into the rivers.

Made locally with recycled material, Green Calgary rain barrels can be used to water the plants in your yard. Rain barrels are \$75 after rebate for a limited time with pick-up and delivery options available.

Visit greencalgary.org for details on all sales event dates and locations. Join the thousands of Calgarians already conserving water by using a rain barrel. Pre-order yours at greencalgary.org, starting April 1, 2025.



**HELP KEEP LOVE
IN THE HOME**

ElderDog Canada is a national registered charity whose mission is to assist and support older adults in the care and wellbeing of their dogs.

We have a vibrant presence here in Calgary! Reach out to us if you are a senior in need of dog care support (dog walking, transportation to a groomer/vet clinic), to volunteer with us, or for more information at calgaryldr@elderdog.ca.



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assistance to people
and dogs in need.

Learn more:





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FITNESS**



Spring 2025 Classes



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: triwoodcommunity.com/fitness-programs



TRIWOOD SPRING MARKET

SUNDAY, APRIL 27, 2025
10AM-4PM

TRIWOODCOMMUNITY.COM

KIDS PLANTING WORKSHOP

SUNDAY, APRIL 27th 2025
1:30-2:30pm

REGISTER ONLINE:
TRIWOODCOMMUNITY.COM

WORKSHOP ALONGSIDE:

TRIWOOD
MARKET



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Mothers Day High Tea

Sunday, May 11th, 2025 | 1pm - 3pm



Adults \$30 | Children* \$25
Specialty tea, sweet and savoury treats

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Top #2 Team in the year of 2024

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BRENTWOOD—NORTHMOUNT DRIVE.....SOLD for 98% of asking price
EDGEMONT—EDGEWOOD PLACE.....SOLD for 98.4% of asking price
MAYLAND HEIGHTS—14 AVENUE.....SOLD for 98.7% of asking price
CORNERSTONE—CORNERBROOK GATE.....SOLD for 99.5% of asking price

ON THE MARKET



**3536 BENTON DRIVE NW
(BRENTWOOD)**

Rare bi-level home in Brentwood | Attached 4-car garage | 4 Bedrooms | Backs onto green space | Recently renovated and updated. This unique home boasts a myriad of features located

in the coveted neighbourhood of Brentwood! Backing onto Brenner Park, this ~1,500 sq.ft. home features 4 bedrooms and 3 newly renovated full bathrooms.

Asking \$872,800 mls# A2195333



**44 COLLINGWOOD PLACE NW
(COLLINGWOOD)**

An outstanding brand new luxury home in the heart of Collingwood! >3,000 sq.ft. of opulent living space - stacked with plenty of features, the builder has planned and executed meticulously throughout the process. This home has a legal 2

bedroom basement suite and a double attached garage. Separate furnace systems, with AC installed for the main dwelling unit. Close to the Calgary Winter Club.

Asking \$1,379,800 mls# A2194211



BRENTWOOD - NORTHMOUNT DRIVE

Perfect family home in Brentwood with rare 4 bedrooms on upper level plus a large den on the main floor, boasting over 1,934 sq.ft. of living space. Brentwood is a top-ranked neighbourhood in Calgary, with access to established schools, parks, and in close proximity to public transportation, malls, U of C, Foothills Hospital, and public recreation centres (pool, skating, library, tennis courts, etc.).

Asking \$779,900 mls# A2190671

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