

FEBRUARY 2026

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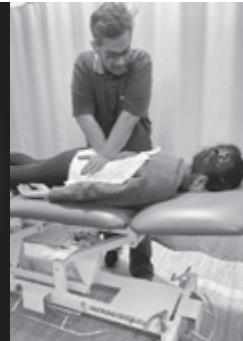
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Volunteering in Triwood

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, year-round.



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.

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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. All events are 18+.

NEW!! A fee of \$10.00 will be charged to all non-members for Presentations except those where a fee is already required.

FEBRUARY

Feb 13 - (12:00-2:30) Games Day

Feb 17 - (10:00-12:00) Conversation Café Dementia

Feb 25 - (12:00-2:00) Lunch n' Learn \$15.00

MARCH

Mar 2 - (11:15-12:30) Presentations by Fosters Garden Chapel

Mar 6 - (10:00-2:00) Corn Hole Tournament for Prize Money & Lunch \$35.00 in the works

Mar 13 - (12:00-2:30) Games Day

Mar 17 - (10:00-12:00) Conversation Café Dementia

Mar 27 - (11:30-1:30) AGM (includes lunch)

APRIL

Apr 10 - (12:00-2:30) Games Dan

Apr 20 - (11:15-12:30) Final Wishes: Communicating Your Plan to Your Loved Ones

Apr 21 - (10:00-12:00) Conversation Café Dementia

Apr 24 - (11:30-2:30) Volunteer Appreciation

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

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9:45AM - 11:15AM

SEPT 10 2025 - MAY 27 2026

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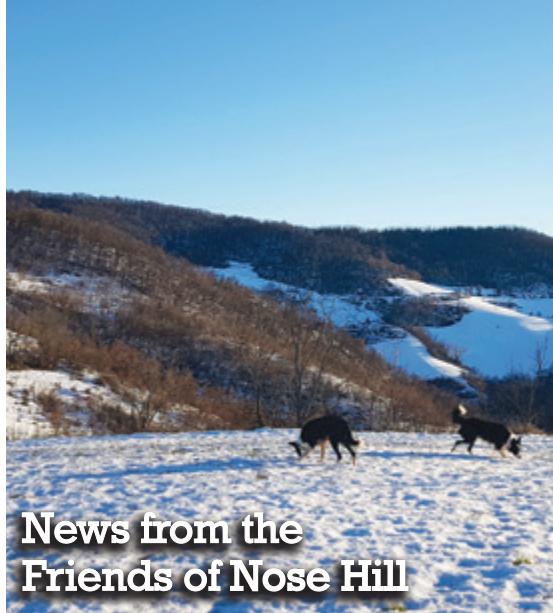


Triwood summer camp >>>

2026

REGISTRATION OPEN NOW!

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News from the Friends of Nose Hill

by Anne Burke

The Calgary area has been the subject of many geological studies in scientific papers, field guides, and monographs, including glacial mapping of Nose Hill. The top of Nose Hill contains gravel deposited by the ancient Bow River, also carrying sand and mud, flowing east out of the mountains and reaching the level of the present hilltop. There may have been as many as 20 major glacial advances and retreats in what is now the Calgary area.

During the last one to two million years of earth history, ice sheets shaped the landscape. The continuous plain to the north, and on the east and west flanks of Nose Hill, were shaped by glacial meltwater from nearby ice. As the modern Bow River developed, it created a broad valley and the southern flanks of the Hill. A large lake was produced by an ice dam on the River. On its North and East, Nose Hill is bounded by Beddington and Nose Creeks. To the west, Big Hill Springs Coulee is what remains of the earlier glacial spillway system.

Nose Hill provides spectacular views from which to interpret the geological history of the Bow River Valley and its tributaries, as well as the uplands across the valley to the south. The boundary between eastern and western ice sheets is the result of a landslide from Mt. Edith Cavell. As the valley glacier advanced it was deflected southward by eastern ice and glacial erratics (large boulders) mark its former path.

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GAMES & PUZZLES

Guess the Olympic Sport!

1. Prince Albert II of Monaco competed in this winter sport at the Calgary 1988 Olympics.
2. This sport includes two events: rifle shooting and cross-country skiing.
3. This team sport involves sliding granite stones on a sheet of ice towards a target circle.
4. This sport also known as "skimo" will make its Olympic debut at Milano Cortina 2026.
5. Marit Bjørgen is the most decorated winter Olympian and competed in this sport.
6. This elegant sport is widely recognized as the most popular event at the Winter Olympics.



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FOR THE
ANSWERS!





Valentine's Day Dinner & Violin Concert

DINNER & CHOCOLATE FOUNTAIN
LIVE VIOLIN CONCERT

\$75 PER PERSON

FEB 14, 2026 | 6PM | 18+

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Staying in Relationships Thinking the Other Person Will Change, Now What?

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

In romantic relationships, the hope that someone will change is incredibly common, and very human. Here's the why:

We fall in love with potential, not just reality. Early connection, chemistry, and shared dreams can make us focus on who someone could be rather than who they consistently are.

Love activates optimism and attachment. Attachment bonds naturally create hope. Our nervous system prefers security over loss, so we hold onto the idea that change will come rather than face the pain of disappointment or separation.

We confuse influence with control. Healthy relationships do involve growth and compromise, but that can slide into the belief that love, patience, or suffering will eventually motivate change in areas that are actually character-based or deeply ingrained.

Familiar patterns feel safer than unfamiliar outcomes. Even dissatisfaction can feel safer than the uncertainty of leaving—especially if someone grew up adapting to others or earning love by tolerating discomfort.

Cultural narratives reinforce it. We're taught that love "fixes," that commitment means endurance, and that leaving equals failure rather than discernment.

Acceptance doesn't mean approval. It means clearly seeing who someone is right now, and asking: Can I live peacefully with this if it never changes? If the answer is no, the work isn't to force acceptance—it's to honor that truth. Real intimacy grows when we choose people for who they are, not who we hope they'll become.

Here are practical ways to shift your inner narration and cultivate acceptance of your partner—without abandoning your own needs or values (unless the situation is unsafe or abusive):

1. Separate "preferences" from "deal-breakers"

Narration shift: "I don't like this" to... "This is uncomfortable, but not unsafe or violating."



2. Replace fantasy with reality statements

Narration shift: "They would be perfect if..." to... "This is who they are today, consistently."

3. Translate irritation into meaning

Ask: What does this trigger in me; fear, unmet needs, old wounds?

Narration shift: "They're the problem" to... "This brings up something important in me."

4. Use compassion without justification

Narration shift: "They shouldn't be this way" to... "I can understand why they're this way, without agreeing or excusing."

5. Practice present-tense acceptance language

Use phrases like: "This is what's here right now" or... "I don't have to solve this today."

6. Stop future-bargaining

Narration shift: "Once X happens, then I'll be okay" to... "If nothing changes, how do I feel about this life?"

7. Name your choice clearly

Narration shift: "I'm stuck" to... "I am choosing to stay for now, with eyes open."

Choice restores agency and reduces resentment.

8. Practice grief, not resistance

Acceptance often requires grieving the partner you hoped for.

Narration shift: "This shouldn't hurt" to... "Of course this hurts."

9. Anchor acceptance in boundaries

Narration shift: "I have to accept everything" to... "I accept who they are and I choose how close I stand."

10. Use curiosity over judgment

Narration shift: "They're wrong" to... "This is different from me—what does that mean for us?"

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Meatball and Cleo, Renfrew



Talbot and Scout, Queensland

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Weekly Camp Themes July 2026

**Week 1: July 6 - 10
NATURE EXPLORERS**

REFUND DEADLINE: JUNE 15

**Week 2: July 13 - 17
CREATIVE KIDS**

REFUND DEADLINE: JUNE 22

**Week 3: July 20 - 24
SCIENCE SPECTACULAR**

REFUND DEADLINE: JUNE 29

**WEEK 4: JULY 27 - 31
HAPPY MERRY HOLIDAY**

REFUND DEADLINE: JULY 6

Triwood summer camp >>>

Weekly Camp Themes August 2026

**Week 5: AUG 4 - 7
ANIMAL ADVENTURES**

REFUND DEADLINE: JULY 13

**WEEK 6: AUG 10 - 14
TRIWOOD OLYMPICS**

REFUND DEADLINE: JULY 20

**WEEK 7: AUG 17 - 21
AROUND THE WORLD**

REFUND DEADLINE: JULY 27

THANK YOU FOR A GREAT SUMMER TOGETHER!



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403-216-5430

Calgary.Klein@assembly.ab.ca

@lizettendp | [@lizettendp](mailto:lizettendp)

Hello Calgary-Klein!

As we head into February, I hope you're all staying warm and taking in the winter happenings around the city and your community! With Valentine's Day on the horizon, I remember that it is also Heart and Stroke Month. This month is an opportunity to learn more about cardiovascular health, the risks of heart disease and stroke, and what steps we can take toward prevention.

I'm committed to advocating for more family doctors and wraparound health services so you can access the care you need, when you need it. Working closely with your family health team is an important part of that effort. It is also critical that on a provincial level we commit to strengthening public funding and delivery of healthcare to better meet the needs of Albertans.

Winter is also a great time to explore our beautiful neighbourhoods! Whether it's cross-country skiing in Confederation Park or snowshoeing near the creek at Queens Park Cemetery, there's so much to enjoy. A few weeks ago, I had the pleasure of touring the hidden creek behind the cemetery with the Friends of Confederation Creek—it was a real gem! What's your favourite hidden treasure or historical spot in the riding?

We head back to the Legislature at the end of this month, and as I prepare for session and budget deliberations – I'd like to have a conversation with you! Please join me for a town hall to talk about what your vision is for the province, and what your priorities are. We will be gathering on Thursday, February 19, 7:00 pm at Crossroads Community Association. For registration details, please email us at Calgary.klein@assembly.ab.ca or call 403-216-5430. Hope to see you there!

Lizette

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SIT AND BE FIT: Join Louise Tuesday and Thursday afternoons for fitness classes designed specifically for older adults as well as any adults with chronic conditions. Work on your strength and balance safely at Summit View (formerly St. David's) United Church, 3303 Capitol Hill Crescent NW. Contact Louise for information: fitnesswithlouise@outlook.com, | 403-701-5494.

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VARSITY—50 STREET.....	SOLD for 98% of asking price
WEST HILLHURST—5 AVENUE.....	SOLD for 98% of asking price

ON THE MARKET

105, 934-2 AVENUE NW (SUNNYSIDE)

Charming and spacious ground-floor corner condo offering around 800 sq. ft. of comfortable, low-maintenance living in a highly walkable location. This beautifully updated 2-bedroom, 1 full 4-piece bath unit features gleaming hardwood floors and fresh paint throughout. The totally renovated bathroom offers contemporary fixtures and a clean, stylish design. Additional updates include newer windows and interior doors. Short walk to shops (Safeway), bus stops, Sunnyside LRT station, next door to Acme Pizza and nearby parks, this condo combines comfort, style, and an unbeatable inner-city lifestyle.

Asking \$274,900 mls# A2275156

34, 1234 EDENWOLD HEIGHTS NW (EDGEMONT)

Perched at the top of Edgemont, this top floor suite delivers sweeping city and Nose Hill views from the living room and private balcony and comes with its own detached garage! The primary bedroom features a 3-piece ensuite; a second bedroom and full bathroom provide flexible space for guests or a home office. Large windows capture light and the panoramic outlook toward downtown. Practical perks include one surface parking stall directly in front of the building plus a rare included single detached garage – a standout in this market (what other condo comes with its own garage?).

Asking \$312,800 mls# A2269367

122 PANAMOUNT DRIVE NW (PANORAMA HILLS)

Well-located and family-friendly, this two-storey townhouse over 1,220 sq.ft. in Panorama Hills faces the open green space, offering privacy and a peaceful outlook. The main level features an open floor plan connecting the living and dining areas to a practical kitchen with a raised breakfast bar and large pantry – perfect for the everyday hustle and casual entertaining.

A covered deck off the kitchen expands your usable space. Upstairs you'll find three bedrooms and convenient second-floor laundry. The primary suite includes a four-piece ensuite accessed through a pocket door and a large walk-in closet. A half bath on the main floor adds convenience for guests. Ideal for first-time buyers and young families.

Asking \$394,900 mls# A2270329

42 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. At the center is a chef's kitchen with an oversized island, quartz counters and backsplash, LED-under-lighting, full-height cabinetry and a pot-filler above the 36" gas range. A coffee bar with cabinetry and a beverage fridge adds convenience. 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 \$1,149,900 mls# A2251770

BRENTWOOD—BOULTON ROAD

A beautifully kept bi-level home situated on a 51' x 110' lot in the sought-after community of Brentwood! With ~1,070 sq.ft. above grade, the main floor hosts three comfortable bedrooms and an updated 4-piece bathroom. The fully developed lower level features a spacious family room with large windows, a fourth bedroom, and a full 3-piece bathroom. Walk to all levels of schools, the community swimming pool, library, Brentwood Village shops and the updated Northland Shopping District, and the Brentwood LRT station.

Asking \$649,900 mls# A2260697

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