

JUNE 2025

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# TUXEDO PARK

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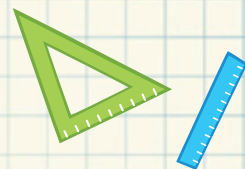
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*\*or we can send a volunteer to pick up the items\**

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or call (403) 708-7924

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# Tuxedo Park Community Association



202 - 29 Avenue NE  
Calgary, AB T2E 2C1  
Phone: 403-277-8689

[www.facebook.com/tuxedoparkcommunity](https://www.facebook.com/tuxedoparkcommunity)  
[www.twitter.com/tuxedoparkyycc](https://www.twitter.com/tuxedoparkyycc)

## EXECUTIVE BOARD

President	Anne Johnson	<a href="mailto:president@tuxedoparkcommunity.ca">president@tuxedoparkcommunity.ca</a>
Vice President	Marina Kerr	
Secretary	Elysa Darling	<a href="mailto:secretary@tuxedoparkcommunity.ca">secretary@tuxedoparkcommunity.ca</a>
Treasurer	Shelby Milne	<a href="mailto:treasurer@tuxedoparkcommunity.ca">treasurer@tuxedoparkcommunity.ca</a>

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Amy Lu, Arnie Brownlees, Gina Maskell, Karen Wang, Peter Sanele, Sofi Biviano, Shelby Milne

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Social	Marina Kerr	<a href="mailto:social@tuxedoparkcommunity.ca">social@tuxedoparkcommunity.ca</a>
Traffic/Development	Arnie Brownlees	<a href="mailto:planning@tuxedoparkcommunity.ca">planning@tuxedoparkcommunity.ca</a>

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Hall Rentals	Violeta Vasquez	<a href="mailto:hallrentals@tuxedoparkcommunity.ca">hallrentals@tuxedoparkcommunity.ca</a>
Arts Procurement Manager	Dustyn Richardson	<a href="mailto:arts@tuxedoparkcommunity.ca">arts@tuxedoparkcommunity.ca</a>

Tuxedo Park Community Association meetings are held on the second Thursday of every month, except July and August (no meetings). Meetings start at 7:00 pm and are being held in person at the community hall. All community residents are welcome to meet some of their neighbours, express their concerns, or sit in and hear what's happening in and around the community. For more information, please email [president@tuxedoparkcommunity.ca](mailto:president@tuxedoparkcommunity.ca). For Hall rentals, email [hallrentals@tuxedoparkcommunity.ca](mailto:hallrentals@tuxedoparkcommunity.ca).



## SCAN HERE TO VIEW ADDITIONAL TUXEDO PARK CONTENT

### News, Events, & More



### Crime Statistics



### Real Estate Statistics



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## Tuxedo Park School Future Use Planning Website is Live

The Tuxedo Park School planning website has now been launched. They will continue to update the website as they have more information on the project. Scan the below QR code for details and to stay up-to-date on progress.



## PRESIDENT'S MESSAGE



Summertime in Tuxedo! Such a brilliant time of the year to explore our community and get outside to connect with our neighbours.

Thank you to everyone who attended the TPCA AGM in May. It was a lovely and productive meeting—we heard from Terry Wong (Ward 7 Councillor), Lizette Tejada (Calgary Confederation MLA), the City of Calgary team in charge of reimagining the old school site, and our community members. We approved our financials and voted in your 2025 Board of Directors. We are:

President: Anne Johnson

Vice President: Marina Kerr

Treasurer: Shelby Milne

Secretary: Alex Darling

Director: Arnie Brownlees

Director: Amy Lu

Director: Peter Sanele

Director: Sofi Biviano

Director: Karen Wang

Director: Alex Farley

Director: Kelly Parker

A big thank you to our dedicated directors who have stepped forward to give their time to our community!

And another thank-you to everyone who volunteered for our recent Casino Fundraising days. It was amazing to see so many neighbours working to support your Tuxedo Park Community Association.

*Anne Johnson*

[president@tuxedoparkcommunity.ca](mailto:president@tuxedoparkcommunity.ca)

## Longest Day

Mark your calendars - this year's summer solstice will take place on June 20. Calgary will experience approximately 16 hours and 35 minutes of daylight. That means there is plenty of time to play, relax, and maybe even forget what bedtime is!

## Joke of the Month



Why was the cellphone scared to go to the dentist?

He didn't want him to remove his blue tooth.

## TUXEDO PARK CLASSES AND EVENTS

Please check the website for up-to-date information on programs and events.

### **Walk15 Fitness**

Walk15 fitness classes offer a low impact cardio workout suitable for all ages and fitness levels. The walking-based moves are easy to learn and set to music engineered to measure distance through the beat – no devices required. You'll be led by a Master Walk15 Instructor who will coach you along the way for your comfort and safety. Come walk with us!

Upper Hall.

Date: Mondays.

Time: 9:00 to 10:00 am.

Cost: Free for members.

### **TPCA Seniors Fitness with Pat**

Join this gentle, guided fitness class to get moving, have fun, and get to know your neighbours!

Upper Hall.

Date: Tuesdays.

Time: 10:30 to 11:30 am.

Cost: Free, all are welcome, space is limited.

Arrive 10 minutes early to sign waiver.

Instructor/Host: Pat.

### **Hatha Yoga**

This class will help you recharge, strengthen, stretch out tight areas, and calm and focus the mind. Sessions will include standing and balancing postures, connection to physical alignment, attention to breath to steady the mind, hip and shoulder opening, meditation, and deep rest.

Upper Hall.

Date: Mondays.

Time: 6:15 pm.

Cost: Free, all are welcome.

Instructor: Jennifer Clarke.

### **Budo Martial Arts\***

Budo Martial Arts offers a dynamic karate program, focusing on discipline, confidence, and physical fitness. Led by experienced Senpai Eric, classes provide structured training in a fun and supportive environment.

Location: Upper Hall.

Date: Monday to Thursday.

Time: 5:30 to 6:30 pm.

Instructor: Senpai Eric.

Contact: 403-650-8445 or

eric.budomartialarts@gmail.com.

Program: Kids Karate (Ages 4 to 18).

More information: [www.budomartialartscalgary.ca](http://www.budomartialartscalgary.ca).

### **Do Re Mi Babies Music Classes\***

Do Re Mi Babies provides an engaging and joyful early childhood music program for children ages 0 to 5 and their caregivers. Through songs, movement, and interactive activities, families bond while developing a lifelong love of music.

Location: Upper Hall.

Date: Mondays (on break for summer).

Time: 4:30 to 5:30 pm.

Cost: \$130 for 8 weeks (siblings 50% off).

Instructor/Host: Christina.

Contact: [doremibabies@gmail.com](mailto:doremibabies@gmail.com).

More information and registration:

[www.doremibabies.wordpress.com](http://www.doremibabies.wordpress.com).

### **Free Zumba with Aspire to Inspire\***

Join a fun and high-energy Zumba session designed to get you moving while having a great time! Open to all fitness levels, this free class blends dance and fitness for an energizing workout.

Location: Upper Hall.

Date: Wednesdays.

Time: 7:30 to 8:30 pm (arrive early to sign waivers)

Instructor/Host: Mihwa.

Contact: 403-975-5817 or [mihwa40s@gmail.com](mailto:mihwa40s@gmail.com).

*\*This is a third-party rental and not affiliated with TPCA.*



# Cats, Canines, & Critters of Calgary



Bart, Heritage Park



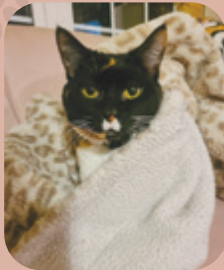
Chico, Shawnessy



Elsbeth, Airdrie



Harry, Lakeview



Icy, North Glenmore Park



Jagger, Richmond



Millie, North Glenmore Park

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

## We Dream in June

by Garth Paul Ukrainetz

The month of June can't come too soon  
The saying goes inside the staff rooms  
Most teachers' tanks are running empty  
Low fuel within, they're all teached out

Ignition sequence slowly starting  
Young astronauts awaiting lift off  
Dreaming, gazing out the windows  
The students now in countdown mode

Long year it was for sharpened minds  
10 months of grinding education  
The pencils short, good patience shorter  
Toss learning's shavings to the wind

Yes, summer's here, it's time to fly  
Fold lesson plans like paper airplanes  
Let's rocket launch to outer space  
New frontiers bold beyond the schoolyard

Calgary Public, Calgary Catholic  
Deep down it's true we're all the same  
We dream in June of summer breezes  
That blow the cares of school away





# Rent the Tuxedo Park Hall

Have an upcoming birthday party, meeting, or celebration? Our Hall has been updated and ready to host you and your guests!

At full capacity our Upper Hall can fit 100 people. It has a bar, a full kitchen, rectangular, round, and cocktail tables, and new grey banquet chairs. Our prices are very affordable and it's a great, central location.

Our Lower Hall is bright and modern and fits 50 people at full capacity.

Both spaces have modern wood flooring and modern paint colours.

Spaces are great for weddings, family gatherings, birthday parties, anniversary events, training events and all those social events that we have missed so much of!

For more information contact our Hall Manager at [hallrentals@tuxedoparkcommunity.ca](mailto:hallrentals@tuxedoparkcommunity.ca) or call 403-277-8689 or visit [www.tuxedoparkcommunity.ca/hall-rentals](http://www.tuxedoparkcommunity.ca/hall-rentals).



# TUXEDO PARK ARTISTS' CORNER

## An Outlet Meant to Inspire in 2025

As summer starts to officially set in, you may find yourself with some downtime. We encourage you to use nature as your inspiration and to explore your artistic hobbies and passions. Whether you are taking a photograph of your favourite flower or painting a playground scene, the community wants to see your creations. All ages are welcome!

If you are interested in participating, please:

- Let your imagination run free; we want to be inspired!
- Scan a digital copy of your artwork in a JPEG format.
- Send to [communications@tuxedoparkcommunity.ca](mailto:communications@tuxedoparkcommunity.ca).
- Include your name, age, and a brief description about your art.
- If you are under the age of 16, please make sure you have permission from your parents or guardians to share your creation.


If you enter, you will have the chance to be featured here in print in the monthly newsletter and on our social channels. We are excited to see what you come up with this summer!

BRAIN GAMES

SUDOKU

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

SCAN THE QR CODE FOR THE SOLUTION





## The City of Calgary's Park n' Play and Stay n' Play is Coming to Tuxedo Park This Summer!

TPCA is thrilled to be partnering with the City of Calgary this summer, hosting two programs: the Park n' Play program (ages 6 to 12) and the Stay n' Play (ages 3 to 5 accompanied by an adult) in July.

Type of programs: Park n' Play and Stay n' Play

Time: 10:00 am to 3:00 pm

Dates: Monday, July 21 to Friday, July 25

Location: Tuxedo Park Hall and Park, 202 29 Ave NE

Looking for some high-quality activities for your kids? We offer programs that are open to everyone for free. These programs are for children ages 3 to 12 years and are available in various community locations across Calgary.

Learn more here: <https://www.calgary.ca/parks-rec-programs/park-n-play-stay-n-play.html>.

## News from the Friends of Nose Hill

by Anne Burke

We are celebrating the 10<sup>th</sup> Anniversaries of the City Nature Challenge and of iNaturalist Canada. The 7<sup>th</sup> Annual Calgary City Nature Challenge was on April 25 to 28, 2025. So far, the previous year was most successful with 13,000+ observations. Other micro bioblitzes will happen all this summer. The iNaturalist platform is being used to help provide up to date records of the occurrence of the flora and fauna of Nose Hill with particular emphasis on the native vascular and nonvascular plants, fungi, birds, mammals, butterflies, moths, and bees.

Nature Calgary is a community that promotes the preservation of natural habitats, provides educational opportunities, and supports the collection of natural history observations. This year, the group is focusing their efforts on Nose Hill and Bowmont Park. We were contacted to encourage our members to take pictures of the Nose Hill biota (animal and plant life of a particular region, habitat, or geological period) and submit the photographs to <https://inaturalist.ca/projects/nose-hill-park-bioinventory>.

The goal is to publish an updated version of "The Green Book" in time for its 50<sup>th</sup> Anniversary and to monitor the changes in eleven Calgary Natural Areas. Whenever you visit a park, you can upload your observations to eBird and there are links to all these Parks at <https://inaturalist.ca/>. The project is being spearheaded by Nature Calgary and the Native Plants Council of Alberta - Calgary Chapter. In 1980 "The Green Book" was called "Calgary's Natural Areas: A Popular Guide" as one of the City's most extensive repositories of biodiversity. The first of its kind when data collection began in 1975, it was cited during the planning and creation of several of our Natural Parks. Many contributions provided by citizen scientists will add to the accuracy of the new publication and are greatly appreciated.



## Reminder to Report Street Light Issues

Call 3-1-1 if you notice any outages or dimly lit areas.

As the weather warms up, more Tuxedo Park residents will be heading outside to enjoy the longer spring and summer days. Let's make our community as safe as possible by remembering to call 3-1-1 to report street light issues, such as outages or dimly lit areas. Your help on this matter is greatly appreciated!

# Can Physiotherapy Help You?

*by Alberta Health Services*

Physiotherapy can provide many benefits for anyone of any age. The goal of this treatment is to make daily tasks and activities easier and can help with recovery after some surgeries. Your healthcare provider may suggest physiotherapy for injuries or long-term health problems such as arthritis or chronic obstructive pulmonary disease (COPD).

Physiotherapy may be used alone or with other treatments. It can help you move better and may relieve pain, along with improving or restoring your physical function and fitness level.

### What Does a Physiotherapist Do?

Your physiotherapist will examine you and talk to you about your symptoms and your daily activity. Your therapist will then work with you on a treatment plan. The goals are to help your joints move better and to restore or increase your flexibility, strength, endurance, coordination, and/or balance.

First, your therapist will try to reduce your pain and swelling. Your physiotherapist also may use manual therapy, education, and techniques such as heat, cold, water, ultrasound, and electrical stimulation.

Physiotherapy almost always includes exercise. It can include stretching, core exercises, weightlifting, and walking. Your physiotherapist may teach you an exercise program so you can do it at home.

Treatment may cause mild soreness or swelling. This is normal but talk to your physiotherapist if it bothers you.

### What Should You Look for in a Physiotherapist?

You'll want a therapist who has experience with your health problem. Some physiotherapists are certified in areas such as orthopedics, sports, and neurology and may offer more specialized care. Physiotherapists can also specialize in certain types of care, such as:

- Back and neck pain
- Cardiac rehabilitation (rehab)
- Wound care
- Cancer-related problems
- Treatment of children or older adults

## When Can Physiotherapy Help?

### Physiotherapy and Recovery from Injury

Physiotherapy can help you recover from an injury and avoid future injury. Your physiotherapist can help you reduce pain in the soft tissues (muscles, tendons, and ligaments), build muscle strength, and improve flexibility, function, and range of motion. They can also evaluate how you do an activity and make suggestions for doing the activity in a way that is less likely to result in an injury.

### Physiotherapy and Chronic Health Conditions

Physiotherapy can help you live more easily with chronic or ongoing health conditions such as spinal stenosis, arthritis, and Parkinson's disease. Your physiotherapist will work with you to establish your goals. Then they will create a program of educational, range-of-motion, strengthening, and endurance activities to meet your needs.

### Physiotherapy and Health Conditions Requiring a Rehabilitation Team Approach

Some conditions involve several body systems and can lead to significant disability. These conditions—such as stroke, spinal cord injury, and major cardiopulmonary (heart and lung) problems—are usually addressed by a team of health professionals through programs such as cardiac rehab and stroke rehab. The team can include doctors; nurses; physiotherapists, occupational therapists, and speech therapists; psychologists; and social workers, among others.

Physiotherapists are a critical part of this team. They address the issues of range of motion, strength, endurance, mobility (walking, going up and down stairs, getting in and out of a bed or chair), and safety. The physiotherapist may also get you the equipment you need, such as a walker or wheelchair, and make sure you can use the equipment appropriately.

### Physiotherapy and Significant Health Conditions of Childhood

Physiotherapists also work with children who have major injuries or health conditions, such as cerebral palsy. They address the usual issues of range of motion, strength, endurance, and mobility. Also, the therapist considers the child's special growth and developmental needs.

Treatment is often provided in school or in a facility just for children. The way physiotherapy and other services are delivered in schools varies among the provinces. Talk to your child's doctor, school, or your local health unit if you think your child may qualify for evaluation or treatment services.



## Coronation Month

June is royally packed with coronations! Queen Elizabeth II (June 2, 1953), King George V (June 22, 1911), and Queen Victoria (June 28, 1838) all took the throne. Joining the June coronation club: Spain's King Felipe VI (June 19, 2014) and Norway's King Haakon VII (June 22, 1906) - just to name a few!

## GAMES & PUZZLES

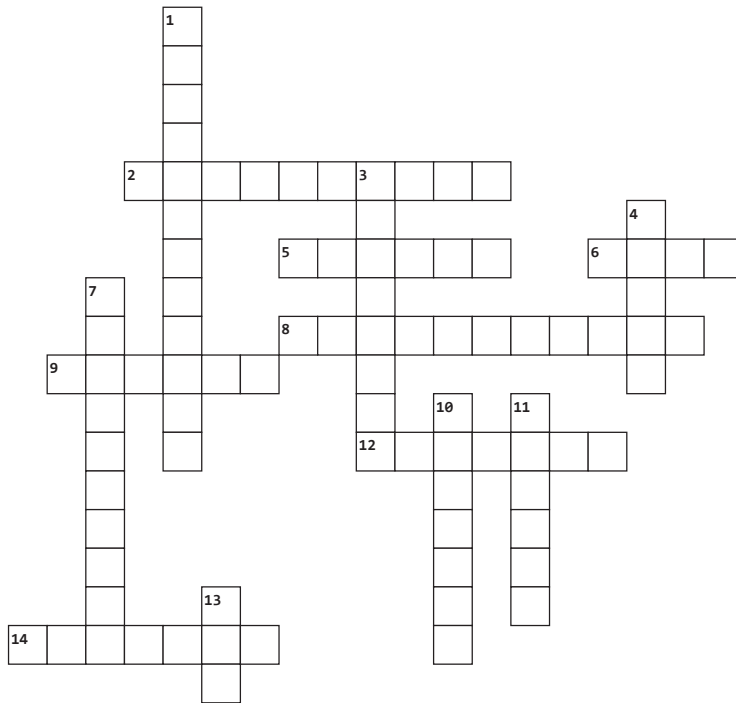
### Guess the Year!

1. The Canadian dollar was established across Canada.
2. Canada sent its first national team to the summer Olympics in St. Louis.
3. Women get the right to vote.
4. Alberta becomes a province of Canada.
5. The first railway opens in Canada.
6. Terry Fox begins his Marathon of Hope.



SCAN THE QR  
CODE FOR THE  
ANSWERS!

# June Crossword



Visit [bit.ly/mycalgary](https://bit.ly/mycalgary)  
answers or scan  
the QR code for the  
answers

## Across

2. The harvest season for this juicy, red fruit typically starts in mid-June in Canada.
5. This solstice occurs in June in the Northern Hemisphere.
6. On June 21, 1970, \_\_\_\_\_ made history by becoming the first player to win the FIFA World Cup three times.
8. Along with the rose, this fragrant plant, popular with bees and hummingbirds, is the birth flower for June.
9. The dystopian novel *Nineteen Eighty-Four* by George \_\_\_\_\_ was first published on June 8, 1949.
12. Charles Blondin crossed \_\_\_\_\_ Falls on a tightrope on June 30, 1859.
14. On June 23 in the year 930 the world's oldest parliament was established in this Nordic Island nation.

## Down

1. Canadian actor Dan Aykroyd starred in this spooky comedy which premiered in June 1984.
3. Known for his role as Marty McFly in *Back to the Future*, Michael J. Fox was born in \_\_\_\_\_, Alberta on June 9, 1961.
4. Hockey Hall of Fame inductee, Cam \_\_\_\_\_, was born on June 6, 1965, in Comox, BC.
7. Famous for songs such as "Ironie" and "Hand in My Pocket", Alanis \_\_\_\_\_ celebrates her birthday on June 1.
10. Avril \_\_\_\_\_'s debut album *Let Go* was released on June 4, 2002.
11. This superhero movie, directed by Tim Burton, premiered in June 1989.
13. The first broadcast of this 24-hour news channel occurred on June 1, 1980.



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Father's  
DAY**



**SCAN ME**



## Tuxedo Park Real Estate Update

Last 12 Months Tuxedo Park  
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
April 2025	\$683,950	\$699,000
March 2025	\$800,000	\$809,000
February 2025	\$850,000	\$830,000
January 2025	\$789,900	\$759,900
December 2024	\$397,500	\$392,500
November 2024	\$749,900	\$749,900
October 2024	\$725,000	\$756,800
September 2024	\$622,450	\$627,500
August 2024	\$449,000	\$444,500
July 2024	\$587,500	\$580,500
June 2024	\$614,900	\$627,500
May 2024	\$489,950	\$504,950

Last 12 Months Tuxedo Park  
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
April 2025	11	10
March 2025	15	9
February 2025	16	7
January 2025	9	9
December 2024	2	2
November 2024	7	5
October 2024	9	11
September 2024	13	14
August 2024	15	6
July 2024	9	10
June 2024	12	16
May 2024	21	12

To view more detailed information that comprise the above  
MLS averages please visit [tuxe.mycalgary.com](https://tuxe.mycalgary.com)



**MLA Calgary - Klein**  
**Lizette Tejada**  
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✉ [Calgary.Klein@assembly.ab.ca](mailto:Calgary.Klein@assembly.ab.ca)  
✂ @lizettendp | 📷 lizettendp

Happy June! It has been a pleasure to see Calgary come to life with the return of warm weather. With spring well underway and summer just around the corner, I am looking forward to participating in the many community events that make this season so vibrant.

In recent weeks, I have had the opportunity to attend several local events that showcase the creativity, dedication, and community spirit that define our constituency. It is always inspiring to connect with residents and recognize the efforts of those who work so hard to bring people together.

The spring legislative session was both productive and meaningful. From budget estimates to key legislation, we addressed a number of significant issues, including disability benefits, arts funding, and protecting Canadian unity. It remains a privilege to bring your voices to the Legislature and advocate on your behalf.

With session now concluded, I am looking forward to spending more time in the constituency and reconnecting with residents at upcoming events, including local pancake breakfasts. If there is an event in your community that you would like me to attend, please feel free to let my office know.

As always, my constituency office is here to support you—whether it be navigating provincial programs, answering questions, or connecting you with the appropriate resources.

Please do not hesitate to reach out via email at [calgary.klein@assembly.ab.ca](mailto:calgary.klein@assembly.ab.ca) or by phone at 403-216-5430. You can also stay up to date by following me on Facebook, Instagram, X(Twitter), Threads, and Bluesky under the handle @lizettendp.

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**TUXEDO PARK MORTGAGE BROKER:** Save a bunch of cash! As a Calgary mortgage broker, I have helped your neighbors navigate their purchase, refinance, and renewal options. If you are looking for expert mortgage advice, excellent rates, many options, and better financing, Call Anita at 403-771-8771 | anita@anitamortgage.ca | Licensed by Avenue Financial.

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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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