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559 AUBURN BAY HEIGHTS SE ~ \$735,000

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39 AUTUMN CR SE ~ \$625,000

Welcome to this immaculate laned home in a prime location in Auburn Bay! Featuring 3 bedrooms and 3 bathrooms, detached double garage, hardwood floors, front den area, granite countertops, A/C, paved alley and so much more! This home is ready for new owners to enjoy it as much as the current owners have!



167 AUBURN SHORES CR SE ~ \$799,900

Wow! This home is amazing and perfectly located, backing onto a walking path and a short walk to multiple parks/playgrounds and schools! 5-minute walk to the year-round lake and so many of the area's awesome amenities! 3 bedrooms, 3 bathrooms, 9' ceilings, Central A/C, upper-level bonus room, 8' doors, gourmet kitchen, large principal rooms and so much more to enjoy in this beautiful home!



265 AUBURN GLEN MANOR SE ~ \$835,000

This location is beyond awesome! No neighbours behind you as far as you can see! This beautiful home backs onto a large pond as well as a treed area with pathways all around it! Sit and enjoy your morning coffee and watch the birds and take in the views! Fully finished walkout basement, 4 bedrooms, 4 bathrooms, huge upper bonus room, upper laundry and den areas, beautiful vinyl plank flooring, AMAZING kitchen and so much more to love in this home!

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**For your convenience, Auburn Bay Community Association Memberships are available online!
Visit www.AuburnBayCA.ca/Membership to purchase.**

Members benefit from sports, activities, and partner discounts (please see Membership Privileges Program page for a list of business partners). Members also gain preferred access to youth and community events, programs, and secure a vote at public meetings. Make a difference by joining the Board – and more.

Memberships: \$25, per family.

Name: _____

Address: _____ Postal Code: _____

Contact Number: _____ E-Mail: _____

How many family members, including children: _____ Yes, please contact me about volunteering: _____

Please fill out the above (please print), enclose and mail your cheque or money order, payable to the "Auburn Bay Community Association" to the following address: Auburn Bay Community Association Memberships, C/O Auburn House, 200 Auburn Bay Boulevard SE, Calgary, Alberta T3M 0A4.

Visit www.auburnbayliving.ca for more information. E-transfer Membership payment to finance@auburnbayca.ca

For a complete list of your CA membership discounts, please log into your profile online.

DID YOU KNOW?



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- Foothills WFC is the highest level of women's soccer in Canada and 2022 UWS Western Conference Champions.
- One of two founding franchises for the Project 8 women's professional league launching in 2025.

INDOOR 2024/2025 REGISTRATION: Program details and online registration available **AUGUST 15TH TO SEPTEMBER 30TH** at **WWW.GOFOOTHILLS.CA**

Hydration and You

by Alberta Health Services



Water keeps every part of your body working properly. It helps your body flush waste and stay at the right temperature. It can help prevent kidney stones and constipation.

You lose water throughout the day through your breath, sweat, urine, and bowel movements. If you live somewhere hot, you could lose even more fluid.

It is important to replace this lost fluid to stay healthy. If you don't get enough water, you could become dehydrated. If you get very dehydrated, your body no longer has enough fluid to get blood to your organs which can be very dangerous.

What is the Right Amount of Water to Drink Each Day?

All liquids help you stay hydrated, but water is usually the best choice. A common recommendation is to drink six to eight glasses of water per day (250 ml or 8 fl oz). Some adults may need more depending on your overall health, how much you exercise, and how hot or dry the climate is.

Most people get enough fluid through the beverages they normally drink each day. You also get water through food. Some fruits and vegetables contain a lot of water, such as watermelon and lettuce.

Did you know? Experts say it is not true that beverages containing caffeine – coffee, tea, and cola drinks – are

dehydrating. Healthy individuals who consume moderate amounts of caffeine do not lose more fluid than people who don't have any caffeine. A moderate amount of caffeine is about 200 to 300 mg per day which is about two to four cups (250 ml or 8 fl oz) of coffee.

If you are feeling well, you urinate every few hours during the day, and are not feeling thirsty often, you are likely drinking enough water.

People with certain health problems, especially heart and kidney problems, need to speak with a doctor about how much water to drink.

Ways to Consume More Water During the Day

If you struggle with consuming water or remembering to drink enough throughout your day, these suggestions may help:

- Drink a glass of water when you get up in the morning, before drinking coffee or tea.
- Keep a cup or water bottle by your desk at work. Take several sips of water each hour. If you don't have a desk job, carry a container of water with you and take sips throughout the day.
- Take a sip whenever you pass a drinking fountain.
- Mix it up! Add sugarless flavouring to your water or a slice of lemon/lime. Alternate with sparkling water.



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April	24	47	43	\$489,900	\$495,000
March	24	50	52	\$462,450	\$502,250
February	24	44	44	\$449,950	\$467,175
January	24	39	26	\$349,900	\$345,500
December	23	9	17	\$400,000	\$397,500
November	23	24	34	\$459,950	\$455,000
October	23	32	19	\$495,000	\$495,000
September	23	36	27	\$549,900	\$549,500
August	23	35	45	\$499,999	\$549,000
July	23	40	40	\$540,425	\$540,250

To view more detailed information that comprise the above
MLS averages please visit aub.mycalgary.com



AUBURN BAY RESIDENTS ASSOCIATION CONTACT INFO

Auburn Bay Residents Association
c/o Auburn House

200 Auburn Bay Boulevard SE, Calgary, AB T3M 0A4
Office Tel: 403-537-2601, Office Fax: 403-930-6456

Website: www.AuburnBayRA.ca

Administration	Marilyn Alcock admin@auburnbay.org
Events Manager	Jennifer Tait events@auburnbay.org
Program Manager	Jasmin Ladouceur Recprograms@auburnbay.org
General Manager	Chrissie Rozak gm@auburnbay.org

Hours of Operation

Auburn House Lake and Park Hours

Monday to Sunday: 9:00 am to 10:00 pm

Auburn House Regular Office Hours

Monday to Friday: 9:00 am to 5:00 pm

VIDEO KILLED THE RADIO STAR

On August 1, 1981, MTV made its broadcast debut and changed the landscape of music forever. The first music video they aired was "Video Killed the Radio Star" by British duo The Buggles. How fitting!



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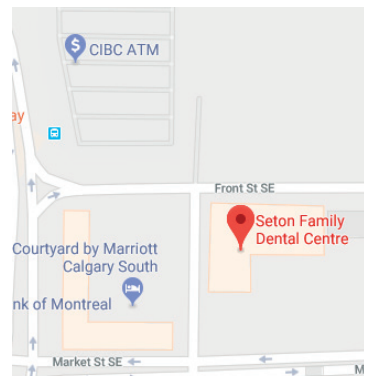
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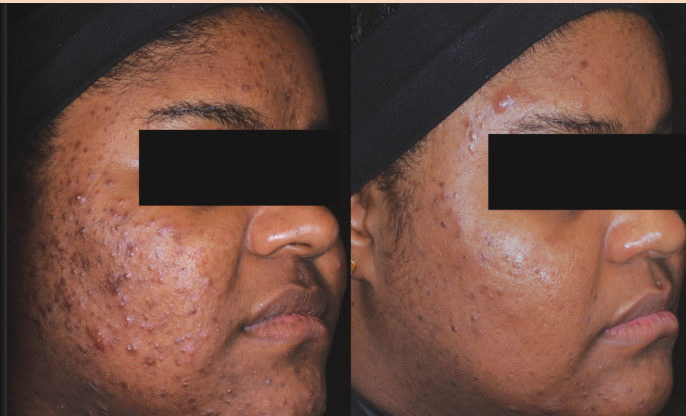
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SPOOKY SEASON

Auburn Bay Resident's Association 2024 Fall Program & Events Guide



Auburn House Fall Programs

Get ready to embrace the magic of autumn! As the leaves begin to fall, Auburn House invites you to join our thrilling new season of autumn programs! Registration for all autumn programming opens July 30 for Auburn Bay residents and August 6 for non-residents.

Don't miss out on all we have to offer! With a variety of adult, youth, and specialty programs, there is something for everyone.

View the full Auburn House Autumn Program Guide online at AuburnBayRA.ca.

Register online at AuburnBayRA.ca or call 403-537-2601.

GAMES & PUZZLES

Guess The Drink!

1. On August 28, 1898, Caleb Bradham invented this sweet, carbonated drink originally called "Brad's Drink" which was used to relieve dyspepsia (indigestion).
2. In 1969, Walter Chell invented this drink in Calgary which is typically made from Clamato juice, Worcestershire sauce, spices, and vodka.
3. This non-alcoholic drink is named after an iconic 1930s Hollywood child actress.
4. This drink has been around for thousands of years. Legend has it that in 2737 BC, Chinese emperor Shen Nung discovered it while sitting underneath a tree with boiling water.
5. This sparkling wine is named after the region from which it is produced.
6. This caffeinated energy drink from Austria "gives you wings".



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international Left-Handers Day

August 13 is a special day for those who have the unique distinction of being left-handed. Approximately 10% of the global population are left-handed. But don't fret, left-handers! Some influential people who share your uniqueness include Prince William, Barack Obama, Justin Bieber, Oprah Winfrey, and Jennifer Lawrence, just to name a few.

25th Anniversary of the International Year of Older Persons: Call for Time Capsule and Friendship Quilt Contributors

by the City of Calgary

In 1999, the City, in collaboration with community partners and citizens, created a time capsule and a friendship quilt to celebrate the International Year of Older Persons. This year, 2024, marks the 25th anniversary of that significant event, making it the perfect occasion to open the 25-year time capsule and reflect on the meaning of the friendship quilt crafted during the 1999 celebrations. We are set to commemorate this milestone on October 1, 2024, coinciding with the International Day of Older Persons.

As we prepare for this special event, we aim to reconnect with individuals who played a crucial role in 1999, particularly in creating the time capsule and the friendship quilt. We want to ensure that those who contributed their time and creativity 25 years ago have the chance to participate in the October 1 celebration.

If you were involved in any capacity with the time capsule or friendship quilt in 1999, we want to hear from you! Your stories, memories, and reflections are invaluable as we revisit and celebrate the legacy of that extraordinary year.

Your participation will enrich our celebration and help keep the spirit of community and connection alive for future generations. Join us in this journey of remembrance, gratitude, and celebration by emailing us at agefriendlycalgary@calgary.ca.



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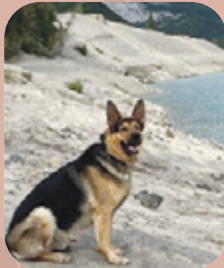


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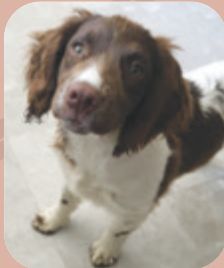
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Silent Pride: The Wordless Anthems of the World!

While watching the Paris Olympics this year, you might notice some athletes not singing along to their national anthems. Well, athletes from Spain, Kosovo, San Marino, and Bosnia and Herzegovina (yes, that is one country) can be excused because their national anthems have no words!



A Dietitian's Guide: Tips for Making Back-to-School Lunches Your Kids Will Enjoy

by the Primary Care Network

Packing healthy lunches kids will actually eat can be a difficult task for parents and caregivers during the back-to-school season. While balanced meals are an important part of fuelling minds and bodies, it can be hard to juggle enjoyment with nutrition.

Dietitians from the Primary Care Network share their tips for making back-to-school lunches nutritious, delicious, and enjoyable.

1. Involve Your Kids

Involving kids in meal prepping is key to helping them discover their own preferences and teaching healthy eating habits. Giving kids the opportunity to make choices – like at the grocery store – helps to foster

positive connections with food. When kids can be involved, there's more buy-in.

2. Presentation is Key

Presenting food in a fun and easy way can make healthy food more appealing – especially when faced with a short school lunch break. Instead of a sandwich, try a meat and cheese kebab or offer sliced apples instead of a whole apple. Opting for a bento-style lunch box can also make packing easier and allow kids to select from a variety of foods – proteins, carbohydrates, colourful fruits, veggies, and healthy fats.

3. Balance and Variety

Aim to add an assortment of fruits, vegetables, whole grains, and lean proteins. Pairing new foods with familiar favourites is a great way to help kids add variety to their diet. Don't be afraid to include a fun food, like a cookie or chocolate. Enjoyment is an important part of balanced eating and building a healthy relationship with food.

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We're thrilled to announce the rock band SuckerPunch will be taking the stage, delivering an exhilarating performance that will keep you singing and dancing! As you rock to their tunes, tantalize your taste buds with a selection of local brews and cider, and tasty food available for purchase onsite, providing the perfect complement to the lively atmosphere.

Visit AuburnBayRA.ca for tickets and all event details.



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