

JANUARY 2026

DELIVERED MONTHLY TO 5,700 HOUSEHOLDS



hello ACADIA

THE OFFICIAL ACADIA COMMUNITY NEWSLETTER

WINTER CARNIVAL

PAGE 3



HAPPY NEW YEAR!

New technology: Needle-free laser dentistry

CALL TODAY! FREE TEETH WHITENING OR ELECTRIC TOOTHBRUSH INCLUDED
WITH YOUR COMPLETE EXAM, X-RAYS, AND CLEANING



WILLOWSIDE
dental

We are participating in the Canadian Dental Care Plan

• OPEN ON ALTERNATE SATURDAYS

• EMERGENCIES WELCOME

• WE DIRECT BILL YOUR INSURANCE

580 Acadia Dr SE

| 403.455.3220

| www.willowsidedentist.ca

| Wheelchair accessible



Dr. Lucas Curran
General Dentist



WILLOWSIDE *dental*

**New technology: Needle-free laser dentistry
and needle-free snore therapy – Call for free consult**

**HAPPY
NEW
YEAR!**



Dr. Lucas Curran
General Dentist

403.455.3220

www.willowsidedentist.ca

580 Acadia Dr SE

Second level

Entrance located on west facing side of building



Wheelchair accessible

- Open on alternate Saturdays
- Emergencies welcome
- We direct bill your insurance
- We are participating in the Canadian Dental Care Plan

**CALL TODAY! FREE TEETH WHITENING OR ELECTRIC TOOTHBRUSH
INCLUDED WITH YOUR COMPLETE EXAM, X-RAYS, AND CLEANING.
WE BILL IN ACCORDANCE WITH THE ADA FEE GUIDE.**



ACADIA
COMMUNITY
ASSOCIATION

WINTER CARNIVAL

**BAKE
SALE**



**CAKE
RAFFLE
\$2**

February 7, 2026
at the ARC - 240, 90th Ave SE
11am - 4pm

Tickets at:

acadiaca.com/wintercarnival

Performance by En L'air Academy
of Dance and Aerials

Horse drawn wagon rides

Carnival games and prizes

Cotton Candy - Popcorn - Hotdogs
- Mini Donuts

FREE FOR ACA MEMBERS
\$5/NON-MEMBERS





Acadia Community Association Contacts

☎ 403-255-1252
✉ info@acadiaca.com
📱 @acacalgary
🌐 www.acadia.community
📍 240 - 90 Avenue SE Calgary, AB T2J 6P6

Executives

Minh Badau	President	president@acadiaca.com
Ashley Chapman	Vice President	vp@acadiaca.com
Vacant	Secretary	secretary@acadiaca.com
Shanon Crews	Treasurer	treasurer@acadiaca.com

Directors

Brent Harding	Board Director	brent@acadiaca.com
Greg MacQuarrie	Board Director	greg@acadiaca.com
Adam Klimczak	Board Director	adam@acadiaca.com
Chris Kalyn	Board Director	chris@acadiaca.com
Kris Dass	Board Director	kris@acadiaca.com
Dana McCarty	Board Director	dana@acadiaca.com
Jack Moddle	Board Director	jack@acadiaca.com
Doris Johnson	Board Director	doris@acadiaca.com
Marco DeGregorio	Board Director	marco@acadiaca.com

Coordinators

Good Food Box	Leslie Pinto	goodfoodbox@acadiaca.com
Newsletter	Emily Lewandowski	helloacadia@acadiaca.com
Soccer	Brooklyn Christopher	soccer@acadiaca.com
Social Media	Brayden Darichuk Carmen Darichuk	
Youth Program	Kris Dass	kris@acadiaca.com

Committees

Membership	Vacant	membership@acadiaca.com
Volunteers	Vacant	volunteer@acadiaca.com
Communications	Vacant	communications@acadiaca.com
Events	Minh Badau	events@acadiaca.com
Playgrounds	Dana McCarty	playgrounds@acadiaca.com
Traffic Safety	Chris Kalyn	traffic@acadiaca.com
Governance	Vacant	governance@acadiaca.com
Grants/Fundraising	Shanon Crews	grants@acadiaca.com
Planning/ Development	Jack Moddle	planning@acadiaca.com
Community Engagement	Vacant	community@acadiaca.com

Acadia Community Association Staff

Executive Director	Cheryl Montgomery	403-255-1252 ext. 224 cheryl@acadiaca.com
Facility Manager	Justin Baranec	403-255-1252 justin@acadiaca.com
Food and Beverage Manager	James Lillico	403-255-1252 james@acadiaca.com
Events and Programming Coordinator	Sarah Bruinsma	403-255-1252 sarah@acadiaca.com
Curling Coordinator/ Special Events	Tannis Brown	403-255-1252 ext. 222 tannis@acadiarec.com
Arena Coordinator	Madeline Vatcher	403-255-1252 ext. 223 maddy@acadiarec.com
Guest Services	Emily Lewandowski	403-255-1252 ext. 221 emily@acadiarec.com

Acadia Community Contacts

MLA Calgary-Acadia	Diana Batten	403-640-1363 calgary.acadia@assembly.ab.ca
MP, Calgary Midnapore	Stephanie Kusie	403-225-3480 stephanie.kusie@parl.gc.ca
Councillor Ward 11	Rob Ward	CLWARD11@calgary.ca
School Board Trustee (Calgary Public School Board) Ward 11 and 13	Nancy Close	403-817-7918 neclose@cbe.ab.ca
School Board Trustee (Calgary Catholic School Board) Ward 11 and 12	Chantelle Dur	chantelle.dur@cssd.ab.ca
CPS Community Resource Officer	Matt Forest	pol5067@calgarypolice.ca
Acadia Community Garden		587-777-0527 info@growingacadia.ca
Acadia Community Social Worker	Viviana Reinberg	403-476-7280 viviana.reinberg@calgary.ca
Girl Guides of Canada — Calgary Area		403-283-8348 ggcinfo@calgarygirlguides.com
Scouts Canada — Chinook Council		403-283-4993 253rdsoutherheritagegroup@gmail.com



MESSAGE FROM THE BOARD

Another new year is upon us, going into the second half of the 2020s. We hope you had an amazing holiday season and are looking forward to another fantastic year!

Winter Carnival

This year's Winter Carnival will be held at the ARC on February 7 from 11:00 am to 4:00 pm. The Winter Carnival is a yearly classic, and we are bringing back the hits! There will be a bake sale, cake raffle, dance performance, horse drawn carriage ride, carnival games, and so much more! We hope to see you there. This event is free to ACA members, and \$5 per person for non-members. To learn more and grab tickets, please visit acadiaca.com/wintercarnival.

Join the Playgrounds Committee to Bring a New Playground to Acadia!

In 2026/2027 we will be replacing the playground on Allandale Close and we need your help!

The Playgrounds Committee is actively seeking volunteers to help bring this playground project to life. Join us for an opportunity to be a part of something meaningful and create a lasting impact in your community. Learn more about the project and how you can get involved by visiting acadiaca.com/playgrounds.

Kid's Holiday Party Recap

Instead of our usual Kid's Holiday Party, this year we mixed it up with a special breakfast with Santa. There was a delicious pancake spread, along with different activities for everyone to enjoy. Thank you to everyone who made it out to join us! A special thank you to Sweet P Photography for conducting our family photoshoots. Everyone's photoshoot smiles were positively dazzling!

As always, thank you to our wonderful volunteers for coming out to breathe life into the event. We would not be able to do it without you! Finally, thank you Santa for taking time out of your busy schedule to have breakfast with us!

Volunteer with the ACA - Make a Difference Where You Live and Play

Do you want to help shape the future of your neighbourhood? The ACA is driven by passionate volunteers who bring our community to life through exciting events, meaningful programs, and community enhancement projects and initiatives. If you've ever wanted to make a real impact where you live, now is the time. Whether you have a few hours a month or are ready to take on a leadership role, your contribution matters. We are always accepting new volunteers, and with various roles to fill, there is something for everyone. Reach out to volunteer@acadiaca.com to learn more.

Are You Following Us On Social Media?


Keep up with us on Facebook and Instagram @acacalgary for the latest updates on all things happening with the ACA.

Your Acadia Community Association



Joke of the Month

Royalty



What kind of cow wears a crown?

A dairy queen

PLUMBER

PLUMBOB Father and Son

- ✓ Small Company
- ✓ Low Overhead, Great Rates
- ✓ Sewer and Drain Cleaning
- ✓ Free Estimates & Advice
- ✓ Hot Water Tank Specials
- ✓ Gas Fitter

Call Bob: 403-461-3490



OFFICIAL

PLUMBING & HEATING

Furnace Install & Repair

Plumbing Services

Drain Cleaning

Boiler Install & Repair

Electrical

\$50

Service Call Fee



403-837-4023

info@officialplumbingheating.ca

official-plumbing-heating.ca



Freedom starts with a Reverse Mortgage

- Cash to renovate, travel or relax
- Stay home, no monthly payments
- Leave a living inheritance

Call today to enjoy comfort, independence, and peace of mind.



ANITA RUSSELL

403-771-8771

anita@anitamortgage.ca

Licensed by Avenue Financial



Jackson & Jackson
Landscaping

CUSTOMER SATISFACTION GUARANTEED

WE SPECIALIZE IN ALL FORMS OF CONSTRUCTION & LANDSCAPE

INCLUDING SMALLER IN-HOME PROJECTS



Services

Residential Landscaping

Landscape Construction

Year-Round Maintenance

Spring and Fall Cleanup

Commercial and Condo
Property Management

Snow and Ice Removal

Contact Us

Address

20 Sunvale Place SE
Calgary, AB T2X 2R8

Call us now

(403) 256-9282

Email us

info@jacksonjackson.ca

contact@jacksonjackson.ca



www.jacksonjackson.ca

Your ACA membership comes with special and exclusive offers from our

I ♥ Acadia Business Partners

Acadia Recreation Complex

- 15% off banquet hall, meeting rooms, curling arena and lounge bookings
- Discount rates for pickleball and squash/racquetball bookings

Energize Health - South Location

- Receive a FREE 30 min massage when you attend an initial physio or chiropractic appointment

Ami Tea & Sub

- Buy One - Get One 30% off!
- Discount applies to all Ami Tea locations in Calgary

Alberta Tennis Centre

- play for FREE in the ATC Bubble from June 1st - August 31
- Book courts 2 days in advance

Code Ninjas - 130th Ave SE

- One free gaming night per month

Scholars Willow Park

- 10% off all regular tutoring fees and summer camp fees

The Salt Lounge

- 15% off initial visit

Scruples Hair Design

- First time clients receive 10% off all products and 15% off all services

Tek Custom Installs Inc.

- 25% off handyman rates.
- Minimum 2-hour booking per visit

Varsity Law

- 40% off Estate Plans



ACADIA
COMMUNITY
ASSOCIATION

www.acadia.community/membership
www.acadia.community/aca-partnership-program

Youth Handball at the ARC

by the Calgary Handball Club

The Calgary Handball Club is looking for new junior handball players, boys and girls aged 11 to 15. Junior Handball practices run every Thursday at 5:00 pm and Saturday at 11:00 am at the Acadia Recreation Complex. Our game of handball is similar to racquetball, played on a four-wall court.

The basic skills required to learn how to play four wall handball are the ability to throw a ball, good hand-eye coordination, running, and some athletic ability.

Our low-cost program includes loaner gloves and eye guards, court time, and instruction delivered by certified coaches.

If you have any questions or would like to sign your child up for an introductory lesson, please contact the Calgary Handball Club with an email to calgaryhandballclub@gmail.com.

We are searching for

Volunteers

Acadia Community Association is bringing some great events & initiatives to the Acadia community in 2025!

Email volunteer@acadiaca.com to express your interest in supporting events such as:

WINTER CARNIVAL | EASTER EGG HUNT
STAMPEDE BREAKFAST | SOCCER PROGRAM
YOUTH DROP IN | BIKE PARADE
MOVIE IN THE PARK | NEIGHBOUR DAY
FALL FAIR | KIDS' HOLIDAY PARTY
AND MANY MORE!



Get a healthy smile with



At Apple Dental Group, we take pride in being a family-focused dental office. Our mission is to make dental visits a positive and enjoyable experience.

In addition to English, the languages we offer include Arabic, Hindi, Gujarati, French, Urdu, and Punjabi. From toddlers to grandparents, we're here to cater to the unique dental needs of your family.

- A One-Stop Solution for Your Family's Dental Needs!
- Evening and Saturday Appointments Available
- We Accept All Dental Insurance
- Direct Billing for Insurance
- Invisalign



10233 Elbow Dr SW, Suite #380, Calgary, AB, T2W 1E8
Phone: (403) 640-4000 | info@appledentalgroup.ca
www.appledentalgroup.ca

*A New Patient is defined as anyone who is coming to this clinic for the first time. A New Patient Exam is a Comprehensive Dental Examination by a General Dentist which does not include X-Rays or Dental Hygiene.



ACADIA COMMUNITY ASSOCIATION

2026 EVENTS

WINTER CARNIVAL

Fun for the whole family! Carnival games, s'mores around the fire, horse-drawn wagon rides.

Feb 7

BIKE PARADE

Decorate your bike with streamers & balloons & join the group ride to Acadia to kick off Bike Month!

May 30

SOUTHEAST BREWFEST

Local craft breweries serve up their offerings for you to taste!

Oct 17

VELVET MIDWAY

Adult Winter Carnival Gala. Upscale roaming cirque performers, with live music, cocktails, and canapes.

Feb 7

NEIGHBOUR DAY

Bringing Acadians together to celebrate community at the block party!

Jun 20

KIDS' HOLIDAY PARTY

Visit with Santa, decorate cookies, make crafts & play games!

Dec 5

EASTER EGG HUNT

Kids can hunt for eggs filled with treats at one of Acadia's many parks.

Apr 4

STAMPEDE BREAKFAST

Pancake breakfast with live music, line dance lessons and petting zoo.

Jul 4

HOLIDAY LIGHTS CONTEST

Light up Acadia this holiday season. Prizes in various categories to be won!

Dec

COMMUNITY CLEAN UP

Get started on your spring cleaning and get rid of your unwanted items free.

May

MOVIE IN THE PARK

Enjoy a fun family movie under the stars in one of Acadia's greenspaces!

Sep 4

CHECK
ACADIACA.COM
FOR NEW EVENTS AND
PROGRAMS BEING
ADDED ALL THE TIME!



What's Up at the ARC

ACADIA
RECREATION
COMPLEX

Home of the Acadia Community Association



Facility
Rentals

The ARC has multiple rooms that are available to rent for functions. There is also 10 sheets of curling ice and a hockey arena.



New
Programs

The ARC offers a variety of programs throughout the year, like recreational, wellness, and community activities, for all ages!



Special
Events

There are multiple yearly events hosted at the ARC. Check out our wide array of special events that are fun for the whole family!

Visit our website through the QR code
above to see all that the ARC has to offer!

ACA Volunteer Callout - We Want You!

Community volunteers are an essential part of the Acadia Community Association. As a volunteer, you will make a tremendous impact on your community while gaining new skills and building new connections. There are a variety of ways for you to get involved. Please see below for what our current volunteer needs are and reach out to us if you can envision yourself in those positions, making a difference in the community you live in!

To learn more about these roles and to apply please contact volunteer@acadiaca.com or visit www.acadiaca.com/volunteer.

Playgrounds/Green Spaces Committee Members

We've identified our next community playground project and are looking to expand our committee to help bring it to life! There are several ways to get involved in the work that goes into our green spaces in Acadia. Opportunities to work on our rink boards project, become a tree ambassador, and advocate for playground structure updates are all available. Did you know the ACA playgrounds/green spaces committee lead the Addison Place Playground replacement project? Come sign up to be a part of impactful change in Acadia!

Event Committee Members

Every fun event you've attended or heard about relies on key people to bring the plan together and execute it seamlessly.

The following event committees are looking for long-term members who have a passion for bringing high-quality events to Acadia and would be interested in helping to plan and execute these events every year: Winter Carnival, Easter Egg Hunt, Bike Parade, Neighbour Day, Stampede Breakfast, Movie in the Park, Fall Festival, Halloween Party, and Holiday Party.

If any of the above major events interest you, reach out today to learn more about the commitment and responsibilities. We hope you will consider joining us and bring your creative touch to these awesome events!



YOUR CITY OF CALGARY

Stay Safe, Stay Off Storm Ponds

by The City of Calgary

During the freeze-thaw season in Calgary this winter and year-round, it's important to remember that no recreational activity is allowed on storm ponds.

As part of your community's stormwater infrastructure, storm ponds reduce community flooding and clean stormwater before it returns to our rivers.

The ice thickness on a storm pond is always unpredictable. Water levels are constantly changing as water moves between inlet and outlet pipes creating varying ice conditions.

Storm ponds also contain sediment and contaminants collected from roadway runoff which weaken the ice and make it unstable.

Never walk, skate, or play near a storm pond. Keep children and pets away and always obey posted signs.

Find safe places to play this winter at calgary.ca/winteractivities and skate where it's safe at a City of Calgary or community-designated outdoor skating rink near you. For a full list of locations visit calgary.ca/rinks.

Learn more at calgary.ca/stormpondsafety.



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.

Great News Media and the Community and/or Residents' Association do not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.

A Good Food Box Depot in Acadia!

Thanks to community support for the Good Food Box Program, individuals and families in Acadia can now purchase boxes of fresh fruits and vegetables at an affordable price – approximately \$1 per pound of produce – and have those boxes delivered to the ARC for pick up. Note that prices have increased for 2026.

Due to seasonal availability, the contents of each box cannot be guaranteed. However, all Good Food Boxes contain the maximum amount of produce available to ensure clients get the best value for the price. There are three box sizes to choose from, and the program is available to everyone regardless of income level.

Box Size	Price	Weight
Small	\$35	15 to 20lbs* of fruits and vegetables
Medium	\$40	25 to 30lbs* of fruits and vegetables
Large	\$45	35 to 40lbs* of fruits and vegetables

**Weights are approximate.*

If you are interested in purchasing a Good Food Box, please complete the contact form online at acadiaca.com/goodfoodbox or email goodfoodbox@acadiaca.com. Once your order is confirmed, payment instructions will be sent to you. Payment must be made within one day of the order deadline. Boxes are available monthly and can be picked up at the Acadia Recreation Complex, 240 - 90 Ave SE. Visit our website acadiaca.com/goodfoodbox for more details.

Good Food Box Order Deadlines and Pick Up Dates For 2026

Order Deadline - Friday	Pick Up Date - Wednesday From 11:00 am to 2:00 pm or 4:00 to 6:00 pm
January 16	January 28
March 6	March 18
April 10	April 22
May 1	May 13
May 29	June 10
July 10	July 22
August 7	August 29
September 4	September 16
September 25	October 7
October 23	November 4
November 27	December 9

Please note there is no Good Food Box pick up for the month of February.

REASONS TO BECOME A MEMBER OF THE



ACADIA
COMMUNITY
ASSOCIATION

VOTE



Have a say and influence on issues that are most important to you. Have a passion for a new playground, public art, or more programming? Joining the ACA is how you get involved in shaping the community where you live!

COMMUNITY HAPPENINGS

Keep up to date with all the happenings in the community, including new infrastructure developments, planning, traffic, events, programs, townhall meetings, ward news, and City news.

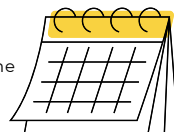


MEMBERS ONLY PERKS

ACA members get discounts on various local area food and retail outlets. In addition, members get access to the ARC Social Lounge and 15% off room and ice bookings at the ARC for private events!

FREE EVENTS

Most of our events are free or at a very reduced rate for members. The ACA hosts some great events each year, such as the Winter Carnival, Stampede Breakfast, Neighbour Day, and more!



BE PART OF A COMMUNITY

Research shows that being part of a community and its association is vital to making sure your community is a great place to live, work, and play.

ANNUAL MEMBERSHIPS ARE \$15-\$25

FIND OUT MORE AND PURCHASE AT
ACADIACA.COM/MEMBERSHIP
OR EMAIL MEMBERSHIP@ACADIACA.COM

New Year. Fresh Space. Same Ahhh...

RubyLife Interiors
Organize • Downsize • Stage

Melissa Dollman
(403) 888-4890
melissa@rubylifeseiors.com



Gen Z to Seniors.
Your closet.
Your house.
Your garage.
Home staging.
Free consult.



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

NEPTUNE PLUMBING & HEATING LTD: Qualified journeymen plumbers/gasfitters, very experienced in Acadia. Upfront pricing. Reliable, conscientious, fully guaranteed. Mon - Fri 8:00 am - 5:00 pm. 24-hour emergency service, call 403-255-7938. "Showering you with great service."

OFFICIAL PLUMBING & HEATING: Small company, low overhead, excellent warranties, and great rates. Specializing in residential service and installs. Services include furnace service and replacement, hot water tank service and replacement, leaks, clogs, gas fitting, and more. Licensed and insured. Why wait? Call today and get it fixed today! Available 24/7, we accept debit/VISA/MasterCard. Call 403-837-4023 or email info@officialplumbingheating.ca; www.official-plumbing-heating.ca.

ACADIA 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.

K2 BOOKKEEPING: Are you too busy to keep up with your bookkeeping? Experienced bookkeeper now accepting new clients. Specializing in small to medium-sized businesses. Competitive Rates | Twenty years Experience with QuickBooks and Simply Accounting, GST, Payroll, WCB, Filing, and T4 Filings. Phone Katie 403-870-0737.


ACADIA CONTRACTOR FOR HIRE: Over 20 years' experience completing renovations in and around Acadia. Lefroy Construction is happy to quote, organize and execute any renovation or new construction project. Call 403-616-0880 to discuss your project. www.lefroyconstruction.com.

PAINTER SERVICING ACADIA: Experienced Calgary Painter - Transform your space with precision and style! Our professional painting services bring life to your home. Skilled in interior and exterior projects. Affordable rates with top-quality results. Contact Jonathan for a free estimate at 403-561-4338. Your trusted choice for a fresh, vibrant look. www.fivestarpainting.com.

YOUR SPORT. YOUR CITY. ARE YOU IN?

Feb. 6 - 15, 2026
All Over Calgary
Over 70+ Sports

All For Free!



ALL SPORT
ONE CITY



BUSINESS CLASSIFIEDS

STAMPEDE PLUMBING AND HEATING: 5-star Google rating, Senior and Veteran discounts. Highly trained plumbers, gasfitters & HVAC technicians. Water heaters, furnaces, boilers, air conditioning/heat pumps, drain cleaning, leaks, Poly-b replacement and renovations! Competitive prices with quality, 24-hour service! Stampede Plumbing and Heating. Established 1998. Call 403-225-1037. www.stampedeplumbingandheating.com.

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.

YOUR HANDYMAN: All kinds of work around your house, including interior and exterior. Any type of job: small job, good job, big job, awesome job. 23 years' experience in North America and Europe. For free estimates, call Marcin at 403-870-6636 or email marcinj09@gmail.com.

DENTAL CARE ... AFFORDABLE, ACCESSIBLE & ESSENTIAL! Easy drive from Acadia. 100% coverage means no cost to you. All dental insurance accepted, direct billing OAC. Consistency with dental staff. No fluff, no frills. Call 403-272-7272 or 403-287-6453 today or book online at calgarydentalcenters.com. Est. 1989. Tax receipt same day. Save money, live better!

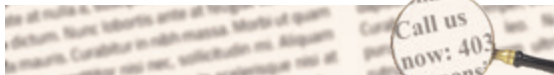
EXPRESS APPLIANCE REPAIR: We are a family owned company specializing in the repair and installation of washers, dryers, ranges/ovens, dishwashers, fridges, and microwaves. Quality service, warranty, and competitive price. We make sure the repair is done quickly and efficiently. Most repairs can be done on the day of the quote. Call/text 587-319-6799, email service@expressappliance.ca.

HUNTER'S HEATING AND COOLING: Woodbine-based Red Seal journeyman committed to honest, quality work and fair pricing. Top quality York and Napoleon (Napoleon is Canadian made) air conditioners and furnaces, Navien Tankless water heaters, garage heaters and more. Payment plans available. For a free quote and trustworthy advice, call Breck at 403-969-2735 or visit www.huntersheating.com.

BLUE ROCK PSYCHOLOGY: Located at 8500 Macleod Trail SE (Heritage Square). We offer evidence-based therapy for adults, couples, and teens in a supportive, caring environment. Take the first step toward meaningful change. Learn more by visiting <https://bluerockpsychology.ca> or call (587) 436-4797 to get started!

DTA RENOVATIONS & HANDYMAN SERVICES: We assist in making your visions a reality and bringing your renovation dreams to life. Over 30 years of experience. Also, help with any handyman project you may require. No job is too big or too small. Please feel free to contact Darin at 403-471-9020 or dta.renovations@gmail.com.

OKONBOOKS PROFESSIONAL ACCOUNTING AND INCOME TAX SERVICES: Experienced in public accounting CPA, CMA provides multiple year filings, mobile services, Canada personal and corporate tax preparation, bookkeeping, GST and source deduction. Please call 587-216-6640, email okonbooks@gmail.com or visit <http://www.okonbooksaccounting.com>.



PUPCITY

DOGGY DAYCARE BOARDING GROOMING

Daycare, boarding, grooming, training
and puppy programs

pupcity.ca • 403-880-5557

info@pupcity.ca • Unit 4, 4291 120 Ave SE

FREE TRIAL DAY

SCAN HERE TO VIEW ADDITIONAL ACADIA CONTENT

News, Events,
& More



Crime
Statistics



Real Estate
Statistics



COLOURING PAGE

Sponsored by Great
Heights, Calm Minds
Psychology

GREAT HEIGHTS, CALM MINDS

PSYCHOLOGY ADHD | AUTISM | ANXIETY | GIFTEDNESS | MORE

CHILD & TEEN + ASSESSMENTS FOR ALL AGES
COUNSELLING & PARENTING SUPPORT



403-879-6425

www.GreatHeightsCalmMinds.com



WINTER



Emotions



Can you name the emotions on the polar bears?
Identifying emotions is the first step in emotional literacy.
**FEELINGS RISE LIKE WINTER WINDS — ACCEPT THEM AND KNOW THAT
THEY TOO WILL PASS.**

GREAT NEWS MEDIA

LEADERS IN COMMUNITY FOCUSED MARKETING

SHOP LOCAL



Support the local businesses
that make our neighbourhood
thrive, and make this
publication possible.



403-720-0762

grow@greatnewsmedia.ca

SCAN ME

**BRAIN
GAMES**

SUDOKU

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

SCAN THE QR CODE
FOR THE SOLUTION



Zomak Medical Clinic

FAIRVIEW


Formerly Deerfoot Meadows Medical Clinic.
(Now under new management.)

DOCTORS ACCEPTING PATIENTS
PEDIATRICIAN AND INTERNAL
MEDICINE SPECIALIST IN-HOUSE

WHAT WE DO

- ✓ **PEDIATRIC CARE**
- ✓ **DRIVER'S MEDICAL**
- ✓ **WOMEN'S HEALTH CARE**
- ✓ **MEDICAL PIERCINGS**
- ✓ **BABY'S GENDER DNA TEST**



 **403-251-2690**

7640 Fairmount Dr SE

**WE ARE JUST A
PHONE CALL
AWAY!**





ATLAS LEGAL

**YOUR BURDEN,
OUR SHOULDERS**

- PERSONAL INJURY
- WILLS & ESTATES



✉ HELP@ATLASLEGAL.CA

📞 [ATLASLEGAL.CA](https://atlaslegal.ca)

📞 825-205-6112

**NOW OFFERING HOME VISITS IN ACADIA
FOR YOUR CONVENIENCE!**



real estate services ltd.



Ryan M.R. Robertson

REALTOR®/Architectural Technologist

**Thinking about buying or selling?
We can help!**

Your trusted partner in Calgary real estate

Whether you're purchasing your first home, upgrading,
or selling, we'll guide you through every step with
integrity and personal care.

☎ (403) 969-0399

✉ RyanMRRobertson@gmail.com

🌐 baxterandassociates.ca

Local expertise. Honest advice. Real results.



WEST PEAKS
DENTAL SUITE

Now Accepting New Patients

Offering family, cosmetic and
general dentistry. Same day
emergencies welcome.

Scan the QR code to
book your appointment.

Book Now



🏠 Suite 205, 125 Oakmoor PI SW
Calgary, AB T2V 4A3

☎ (403) 281-4264

🌐 westpeaksdentalsuite.ca

