

JANUARY 2026

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BRAIN GAMES

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SCAN THE QR CODE
FOR THE SOLUTION



 A Triwood Christmas

Host your holiday party at Triwood

Spaces for 20- 200 people, fully catered



Contact April for availability
events@triwoodcommunity.com

PARENT + TOT SOCIAL GROUP

WEDNESDAYS

9:45AM - 11:15AM

SEPT 10 2025 - MAY 27 2026

TRIWOOD COMMUNITY ASSOCIATION
2244 CHICOUTIMI DR NW
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Move... or Stay?

It's one of the biggest questions people ask in January.



If you're wondering:

- Should we move this year?
- What would it take to prepare?
- Can we make this work?

Curious about your options? Let's talk.

403-679-2900



Moving you through the
Chapters of Life



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GAMES & PUZZLES

Guess the Cartoon!



1. Mojo Jojo is always trying to cause havoc in this female-led cartoon.

2. Joe Barbera first considered calling this classic cartoon *The Gladstones*.

3. This group of mystery solvers was brought to life in 1969 and led to multiple shows and movies.

4. One of the main characters of this cartoon is named Finn and though he is an adventurer, he is afraid of the ocean.

5. Stephen Hillenburg, creator of _____, was actually a marine biologist!

6. This cartoon follows a family who lives life in Orbit City with their dog Astro.

**SCAN THE QR CODE
FOR THE ANSWERS!**



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Cubs Coordinator	Andrew Waddington
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Executive Chef	Mayur Kunte
Fund Development Manager	Lori Wilson

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.

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 yycesniors.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.

JANUARY

Jan 12 - (11:15-12:30) Your Life Legacy

Jan 13 - (10:00-12:00) Conversation Café Dementia

Jan 16 - (12:00-2:30) Games Day

Jan 30 - (10:00-2:00) Corn Hole Tournament for Prize Money & Lunch \$35.00 (in the works)

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@yycesniors.com to join our email list!

Confederation Park 55 + Activity Centre, 2244 Chicoutimi Dr NW, T2L 0W1
info@yycesniors.com | 403-289-4780 | yycesniors.com | FB @yycesniors

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

Caring for an Aging Parent: Strategies for When the Going Gets Tough

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



Emotional Strategies (Inner Work and Regulation)

1. Acknowledge Complex Feelings

Allow yourself to feel grief, anger, guilt, resentment, or sadness—without judgment. Write or talk about your emotions rather than suppressing them. “It’s okay to love my parent and still feel hurt by them.”

2. Release the Hope for Transformation

Accept that your parent may never change, apologize, or become kind. Focus on who you want to be in this relationship—not who you wish they were. Acceptance is not approval—it’s choosing peace over constant disappointment.

3. Separate Compassion from Tolerance

Compassion = understanding their limitations and pain. Tolerance = letting them mistreat you. You can have empathy while maintaining strong boundaries.

4. Name and Limit Emotional Triggers

Identify patterns that consistently lead to hurt (e.g., criticism, manipulation, guilt trips). Develop calm exit strategies when tension rises (“I need to step out for a minute,” or “Let’s talk later.”)

5. Practice Grounding Techniques

Use breathing exercises, mindfulness, or sensory grounding before and after visits. Create “emotional decompression rituals”—e.g., a walk, journaling, or music after caregiving tasks.

6. Reframe Your Role

Instead of “being the good child,” think of yourself as a care coordinator—doing what’s necessary, not what’s emotionally reciprocal. This mental shift reduces guilt and over-responsibility.

7. Find Validation Outside the Relationship

Seek empathy and support from friends, therapy, or caregiver groups. Don’t expect emotional reciprocity from your parent; that’s not where healing will come from.

Situational Strategies (Practical Boundaries and Care Structures)

1. Clarify What You Can and Cannot Do

Define your caregiving “job description.” Example: “I manage their medication and groceries, but I can’t handle daily visits.” Say it out loud, write it down, and share with other family members if needed.

2. Establish Firm Communication Boundaries

Limit exposure to verbal abuse or manipulation. End conversations that become cruel or degrading: “I’m not willing to be spoken to that way. I’ll come back when you’re ready to talk respectfully.”

3. Use Neutral, Brief Responses

When provoked, respond with calm neutrality (“I hear you,” “That’s your opinion,” “Okay”). Avoid arguing, explaining, or defending—it fuels conflict.

4. Set Structured Routines

Predictability helps both you and your parent. Schedule visits or calls at consistent times to minimize last-minute demands.

5. Engage Outside Help When Possible

Look into: Home care aides or respite programs, adult day centers, geriatric care managers, volunteer respite programs or faith-based support. Even a few hours of relief can help you sustain caregiving long-term.

6. Protect Your Physical Space

If your parent lives with you, designate “off-limits” areas or private times. If you live separately,

establish boundaries around unannounced visits or excessive calls.

7. Use Written Communication for Sensitive Topics

For logistics (medications, finances, appointments), use texts or emails—it reduces emotional escalation and provides a record.

8. Plan for Respite and Breaks

Schedule non-negotiable downtime—a full day or weekend off every few weeks. Even short breaks prevent burnout and resentment.

9. Involve Professionals for Tough Conversations

Use a doctor, social worker, or counselor to mediate when your parent refuses help or denies issues. Hearing it from a professional, lands better than hearing it from a child.

10. Prepare for Emotional Pushback

Difficult parents often use guilt, martyrdom, or control when they feel powerless. Recognize it as fear, not truth. "They're scared of losing control—that's not mine to fix."

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News from the Friends of Nose Hill

by Anne Burke

On the Park's northern boundary, Alberta Government Telephone, in 1982, and Canadian Western Natural Gas, in 1990, had access rights. Carma Developments put waste in the MacEwan Glen ravine. Construction sites attracted four-by-fours and dirt bikes. Nose Hill Trail condition and use were studied between July 20 and September 20, 1993. Volunteers working in pairs came from the Nose Hill Park Users Group, Nose Hill Communities Board, and Calgary Field Naturalists Society. Their goal was to measure trail type and surface, width, and depth. An aerial photo mosaic marked the survey areas. Data was collected for the glacial moraine (the Hill plateau and side slopes), ravines (Many Owls and Porcupine Valley), and disturbed land. The time of day was morning (7:00 am to noon), afternoon (noon to 6:00 pm), and evening (6:00 pm to dark). During both the week and weekend, Hill use was greatest in the afternoon and evenings. On the weekend, people spent time in the ravines. However, during the week more were recorded on the plateau and side slopes. Pathway routes were widened by braiding but less rutted than trails. The greatest use was in disturbed sites, rather than on the moraine. All pathways and trails were used by cyclists, who preferred gravel pathways to grass trails. Walkers without dogs used pathways, unlike dog walkers in the ravines. A review revealed that areas damaged by vehicles, horse and cattle grazing, and gravel extraction were slowly regenerating, including severely damaged areas. Although some trails were rutted (and may remain so for a time) others had high grass growing in them without horse and vehicle traffic. Ravine trails were overgrown by tall grasses, thistles and nettles, so many people no longer used them.

4-H IN THE CITY



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Get a *"Taste of 4-H"* with six weeks of fun activities for youth aged 9-15!

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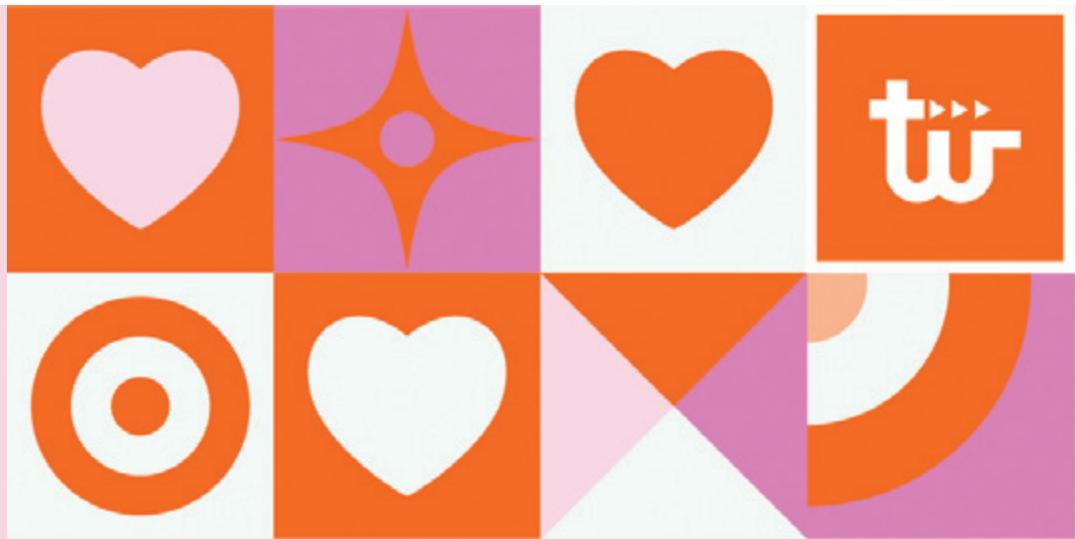
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VALENTINE'S DAY

Saturday, February 14th

Live violinists, romantic dinner at Triwood

Age: 18+

Tickets on sale Jan 2026

**Joke of
The Month**



What kind of cow
wears a crown?
A dairy queen



DISNEY TRIVIA NIGHT

**\$5
PER TICKET**

Costume Contest
Prize for game winners
Pub menu & feature cocktails
RSVP:
triwoodcommunity.com

**Thursday, Jan 22nd
Doors open at 5:30pm
Trivia at 6pm
All ages welcome**

UKULELE NIGHT



Friday, Jan 16 | 5:30pm-8:30pm

\$45 | Teens & Adults

No experience required, everything supplied

Register: triwoodcommunity.com



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Did you know that Australia is wider than the moon? Australia's diameter from east to west is about 4,000 km. The moon's diameter is 3,400 km. That makes it even cooler to go "down under."



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Happy New Year, Calgary-Klein!

I hope you had a wonderful holiday season with friends and family. As we start this new year, I'm wishing you, our schools, health care facilities, and local businesses a healthy and prosperous year ahead.

Supporting seniors has been on my mind. Did you know the Calgary Seniors Resource Society is right here in the riding? They do amazing work and can be reached at 403-266-6200. If you know a senior, or are one, give them a call! From friendly chats and rides to appointments to help navigating complex systems, their programs make life easier and more fulfilling. They also build meaningful connections between seniors and volunteers.

Health care remains a top concern for residents of all ages. I've heard from many of you about long ER wait times, difficulty finding family doctors, rising prescription costs, and reduced eyecare coverage for seniors. I'm advocating for hiring more doctors and medical professionals and strongly oppose the UCP's plan for for-profit health care, which would allow doctors to bill privately on top of public billing. I believe in a public health care system where you can see a doctor without paying out of pocket.

Want to see how I'm advocating for Calgary-Klein? Follow me on Instagram @lizettendp and other social platforms. Please keep emailing my office, your concerns help me speak up for you at the legislature.

Looking forward to seeing you at local winter festivals!

Lizette



Triwood Community Association

Seeking outdoor rink volunteers

**Commitment:
1.5 hours/week**

When the outdoor rinks at Triwood are installed.
Weather dependent!



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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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ON THE MARKET

3303 BOULTON ROAD NW (BRENTWOOD)

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

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

VARSITY — VARSITY DRIVE

Welcome to McLaurin Village in the heart of Varsity, this outstanding two-storey townhouse offers over 1,090 sq. ft. of comfortable and quiet living space, two balconies — both facing the green space for peaceful views year-round. Renovated 4-piece bathroom with full tile surround to the ceiling and detailed carpentry finishes. All windows, front entrance door, and patio door were replaced in 2017 for enhanced energy efficiency and modern aesthetics. You're just minutes away from everything: University of Calgary and Brentwood LRT.

Asking \$329,900 mls# A2254011

VARSITY — 50 STREET

Quiet 2 bedroom condo on the third floor, big sunny balcony, a well-maintained building in the heart of Varsity. New painting, upgraded kitchen, open floor plan. Located right across Market Mall, this complex is convenient with public transit nearby, close to key transportation corridors (Shaganappi Trail, Crowchild Trail), a short walk to the University District, and proximity to U of C, Alberta Children's Hospital, Foothills Medical Centre.

Asking \$239,900 mls# A2267119

WEST HILLHURST — 5 AVENUE

Stylish semi-detached in West Hillhurst, well-maintained and prime location, two-storey home. With over 3,000 sq. ft. of developed living space, this residence offers the perfect blend of functionality and style, featuring 9-ft ceilings, rich hardwood floors, and a striking tile-faced fireplace framed by custom built-in bookshelves. The chef's kitchen is the centerpiece, boasting quartz countertops, and a large island with breakfast bar. A curved staircase, illuminated by a skylight, leads to the upper level. The fully developed basement offers 9-ft ceilings, a large recreation room, an additional bedroom with walk-in closet and an egress window. Just minutes from downtown and steps from schools, parks, and vibrant community amenities.

Asking \$938,000 mls# A2257023

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