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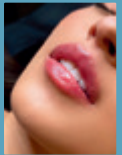
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<https://redcap.link/CookingWhenFatigued>



For other classes & more info:

ahs.ca/shcwellness (click on Program Guide)

403-956-3939 or wellness.shc@ahs.ca



**Alberta Health
Services**

South Health Campus



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OCTOBER 5, 2024

10 am – 2 pm



visitus@stmu.ca

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Because you value your community, be sure to purchase your Cranston Community Association annual membership!

Benefit from sports, activities and partner discounts. Gain preferred access to youth and community events and programs. Secure a vote at public meetings, or make a difference by joining the Board, and more.

**Memberships are \$20 per family for Cranston residents and \$30 per family for non-residents.
Memberships are valid for 1 year from date of purchase.**

Name: _____ **Spouse Name:** _____

Address: _____ **Postal Code:** _____

Contact Phone: _____ **Email:** _____

Number of children: _____ **Age(s) of children:** _____

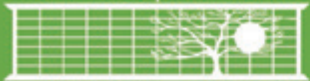
☐ **Yes, please contact me about volunteering**

Please fill out the above, enclose your cheque or money order, payable to the Cranston Community Association and mail to:

Cranston Memberships
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Watch our interview
with Bryan Baeumler

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Did You Know?

Cranston has two separate organizations working to make our community the best it can be!

Cranston Community Association (CCA)

cranstonca.com • cranstonca@gmail.com

- Membership is voluntary (\$20 per household within Cranston, \$30 per household outside Cranston).
- Protects and advocates for the interests of the neighbourhood; is the community voice.
- Past hot topics have included cell phone tower placement, congested intersections, and zoning.
- Direct contact with our City Councillor, MLA, Calgary Police Liaison Officer, Federal MP, and others on a monthly basis.
- Run events such as the Community Cleanup, Festival of Lights, and organizes the *Cranversations* newsletter.
- Partner with grassroots minor soccer programs.
- Run solely by volunteers; generally meet at 7:00 pm on the fourth Tuesday of each month (excluding July/August) at Century Hall and all are welcome!

Cranston Residents Association (CRA)

www.cranstonra.ca | 403-781-6614

- Membership is compulsory for all households in Cranston; fees are collected annually each April.
- It is a not-for-profit organization that is professionally managed and operated.
- Operates, maintains, and manages amenities within Cranston owned by the Cranston RA including Century Hall with its indoor and outdoor facilities including gymnasium, tennis courts, splash park, and ice rink. They also maintain the Windmill, Art Park, and Direct Control corners.
- Responsible for Century Hall's programming. Kids and adults can take part in all sorts of wonderful activities such as dance, yoga, basketball, and art classes.
- Additional events such as Stampede Breakfast, Farmers Market, and Winter Wonderland are also organized by the Cranston RA with help from a variety of generous sponsors.

Cranston Community Association Board Listing

BOARD MEMBERS

Jason Gordon	President
Mark Labrecque	Treasurer
Cheri Gordon	Secretary
Faith Gordon	Communications/Media

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Samaritan Club of Calgary

Fall Super Thrift Sale

Saturday, September 28
9:00am-1:00pm
Hillhurst-Sunnyside Community Centre
1320 - 5th Avenue NW

All proceeds will benefit
Calgarians in need

For More Information:
samaritanclub.ca

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CRANSTON

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by the City of Calgary

Register today for an upcoming home and small business webinar where City experts share valuable insights on a variety of planning and development topics. Our live and recorded webinars cover everything you need to know about home renovation requirements, small business best practices, building secondary and backyard suites, and more.

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Whether you're a small business owner or thinking about starting one, join us as we share best practices for both commercial and home-based businesses and show you how to apply for a business licence and register your business.



If you're thinking about expanding the capabilities of your property, our webinars outline the steps to develop a secondary or basement suite covering processes like how to apply for permits, register your suite, legalize a new or existing suite, and discuss programs like the Secondary Suite Incentive Program.

For more information, visit calgary.ca/webinars.

DID YOU KNOW?

We are the official youth soccer provider for: **Auburn Bay, Canyon Meadows, Cranston, Deer Ridge, Deer Run, Evergreen, Lake Chaparral, Langdon, Legacy, Mahogany, Marquis De Lorne, New Brighton, Queensland, and Walden.**

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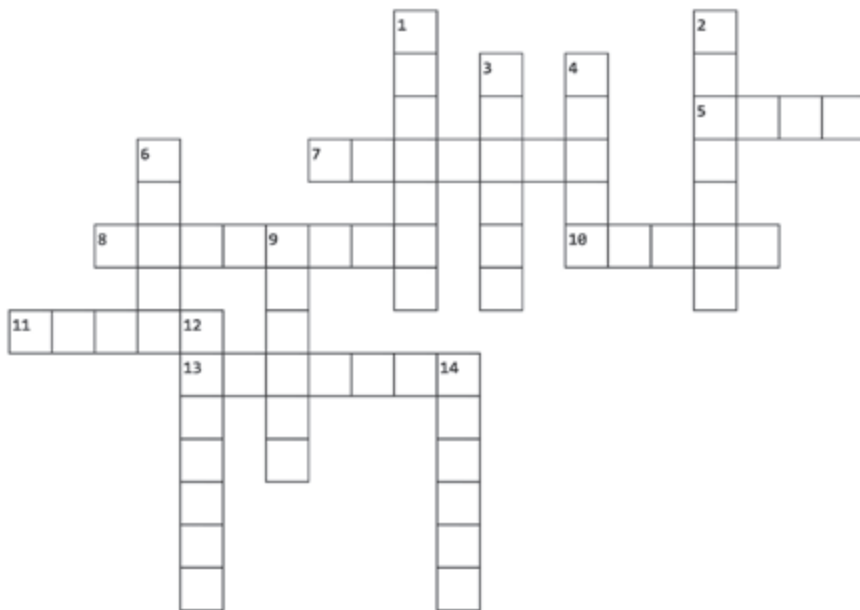
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- Foothills WFC is the highest level of women's soccer in Canada and 2022 UWS Western Conference Champions.
- One of two founding franchises for the Project 8 women's professional league launching in 2025.

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

September Crossword



Across

5. The first _____ *Hour* movie, starring Jackie Chan and Chris Tucker, was released on September 18, 1998.
7. World _____ Day is celebrated on September 2 annually and is dedicated to a fruit grown in a woody husk.
8. The birthstone for September, the _____, symbolizes royalty and nobility.
10. World _____ Day, held on September 22 every year, raises awareness for this endangered mammal often poached for its horns.
11. At the 1988 _____ Olympics, Greg Louganis won the 3m springboard in diving after hitting his head on the board the day before.
13. On September 1, 1905, _____ was officially declared a Canadian province.

Down

1. On September 1, 1972, Bobby _____ made history by becoming the first American to win the World Chess Championship held in Reykjavik, Iceland.
2. On September 10, 1991, this Alternative Rock band released their biggest hit "Smells Like Teen Spirit" as the lead single for their album "Nevermind".
3. On September 29, 1962, _____ became the third country (after the Soviet Union and the U.S.) to launch a satellite into space.
4. One of September's birth flowers, the _____ comes from the Greek word for star.
6. Treasured Canadian actor, _____ Reeves turns 60 this year on September 2.
9. September 22 is _____ Day, celebrating the beloved fictional characters Bilbo and Frodo Baggins' birthdays.
12. Canadian pop-punk singer, Avril _____ was born on September 27, 1984, in Belleville, Ontario.
14. *The Blind Assassin* by Canadian author Margaret _____, was published in September 2000 and is set in the fictional Ontario town of Port Ticonderoga.



Visit bit.ly/mycalgaryanswers or scan the QR code for the answers



CRANSTON RESIDENTS ASSOCIATION

CONTACT INFORMATION

Telephone:
403-781-6614
Email: info@cranstonra.ca
11 Cranarch Road, SE
Calgary, AB T3M 0S8

CenturyHallCranston
 Cranstoncenturyhall

Century Hall Administrative Office Hours

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

Century Hall Park Hours

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

Administration

admin@cranstonra.ca

Programs and Events

programs@cranstonra.ca

Facility Rentals

rentals@cranstonra.ca

General Manager

gm@cranstonra.ca

Cranston Residents

Do you have your membership cards for Century Hall? All residents over the age of 10 are now required to have a membership card for entry to Cranston Century Hall Park and facility. Membership cards will also allow you to register for programs offered by the Cranston Residents Association (CRA).

Century Hall Updates

Did you know as a Cranston resident you have access to the Century Hall Tool and Equipment Library! Here you will find a variety of tools and outdoor sports equipment that you can borrow and enjoy for free! We have paddleboards, snowshoes, kayaks, lifejackets, skateboards, games bins, drills, ladders, saws, tools, you name it! Inquire today to learn more!

Save the Date!

Save the date for our first ever Cranchella Music Fest happening September 28 from 2:00 to 8:00 pm! Local bands, food trucks, beer gardens, kids' zone, and more!

Location: Cranston Century Hall

Free entry for Cranston residents! All ages welcome!

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	Dimensions	Capacity	Hourly Rates		
			Resident	Brookfield Community	Non-Resident
Heritage Hall ABC 2652 sq. feet	34 ft. by 78 ft.	135 Guests	\$93.00	\$105.00	\$118.00
Heritage A 1037 sq. feet	34 ft. by 30.5 ft.	50 Guests	\$61.50	\$69.50	\$77.50
Heritage B 850 sq. feet	34 ft. by 25 ft.	40 Guests	\$51.00	\$57.50	\$64.00
Heritage C 765 sq. feet	34 ft. by 22.5 ft.	35 Guests	\$51.00	\$57.50	\$64.00
Heritage A & B 1887 sq. feet	34 ft. by 55.5 ft.	90 Guests	\$72.00	\$81.50	\$91.50
Heritage B & C 1615 sq. feet	34 ft. by 47.5 ft.	80 Guests	\$66.50	\$75.00	\$84.00
Vista 639 sq. feet	18 ft. by 35.5 ft.	30 Guests	\$53.00	\$60.00	\$67.50
Riverside 534 sq. feet	17.5 ft. by 30.5 ft.	25 Guests	\$53.00	\$60.00	\$67.50
Legacy (Board Room) 369 sq. feet	18 ft. by 20.5 ft.	15 Meeting	\$33.00	\$36.25	\$40.00
Gym 5159 sq. feet	57 ft. by 90.5 ft.		Party Package Only	Party Package Only	Party Package Only

Minimum two hour rental for Heritage Room(s)

Additional Charges

After Hours Security fee applies for rentals ending between 9:00pm and 1:00am.

After Hours Teardown fee applies for rentals ending between 8:30pm and 1:00am.

SOCAN and Re:Sound fees apply for bookings with music and/or dancing.

\$300.00 damage deposit on credit card required for all bookings serving alcohol and/or requiring after hours

revised March 2023 - prices subject to change



CRANSTON
RESIDENTS ASSOCIATION

Century Hall Rental Policy & Procedures

Booking Requirements

1. Signature on Rental Contract
2. Full payment – due upon receipt of Rental Contract
3. \$300.00 Damage Deposit on credit card. Refund will be issued 3-5 business days after event date, pending management review
4. Proof of Insurance – Home Owner Insurance – (Providers Name, Policy Number, Expiry date)

Failure to provide the booking requirements within **one week** from the date of booking will result in the rental being cancelled.

Rentals with alcohol are required to provide:

1. Party Alcohol Liability Insurance – www.palcanada.com or www.duuo.ca (due 10 days prior to rental)
2. Liquor Permit – available online at www.aglc.ca (due day of rental)

Rentals using third party contractors/vendors (caterers, bar tenders, decorators, etc.) are encouraged to provide:

1. Certificate of Insurance from each vendor and when possible have Cranston Residents Association listed as additional insured.

Temporary Bookings/Holds are not permitted. Bookings are on a first come first served basis.

Advanced Booking

Residents can book a maximum of **one year** in advance. Bookings for a full one year in advance can be booked on the 1st of the month of the year prior – see example below

Ex 1: Want to book your wedding for August 12, 2024? Your booking would be accepted as of August 1, 2023

Brookfield Communities can book a maximum of **11 months** in advance. Bookings for a full 11 months in advance can be booked on the 1st of the month, 11 months prior – see example below

Ex 1: Want to book your wedding for August 12, 2024? Your booking would be accepted as of September 1, 2023

Non-Residents can book a maximum of **10 months** in advance. Bookings for a full 10 months in advance can be booked on the 1st of the month, 10 months prior – see example below

Ex 1: Want to book your wedding for August 12, 2024? Your booking would be accepted as of October 1, 2023

Changes to Rental Agreements

Two weeks written notice is required for all rescheduling/change requests.

All changes (extending time, room, date, rescheduling or cancelling) **must** be done in writing.

A \$20.00 Admin Fee may be applied.

Cancellation	Must be done in writing – email rentals@cranstonra.ca
75% refund	Rental cancelled more than three months prior to the rental date
50% refund	Rental cancelled between one to three months prior to rental date
No refund	Rental cancelled less than one month prior to the rental date

Tables: Height is 29.25" from floor to table top

Round – 60" diameter (seats 6-8)

Rectangle – 72" long x 30" wide (seats 6)

Cocktail – 30" diameter can be set either 30" or 42" high

Chairs: Folding 15.5" high from chair seat to floor;

34" from top of chair backrest to floor

Seat 17.5" square; back 19.5" wide by 15.5" high

(seat to top of chair) rectangle

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		Listed	Sold	Listed	Sold
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May	24	83	73	\$580,000	\$575,000
April	24	65	55	\$649,000	\$658,500
March	24	39	39	\$534,800	\$550,000
February	24	41	31	\$565,888	\$563,000
January	24	27	30	\$622,500	\$610,500
December	23	12	16	\$667,500	\$670,000
November	23	22	26	\$680,000	\$677,000
October	23	31	35	\$474,900	\$480,000
September	23	50	44	\$554,900	\$567,000
August	23	50	53	\$598,900	\$597,000

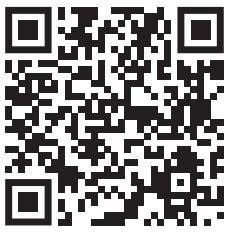
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