

MARCH 2025

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# TRIWOOD trumpet

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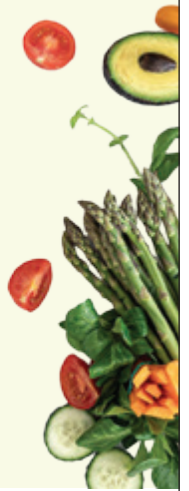
March is Nutrition Month:

# Unlock the Potential of Food!

During the month of March, everyone is asked to focus on the importance of making informed food choices, developing sound eating and physical activity habits.

The theme for Nutrition Month 2025 is *"Nourish to Flourish"*. It will encapsulate the transformative role that food and nutrition play in our lives, going far beyond simply meeting physical needs. Good nutrition and healthy eating help us live longer and live healthier.

Make the most of Nutrition Month this year by following the recommendations in Canada's Food Guide. Incorporating physical activity along with nutritious eating habits, may help you to achieve and maintain a healthy lifestyle.



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

9, 728 Northmount Drive NW | Calgary, AB | T2K 3K2  
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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	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/](http://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](mailto: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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## Confederation Park 55+ Activity Centre

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



### Upcoming Events/Presentations

**PLEASE REGISTER:** call 403-289-4780 or visit [yycseniors.com/events](http://yycseniors.com/events). All events are 18+.

**Mar 3: Free Presentation: Elder Abuse:**  
11:15-12:30 (Unison-Meaghan)

**Mar 7: Free Presentation: Cardiovascular Disease**  
12:00-1:30 (ComForCare)

**Mar 10: Free Presentation: Hearing Health**  
11:15-12:30 (Beltone)

**Mar 14: Free Presentation: Healthy Home Learning Session**  
12:00-1:00 (Health Canada)

**Mar 17: Free Presentation: Fit and Functional: Exercises for Hip and Knee Osteoarthritis (Therapy2U)**  
11:15-12:30

**Mar 18: Conversation Cafe: Topics around Dementia**  
10:00-12:00

**Mar 28: Free Presentation: Fraud Prevention**  
12:00-1:30 (Home Instead)

**Mar 24: Free Presentation: Recognizing Early Signs of Alzheimer's Disease**  
11:15-12:30 (Always Best Care)

#### ANNUAL GENERAL MEETING

March 21, 2025  
Doors open 11:30  
Lunch served 12:00  
Meeting 1:00

Lunch this year will be croissant, a bag of chips and a cookie. Please register with the office so we have a count for those wanting lunch. Cut-off is March 14th. There is no charge but we want to ensure we have enough food for all.



Email [info@yycseniors.com](mailto:info@yycseniors.com) to join our email list!

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

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

## Guess the Toy!

1. This fashion doll, created by Ruth Handler, made her debut at the American Toy Fair on March 9, 1959.
2. This toy originates from the Swahili word “kujenga” which means “to build”.
3. This was the first toy ever advertised on television, featuring parts that could be stuck into a fruit or vegetable.
4. Max Park holds the record for solving this 3D combination puzzle toy at 3.13 seconds.
5. This stretchy, bouncy, moldable toy was used aboard Apollo 8 to help secure tools and equipment in zero gravity.
6. This toy was named after Theodore Roosevelt who famously refused to shoot a captured animal during a hunting trip in 1902.



SCAN THE QR CODE FOR THE ANSWERS!

## BRAIN GAMES SUDOKU

					7			8
4	3	2	6	8				
	8		4			2	3	
	6		1					
3								5
					8		2	
	4	1			6		7	
				1	2	9	5	4
9			3					

SCAN THE QR CODE FOR THE SOLUTION



**TRIWOOD SOCCER 2025**

COMMUNITY SPRING SOCCER  
**REGISTRATION NOW OPEN**

[TRIWOODCOMMUNITY.COM](http://TRIWOODCOMMUNITY.COM)

**TRIWOOD SUMMER 2025**

SUMMER CAMP  
**REGISTRATION OPEN NOW!**

[TRIWOODCOMMUNITY.COM](http://TRIWOODCOMMUNITY.COM)



**TRIWOOD  
SPRING MARKET**  
SUNDAY, APRIL 27, 2025  
10AM-4PM

[TRIWOODCOMMUNITY.COM](http://TRIWOODCOMMUNITY.COM)

# Spring Tennis

TRIWOOD KIDS

**SIGN  
UP!**

## Kids Tennis Classes

Registration now open!  
[triwoodcommunity.com](http://triwoodcommunity.com)



# JT's IS OPEN!

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

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

Lower level of Triwood



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## News from the Friends of Nose Hill

by Anne Burke

Across North America vast herds of bison destroyed woody plants in the area by horning, rubbing, and feeding on bark. Males made their mark during “rutting” (mating season). Trees are not naturally part of our vegetation in a tallgrass prairie landscape, due to risks from severe weather events, drought, insects, diseases, and climate change. Calgary has trees on both public and private lands, in parks, natural areas, and green spaces. However, 77% of the urban canopy is on private land. A Guide for Plant Appraisal estimates our urban forest on public land is valued at \$1.3 billion. The urban forest is aging, and other trees are lost to development. Planting 3,500 trees per year will maintain the status quo. The plan is to plant another 4,000 trees per year by 2060.

The City owns and offers Calgary Open Data. Enter your address to view City trees and zoom in to the neighbourhood level. A mobile device near a tree will pan to your location. Rank trees by The Alberta Tree Species Rating Guide. Reporting a City tree? You can now use the 3-1-1 Mobile App. Ask about a young tree that needs help, a mature tree, or a Heritage Tree. On your property, you may need a permit to remove a tree. Where a tree once was may be a good spot to plant a new one. Enjoy YYC Trees Guided Walks. In-person workshops and online programs are Pruning Q and A, Keep Your Tree Happy and Healthy, and Pest and Disease Treatment. Information sessions are 1.5 hours long. Urban Forestry Technicians offer advice. Space is limited. Register for one session only, since the content at each will be the same. For locations and dates check out <http://www.calgary.ca/parks/trees/education-workshops.html>.



# KIDS PLANTING WORKSHOP

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

REGISTER ONLINE:  
[TRIWOODCOMMUNITY.COM](http://TRIWOODCOMMUNITY.COM)

WORKSHOP ALONGSIDE:

TRIWOOD  
MARKET



# PARENT + TOT SOCIAL GROUP

WEDNESDAYS

9:45AM - 11:15AM

JAN 8 - MAY 28 2025

FREE FOR MEMBERS



[TRIWOODCOMMUNITY.COM](http://TRIWOODCOMMUNITY.COM)



# Energy Efficient Future Introduction

**Tuesday, March 25**  
**6:30-7:30 pm**  
**Triwood Community Centre**  
**2244 Chicoutimi Dr NW**

A FREE workshop to help you understand your home energy use and how to take steps to make your home more energy efficient.

Everyone in attendance will take home a **Energy Efficiency Kit** that includes: weather stripping, window film, LED light bulbs, power bar, etc.

Register at:  
The Triwood Community Centre



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**ENMAX**

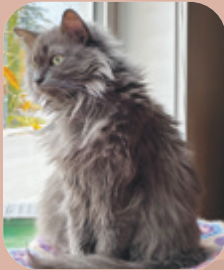
# Cats, Canines, & Critters of Calgary



Jax, McKenzie Towne



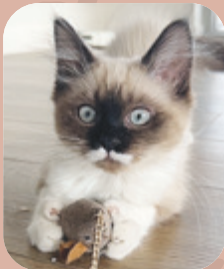
Louie, Panorama Country Hills



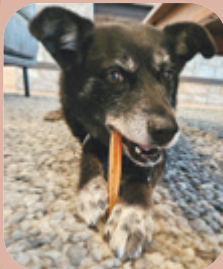
Luna, Marda Loop



Luna, West Hillhurst



Lutik, Douglas Quarry



Mystery, Christie Park



Neville, Douglas Glen



Snoop, Southwood

To have your pet featured, email [news@mycalgary.com](mailto:news@mycalgary.com)

**tu SOCIAL PROGRAMS**



## NEIGHBOUR NIGHT

Tuesdays, Monthly | 6pm  
 JT's Pub & Clubhouse  
 Mar 18 - Apr 15 - May 27  
 Free to attend!

La **Coccinelle**  
 PRESCHOOL

Located near Brentwood Village Mall

## French Immersion Preschool

Morning & Afternoon Classes for Children Ages 3-5  
 No previous French experience required

**REGISTER TODAY!**

(403) 815-4063

[www.la-coccinelle.ca](http://www.la-coccinelle.ca)

[registrar@la-coccinelle.ca](mailto:registrar@la-coccinelle.ca)

📧 @lacoccinelleyc

📍 @lacoccinellepreschool





**TRIWOOD  
FITNESS**



# Winter 2025 Classes

## 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: [triwoodcommunity.com/fitness-programs](https://triwoodcommunity.com/fitness-programs)**

# Learning About Palliative and End-of-Life Care

by Alberta Health Services



People can live for many years with a chronic disease. Palliative and end-of-life care gives extra support at all stages of a chronic illness, not just near the end-of-life. This type of care works with people's family doctor and specialist as they're being treated for chronic illness. It helps to give people the best quality of life possible so people and their families can live a more settled and peaceful life.

### How Specialized Care Teams Help

Living with a chronic disease can be harder some days than others. People may need to be in the hospital for a short time, and it can be tough on people and their caregivers. Sometimes medicine can help treat a chronic disease, and sometimes other therapies are a better choice.

Palliative and end-of-life care focuses on people's comfort, no matter what health problems a disease may cause. Care teams work to:

- Treat symptoms using medicine and other therapies.
- Help people feel more positive.
- Help with fears and anxiety.

- Show what community supports are out there.
- Teach about care options.
- Make sure all caregivers know what the person wants and needs.
- Explain how the health care system works.

### Care Options

In Alberta, you have many options for where to get palliative and end-of-life care – your home, a hospital, a continuing care centre, or a hospice. Talk to your family and your health care team about what's important to you and where you'd like to be at this time in your illness. Your choice may change as your illness changes, and you can get palliative and end-of-life care at any time.

### Home

Many people choose to stay in their own homes to get palliative and end-of-life care from a home care program. Being in a familiar place, close to loved ones, can help you live as normally as possible. Home care programs offer nursing care and other home support services, such as:

- Volunteer services.
- Community day programs for you.
- Care to manage your pain and symptoms.
- Teams to help with urgent needs 24/7.
- Interdisciplinary care such as support with finances and rehabilitation.

There's also a program that's helping to bring emergency care to people who get palliative and end-of-life care in their homes. The EMS Assess, Treat, Refer program has Emergency Medical Services, home care clinicians, doctors, and families working together to help people stay in their homes if that's what they wish.

### Hospitals

In a hospital, care is often given by a team of doctors, nurses, and other health care providers. The team has access to expert palliative care consultants or palliative doctors. Some hospitals have palliative and end-of-life care units, and others set aside beds in different units.

### Continuing Care Centres

You can get palliative and end-of-life care services in continuing care centres, like long-term care and supportive living facilities. The type of facility you choose depends on:

- The lifestyle you want.
- The care you need.
- How much you can do for yourself.

If you're in one of these facilities and you need specialized palliative care services, you may need to stay in a hospital for a short time.

### Hospices

Alberta has many hospices. These places are made to feel like home while giving specialized end-of-life care, 24/7. The care teams focus on your comfort and quality of life and can help you and your family cope with your feelings about serious illness. In a hospice, you're cared for by health care professionals. Availability of other professionals such as spiritual counsellors and other services such as volunteers may be different for each hospice.

For more information about end-of-life care, go to [myhealth.alberta.ca/palliative-care/resources](http://myhealth.alberta.ca/palliative-care/resources).

## Birthday Sunflowers

On Vincent van Gogh's 134<sup>th</sup> birthday, March 30, 1987, his painting "Sunflowers" sold for a whopping £22.5 million!



Talk about a priceless birthday tribute. Van Gogh, born in 1853 in Groot-Zundert, Netherlands, never saw fame in his lifetime, but his art now blooms in value like his beloved sunflowers.

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

# Epilepsy Awareness Month

## Shine a Light on Epilepsy

This March, let's unite in support of the 30,000 individuals living with epilepsy in Southern Alberta. Together, we can make a meaningful impact. Wear purple, light up spaces, and be part of the movement!

MARCH 26  
**Purple Day**



**Light up the Night in Violet Vibes!** Light up your homes, offices, and public spaces in purple to show your solidarity.



**Dress in Grape Glory!** Show your support by wearing purple clothing or accessories on March 26th.



**Spark a Purple Revolution!** Be a part of the change! Donate or start a fundraiser.



[epilepsycalgary.com](http://epilepsycalgary.com)

Share your purple moments using

**#postyourpurple**



# BUSINESS CLASSIFIEDS

For business classified ad rates contact Great News Media at 403-720-0762 or sales@greatnewsmedia.ca

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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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cityandvillageco@gmail.com

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



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DO get results!”**

**DANNY  
WAI**



## Top #2 Team in the year of 2024

### ON THE MARKET



#### 1467 NORTHMOUNT DRIVE NW (BRENTWOOD)

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



#### BRENTWOOD - NORTHMOUNT DRIVE

This renovated four-level split home offers a total living area of over 2,027 sq.ft., including a fully registered legal suite on the third and fourth levels. The home underwent a complete renovation in 2014, including most windows, doors—exterior, bedroom & closet, and bathrooms. This property is ideally situated just minutes away from a variety of schools, bus stops, the Brentwood LRT Station, shopping malls (Brentwood, Northland & Market Malls), and the University of Calgary. Enjoy easy access to all amenities.

Asking \$769,900 mls# A2170037



#### CORNERSTONE - CORNERBROOK GATE

\*\*Legal registered basement suite. This is the perfect starter investment property achieving two doors with one purchase or live-up and rent down as a great mortgage helper. Close proximity to Country Hills Blvd, Stoney Trail, Calgary International

Airport, Cross Iron Mills Shopping Centre, and minutes away from the newly planned Green LRT line. Shopping plazas, parks, playgrounds nearby making it convenient for all your errands. This is a must-see property for a new homeowner or a property investor!

Asking \$604,900 mls# A2185916

#### MAYLAND HEIGHTS - 14 AVENUE



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 \$286,800 mls# A2187196

#### EDGEMONT - EDGEWOOD PLACE



This four-level split home boasts over 1,740 sq.ft., across 4 bedrooms and 3 full bathrooms above the ground level. Vaulted ceilings on the main floor and a large oversized bow window. Third level developed an extra bedroom, 1-3 pce bathroom, and a sunroom with the City permit. Most windows and patio doors

have been recently upgraded (2018), shingles updated in 2010, sunroom built in 2020, the kitchen and the entrance floor were upgraded in 2022. Heated double attached garage. Close to all amenities.

Asking \$689,900 mls# A2186178

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