

DECEMBER 2025 • ISSUE 295

DELIVERED MONTHLY TO 6,775 HOUSEHOLDS

LAKE BONAVISTA BUGLE



THE OFFICIAL LAKE BONAVISTA COMMUNITY NEWSLETTER



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PIZZA PASTA WINGS DONAIRS SALADS

Elle McAndrews

Don't miss Calgary's own Elle McAndrews—an electrifying singer-songwriter blending soul, pop, and synth vibes. With powerful vocals and a fresh sound, Elle brings energy, emotion, and artistry to every performance!

Tuesday, December 2nd at 7:00pm



Christmas in the Village

The Halls will be filled with laughter, festive decorations, and the joyful activities to spark the spirit of the season. Enjoy sweet treats, warm drinks, and maybe even a visit from a very special guest... Ho ho hope to see you there!

**Saturday, December 13th
from 1:30pm to 3:30pm**



A UNITED ACTIVE LIVING COMMUNITY

Please call to reserve your space today!

Seats are limited. If you have any questions or would like to book a tour, please call

403-258-1849

11800 Lake Fraser Drive SE, Calgary
unitedactiveliving.com/communities/lake-bonavista-village



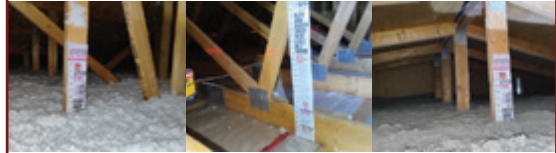
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Watch our interview
with Bryan Baeumler

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heartandstroke.ca/riskscreen

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SCAN HERE TO VIEW ADDITIONAL CONTENT: NEWS, EVENTS, CRIME STATS, REAL ESTATE STATS, & MORE

LAKE
BONAVISTA



BONAVISTA
DOWNS



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.

SCHOOL DIRECTORY

Andrew Sibbald Elementary
 Canyon Meadows Spanish Academy
 Dr. EP Scarlett High School
 École de la Rose sauvage (French) 10-12
 École de la Source (French) K-9
 Ecole Notre-Dame-De-La-Paix
 École Sam Livingston Elementary School
 École St. Cecilia French Immersion
 Ecole Sainte-Marguerite-Bourgeoys
 Elementary School
 Fairview School
 Lake Bonavista Elementary School
 Lord Beaverbrook High School
 Midnapore Community School
 (bilingual Mandarin)
 Nickle Middle School
 Our Lady of the Rockies High School
 Prince of Wales School
 St. Bonaventure Junior High School
 St. Boniface Elementary School
 St. Philip Fine Arts Elementary School
 Ste-Marguerite-Bourgeoys (S)(French) 7-12
 St. Matthew Elementary/Junior High School
 St. William Elementary School

CHURCH DIRECTORY

Bonavista Baptist Church
 1507 Acadia Drive SE
 Bonavista Evangelical Missionary Church
 1509 Lake Ontario Drive SE
 Holy Nativity Anglican Church
 12707 Bonaventure Drive SE
 St. Bonaventure Catholic Church
 1600 Acadia Drive SE
 Fish Creek United Church
 77 Deerpoint Road SE
 Your Grace Land
 Delta Calgary South
 Red Deer Lake United Church
 Hwy 22X West
 The Church of Jesus Christ of Latter Day Saints
 14540 Parkland Blvd SE
 McDougall United Church
 8516 Athabasca St. SE
 Lutheran Church of Our Saviour
 8831 Fairmount Dr SE Calgary

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Visit thelbca.ca
for Modified
Holiday Office
Hours for Dec
22-Jan 2

1401 Acadia Drive SE Calgary, AB T2J 4C6
(403) 271-7107 info@thelbca.ca www.thelbca.ca

Administrative Office Hours

Monday – Friday: 9:00 am – 4:00 pm

CLOSED Saturdays, Sundays & Stat Holiday [office open for drop-in activities]

LBCA STAFF

General Manager: Andrea Waara
andrea.waara@thelbca.ca

Facility Administrator: Tammy Brennan
tammy.brennan@thelbca.ca

Program Supervisor: Cara Madan
cara.madan@thelbca.ca

Accountant: Kyle Mackee
kyle.mackee@thelbca.ca

Customer Service Rep & Event Coordinator:
Haley O'Brien haley.obrien@thelbca.ca

Operations Manager: Devon Marr
devon.marr@thelbca.ca

Arena Staff
587-229-7880

BOARD OF DIRECTORS

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president@thelbca.ca

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vp@thelbca.ca

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vpfinance@thelbca.ca

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directorAR@thelbca.ca

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directorNP@thelbca.ca

Director at Large: Emily Peterson
directorEP@thelbca.ca

Director at Large: Mick Somerwil
directorMS@thelbca.ca

Lake Bonavista Contacts/Groups

Lake Bonavista Homeowners Association (The Lake)
403-271-3333 | www.lkbonavista.ca

City of Calgary
311 | www.calgary.ca

Community Facebook Groups

- Lake Bonavista Community Chat
- Lake Bonavista Block Watch
- Lake Bonavista Community Garden Group
- Lake Bonavista with Kids (Calgary)



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*A comprehensive hearing assessment is provided to adults ages 19 and older at no cost. The results of this assessment will be communicated verbally to you. Depending on the province you're located in, an administrative fee may apply if a copy of an Audiological Report is requested. Child hearing tests are conducted at select locations for a fee, please contact us for more information. Offer not applicable for industrial hearing tests. Up to \$2,100 off offer expires on 01/31/2026. Value not redeemable for cash. See clinic for details. Information within this offer may vary or be subject to change. Interest rates starting at 0%. Deposit may be required. Borrower must be age of majority and have a Canadian bank account. Financing is available on select core-brand hearing aids and at select HearingLife locations. Some conditions apply, see clinic for details. Offers not valid in Quebec. [1]Source: review.nps.today/r/HearingLife-Canada.



FACILITY BOOKINGS

Booking requests are accepted online, over the phone and in office. One hour minimum.



LBCA MEMBERS

RECEIVE 20% OFF LAST MINUTE BOOKINGS

Last minute booking requests are only accepted over the phone or in the office up to 24 hours in advance. Saturday and Sunday requests are accepted until noon the Friday before. One hour minimum.

CALL THE LBCA TO BOOK: 403-271-7107 (ext. 225)



COMMUNITY RESOURCES

SCAN
ME



Scan the QR code for information on traffic concerns, city of Calgary events, crime statistics, development permits and more.



FALL DROP-IN SCHEDULE

SEPTEMBER 15 – DECEMBER 20, 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Tumble Time 9:30-11:30am (Gym)	Tumble Time 9:30-11:30am (Gym)	Tumble Time 9:30-11:30am (Gym)		
Stick & Puck 12:15-1:15pm (Small Ice)	Stick & Puck 3:00-4:30pm (Small Ice)	Leisure Skate 2:30-4:00 (Small Ice)	Stick & Puck 12:00-1:00pm (Large Ice)	Leisure Skate 12:00-1:00pm (Small Ice)	Stick & Puck 12:15-1:45pm (Large Ice)	
*Pickleball 9:00-11:00 <i>*Beginning Nov 3</i>	Pickleball 11:15-1:15am 1:30-3:30pm	Pickleball 1:15-3:15pm	Pickleball 1:15-3:15pm	Pickleball 1:15-3:15pm	Pickleball 10:45-12:45pm	
Drop-In Gym 11:30-1:00pm <i>Rotating equipment set-up. See below.</i>					Drop-In Gym 2:15-4:00pm <i>Rotating equipment set-up. See below.</i>	

DROP-IN GYM EQUIPMENT SETUP DATES

SUNDAYS – Basketball & Volleyball:

Sept 15, 29, Oct 13, 27, Nov 10, 24 & Dec 8

SUNDAYS – Basketball & Badminton:

Sept 22, Oct 6, 20, Nov 3, Dec 1, & 15

FRIDAYS – Basketball & Volleyball:

Sept 20, Oct 4, 18, Nov 1, 15, 29 & Dec 13

FRIDAYS – Basketball & Badminton:

Sept 27, Oct 11, 25, Nov 8, 22, Dec 6 & 20

- Drop-in check-in is open for 30 minutes before the end time.
- **NO ADMITTANCE** to activities in the last 30 minutes.
- Office check-in is **REQUIRED BEFORE** all drop-in activities.
- Pre-sign up is required for all Pickleball sessions.

DROP-IN SCHEDULE – HOLIDAYS & MODIFIED DATES

Monday, Sept. 30, Oct. 14 & Nov. 11:

- Pickleball 11:15am-1:15pm
- Stick & Puck 11:45am-1:15pm
- Drop-In Gym 1:30-3:30pm
(volleyball & basketball)

Sunday, Nov. 17 – Modified Drop-In:

- Stick & Puck 12:15pm-1:15pm (small ice)
- NO DROP-IN GYM or PICKLEBALL



Holiday Drop-In Schedule

December 21, 2025 – January 3, 2026

Drop-in check in is open until 30 minutes before end time.

Check-in at the office BEFORE activities, NO ADMITTANCE in the last 30 minutes.

There is a max. capacity for activities that is at the discretion of the LBCA.

Shinny is prohibited during drop-in skate

SUNDAY
Dec 21

Pickleball:
12:15–2:15pm

Drop-In Gym:
2:30–4:30pm



Stick & Puck:
Large Ice
12:30 – 1:30pm

MONDAY
Dec 22

Pickleball:
12:15–2:15pm

Drop-In Gym:
2:30–4:30pm



Stick & Puck:
Large Ice
1:30 – 3:00pm

TUESDAY
Dec 23

Pickleball:
12:15–2:15pm
Leisure Skate:
Small Ice

12:30–1:30pm
Drop-In Gym:
2:30–4:30pm



Stick & Puck:
Large Ice
1:30 – 3:00pm

WEDNESDAY
Dec 24

CLOSED



THURSDAY
Dec 25

CLOSED



FRIDAY
Dec 26

FREE

Pickleball:
10:00–12:00pm

Drop-In Gym:
3:15–5:00pm



Leisure Skate:
Large Ice
3:45pm– 5:00pm

SATURDAY
Dec 27

NO DROP-IN



SUNDAY
Dec 28

Pickleball:
12:15–2:15pm

Drop-In Gym:
2:30–4:30pm



Stick & Puck :
Large Ice
1:30 – 3:00pm

MONDAY
Dec 29

Pickleball:
12:15–2:15pm

Drop-In Gym:
2:30–4:30pm



Stick & Puck:
Large Ice
1:30 – 3:00 pm

TUESDAY
Dec 30

Pickleball:
12:15–2:15pm
Leisure Skate:
Small Ice

3:45–4:45pm
Drop-In Gym:
2:30–4:30pm



Stick & Puck:
Large Ice
1:30 – 3:00pm

WEDNESDAY
Dec 31

CLOSED



THURSDAY
Jan 1

CLOSED

2026

FRIDAY
Jan 2

Pickleball:
12:15–2:15pm

Drop-In Gym:
2:30–4:30pm



Stick & Puck:
Large Ice
3:15 – 4:15pm

SATURDAY
Jan 3

NO DROP-IN



PRE SIGN UP is required for PICKLEBALL
SCAN the QR Code or visit www.thelbca.ca



WINTER DROP-IN SCHEDULE

JANUARY 11 – MARCH 28, 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Tumble Time 9:30–11:30am (Gym)	Tumble Time 9:30–11:30am (Gym)	Tumble Time 9:30–11:30am (Gym)		
Stick & Puck 12:15–1:15pm (Small Ice)	Stick & Puck 3:00–4:30pm (Small Ice)	Leisure Skate 2:45–4:00 (Small Ice)	Stick & Puck 12:00–1:00pm (Large Ice)	Leisure Skate 12:00–1:00pm (Small Ice)	Stick & Puck 12:15–1:45pm (Large Ice)	
*Pickleball 9:00–11:00 <i>*Beginning Mar 15</i>	Pickleball 9:15–11:15am 11:30–1:30pm 1:45–3:45pm	Pickleball 1:15–3:15pm	Pickleball 1:15–3:15pm	Pickleball 1:15–3:15pm	Pickleball 10:45–12:45pm	
Drop-In Gym 11:30–1:00pm <i>Rotating equipment set-up. See below.</i>					Drop-In Gym 2:15–4:00pm <i>Rotating equipment set-up. See below.</i>	

DROP-IN GYM EQUIPMENT SETUP DATES

SUNDAYS – Basketball & Volleyball:

Jan 11, 25, Feb 8, 22, Mar 8, 22

SUNDAYS – Basketball & Badminton:

Jan 18, Feb 1, 15, Mar 1, 15

FRIDAYS – Basketball & Volleyball:

Jan 16, 30, Feb 13, 27, Mar 13, 27

FRIDAYS – Basketball & Badminton:

Jan 23, Feb 6, 20, Mar 6, 20

- Drop-in check-in is open for 30 minutes before the end time.
- **NO ADMITTANCE** to activities in the last 30 minutes.
- Office check-in is **REQUIRED BEFORE** all drop-in activities.
- Pre-sign up is required for all Pickleball sessions.

DROP-IN SCHEDULE – HOLIDAYS & MODIFIED DATES

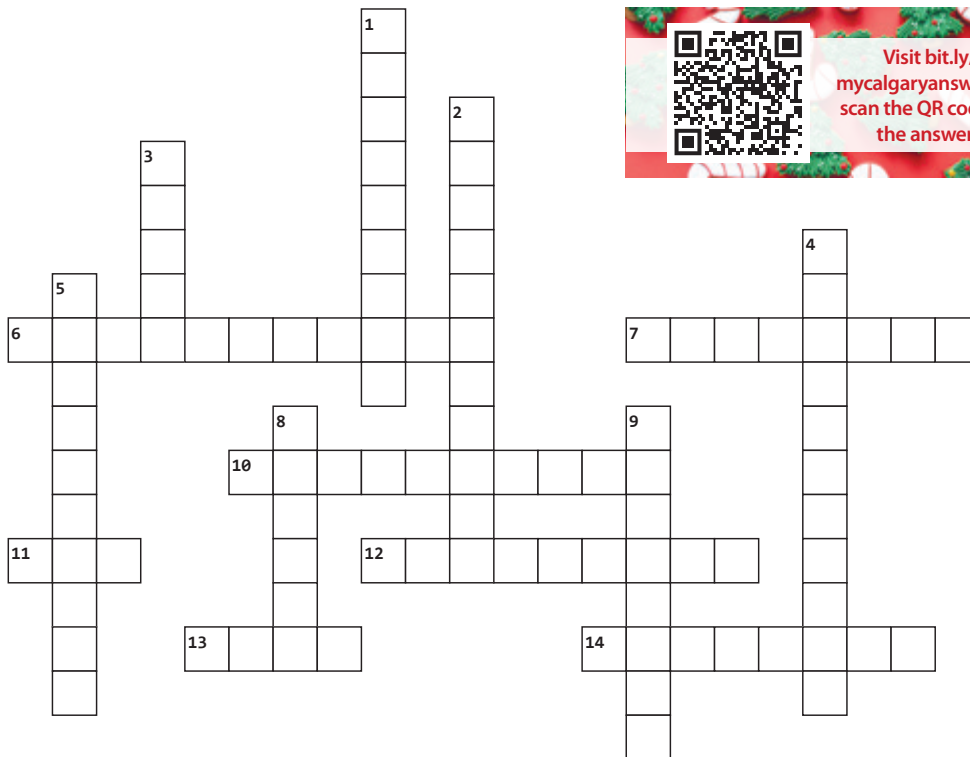
Friday, Feb 13th

Pickleball: 10:45–12:45pm
Drop-In Gym: 1:15–3:30pm
(basketball/volleyball)
Stick & Puck: 12:30–2:00pm
(Small Ice)

Monday, Feb 16th

Pickleball: 9:15–11:15am,
11:30–1:30pm
Stick & Puck: 12:30–1:45pm
(Large Ice)
Drop-In Gym: 1:45–3:45pm
(basketball/volleyball)

December Crossword



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

Across

6. The Statute of _____ passed on December 11, 1931, granting Canada full legislative independence from the British Empire.
7. Known for his role in *Stranger Things*, Canadian actor Finn _____ celebrates his birthday on December 23.
10. The _____ is also known as the Christmas flower.
11. "Gangnam Style" by _____ became the first YouTube video to reach one billion views on December 21, 2012.
12. In December 1612, astronomer Simon Marius made the first known telescopic observation of this galaxy.
13. *Star _____: The Motion Picture* premiered on December 7, 1979.
14. December 14 marks the start of this Jewish holiday.

Down

1. The bust of this Egyptian queen was found on December 6, 1912.
2. Annually on December 12, _____ House Day is celebrated.
3. The first human-to-human _____ transplant was performed on December 3, 1967, by Dr. Christiaan Barnard in Cape Town, South Africa.
4. _____'s ballet, *The Nutcracker*, premiered in Saint Petersburg on December 18, 1892.
5. Jane Austen's last novel, _____, was published on December 20, 1817.
8. Two years after being stolen, the "Mona Lisa" was returned to this museum on December 12, 1913.
9. Ferguson Jenkins born on December 13, 1942, in Chatham-Kent, was the first Canadian inducted into the _____ Hall of Fame.



Community Program Providers at the



The LBCA rents to a diverse range of program providers, each offering unique activities and opportunities. Be sure to check out what some of our Community Program Providers have available at the LBCA.



Court Programs



Bow River Basketball
Calgary Sport & Social Club
Stryker Sports
CMBA(Calgary Minor Basketball Assoc)

bowriverbasketball.com
calgarysportsclub.com
strykersports.ca
cmba.ab.ca

Ice Programs



(LBFSC)Lake Bonavista Figure Skating Club
KHC(Knights Hockey Club)

lbfscc.ca
knightshc.ca

More Programs



FLC Yoga & Line Dancing
Calgary Fellowship of the Sword
Girl Guides of Canada
Devotion Danceworks

flcseiniors.ca
calgarysword.ca
calgarygirlguides.com
devotiondanceworks.com

Calgary Kyokushin Karate

calgarykyokushinkarate@shaw.ca

Heiben Martial Arts

hmasystem.com

The Wellness Dojo Kung Fu

wellnessdojo.ca/martial-arts

Fencing Calgary

fencingcalgary.ca

TOPS(Taking Off Pounds Sensibly)

tops.org

Wee Wonder Daycare

weewonder.ca

Scouts Canada

scouts.ca

Taekwondo

ironfist.taekwondoyyc@gmail.com



Visit us at thelbca.ca for more information!



Crime Prevention Dashboard

WHEN TO DIAL 911

The Calgary Police Service uses two telephone contact numbers:
Emergency: 911

Non-emergency: 403-266-1234

WHEN TO CALL NON-EMERGENCY

- Crimes that have already happened and there is no injury or bodily harm
- Crimes that do not require immediate police response
- Suspicious vehicles and/or people
- All other non-emergency calls

ONLINE REPORTING

<http://www.calgary.ca/cps/Pages/Report-a-crime.aspx>

These reports are not reviewed in real time.

REPORTS YOU CANNOT SUBMIT ONLINE

- Robbery (Theft with violence)
- House break-in & enter
- Domestic disputes
- Theft of a vehicle
- Incidents where there is a known suspect offender
- Any type of fraud resulting in the loss of funds / personal information or property
- Incidents that involve lost/stolen citizenship cards, permanent resident cards, immigration documents, government cheques, or cash from the government

These crimes may require a dispatched call. Please phone the Police non-emergency line (403) 266-1234.

REPORTS YOU CAN SUBMIT ONLINE

- Damage to Property
- Damage to Vehicle
- Lost Property (excluding government ID)
- Theft
- Theft from Vehicle
- Car Prowling
- Online telephone scams
- Online email scams

9:00 PM ROUTINE

The Calgary Police Service are encouraging Calgarians to establish a 9:00 pm routine to help secure their property before heading to bed.

The routine recommends:

- Removing valuables from vehicles
- Ensuring vehicles are locked
- Windows are closed and if possible, parked in a garage
- Closing garage doors and windows
- Locking garage doors including those leading into a house
- Checking that all house doors are locked
- Ensuring all windows are shut
- Turning on an exterior light

SUBMIT A TIP TO CRIME STOPPERS

Crime Stoppers is a separate entity that takes anonymous tips about criminal activity that is then passed onto the CPS.

TALK: 1-800-222-8477

TEXT: ttTIPS to 274637

ONLINE: <http://tttips.com/home>

Please note that not all tips submitted to Crime Stoppers are investigated.

SUBMIT A DRUG TIP

If you have information about a drug house, or people who are selling drugs, you can report this information online.

Please note if you want to remain anonymous, you must submit your information to www.Crimestoppers.org

REPORT GRAFFITI OR VANDALISM

If you observe graffiti; call 311.

Include the location; description of the object the graffiti is on and a photo of the graffiti.

ALBERTA EMERGENCY ALERT

Alberta Emergency Alerts are issued by the communities where a disaster or emergency is occurring.

<https://www.emergencyalert.alberta.ca/content/about/signup.html>

511 ALBERTA WEBSITE AND APP

Please visit <https://511.alberta.ca/> and/or the 511 App to stay up to date with current highway conditions, roadwork, major incidents, weather alerts, and much more. <https://511.alberta.ca/map>

ABUSE/VIOLENCE/SEXUAL NUMBERS TO CALL

If you are experiencing domestic abuse or violence, reach out for help:

- Immediate danger: Call 911
- Experiencing domestic abuse: Call 403-234-SAFE (7233)
- Experiencing sexual abuse: Call: 403-237-5888
- To report domestic abuse or violence: Call: 403-266-1234



Lake
Bonavista
Community
Association

join the fun!



2025-2026 MEMBERSHIPS

\$40 PER HOUSEHOLD
\$30 SENIORS (60+) PER HOUSEHOLD

MEMBERSHIPS VALID JULY 1/25 - JUNE 30/26
PUNCH PASSES VALID SEPT. 14/25- MAY 29/26

MEMBER BENEFITS:

- Free Leisure Skate
- Free Stick & Puck Drop-In
- 20% Off Last Minute Facility Bookings
- 20% Off Birthday Parties
- LBCA Program Discounts
- Drop-In Discounts
- Drop-in Pass Perks

LBCA
memberships
are available
for everyone!
You **do not**
have to live in
Lake Bonavista
to purchase
a membership.



LBCA
TUMBLE TIME

Tues/Wed/Thurs
9:30AM - 11:30 AM
Sept 16 - Dec 18

Tumble Time is a Drop-in, parent-supervised program for children under 6 years. Little ones will enjoy the bouncy castles, building blocks, balls, toys, games % more!

\$5.00 per child
Free for Adults

CHECK IN at the OFFICE
before entering
the gym!

LBCA **Engineering For Kids**






Junior 5-7yrs **Apprentice 8-12yrs**

Jan 17 - Feb 28 **Jan 17 - Feb 28**
Saturdays **Saturdays**
1:00 - 2:00 pm **2:30 - 4:00 pm**

More Info & Registration
www.thelbca.ca

LBCA
BASKETBALL PROGRAM

Jan 9th - Mar 20th, 2026




Tykes 6-8yrs
Co-ed grassroots program

Juniors 9-11yrs
Seniors 12-15
Co-ed grassroots house league

MORE INFO AND TO REGISTER - WWW.THELBCA.CA

LBCA
LITTLE VETERINARIAN SCHOOL
MARINE BIOLOGIST

Dive into the world of marine biology on this extraordinary expedition!



Saturdays, 9:30-10:30am
Jan 10-Mar 7
7-12yrs

MORE INFO & REGISTRATION
WWW.THELBCA.CA





LBCA
your future here!

DRAWING WITH YOUNG REMBRANDTS

**JAN 28 - MAR 18
WED 5:30-6:30
6-12YRS**

Don't let the winter blues stick around - enroll your artist today and make this season a masterpiece!



More Info & Registration
www.thelbca.ca



LBCA

KIDS Art Class

**Jan 18-Mar 15
Sundays, 9:30-10:30am
6-10yrs**



More Info & Registration
www.thelbca.ca



LBCA
your future here!

Indoor Soccer

Jan 12-Mar 16⁺
Grassroots Co-ed Program

U6, 4-5yrs
Mondays
4:00-4:45pm

U8, 6-7yrs
Mondays
4:50-5:50pm



More Info & Registration
www.thelbca.ca



LBCA

Music & Tot CLASS

Jan 13 - Mar 17
Two Sessions Offered

Tuesdays 9:15-10:00am	Tuesdays 10:15-11:00am
--------------------------	---------------------------

Suitable for 1-4yrs



MORE INFO & REGISTRATION
WWW.THELBCA.CA



Holiday 2025-26 Office Hours:

Dec 21, 22, 23, 28, 29, 30, Jan 2:
12:00pm-4:00pm
Dec: 26 2:30pm-5:30pm

Office & Facility Closed:
Dec 24, 25, 31, Jan 1

Regular Office Hours Resume
Monday, January 5th
Monday-Friday, 9:00am-4:00pm



CUSTOMER SATISFACTION GUARANTEED

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- Snow and Ice Removal

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contact@jacksonjackson.ca

www.jacksonjackson.ca




Knitting CLASSES



BEGINNERS
TUESDAYS, JAN 20-FEB 10
1:00-3:00PM

INTERMEDIATES
TUESDAYS, FEB 17-MAR 10
1:00-3:00PM



MORE INFO & REGISTRATION
WWW.THELBCA.CA



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Cold Weather Safety

by Alberta Health Services



Emergency Health Services (EHS) - Alberta responds to cold weather emergencies each winter. You can reduce your risk of sustaining a cold weather emergency by taking a few precautions. Dress by wearing warm, insulating layers close to the body covered with wind and waterproof layers on the exterior – cover as much skin as possible. Carry an emergency roadside kit in your vehicle containing extra clothing, blankets, and emergency supplies and ensure your mobile phone is fully charged.

Frostnip

- Frost-nipped skin is extremely cold, but not yet frozen.
- It commonly affects the ears, nose, cheeks, fingers, and toes.
- The skin may look red and possibly feel numb to the touch.
- When treated promptly, frostnip usually heals without complication.
- Move to a warm environment and immediately, but gently, re-warm the affected area through skin-to-skin contact (i.e. hand covering tips of ears).

Frostbite

- Frostbite occurs when skin becomes so cold, the skin and underlying tissues freeze.

- Affected skin may look white and waxy and will feel hard to the touch.
- Move to a warm environment immediately and place the affected area in warm, not hot, water until fully re-warmed.
- Seek further medical attention as required.

Hypothermia

- Hypothermia is abnormally low body temperature, less than about 35°C (as compared to normal body temperature of about 37°C).
- Early hypothermia may manifest as profound shivering; moderate hypothermic patients may act inappropriately: stumbling, mumbling, and fumbling, as their body temperature continues to drop resulting in severe hypothermia (<30°C).
- Left untreated, severe hypothermia may progress to unconsciousness or death.
- Early recognition and prompt medical attention is key. Don't forget to protect yourself from the factors that originally lead to the patient's situation.
- Initiate gentle re-warming as quickly as possible. Remove any wet or constrictive clothing; cover with blankets or sleeping bags. Protect from further heat loss: eliminate contact with cold surfaces, and shield from wind and moisture.



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**SATURDAY DEC 6, 2025
TWO SESSIONS
9:00AM-10:30AM
11:00AM-12:30PM**

**To Register Visit
www.thelbca.ca**



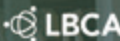
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Thursdays
Jan 8 - Mar 9
12:00 - 1:00pm
Drop-Ins Only
Please check in at the office





MORE INFO & REGISTRATION WWW.THELBCA.CA

 **INDOOR TENNIS**



JAN 11 - MAR 8

5-7YRS
SUNDAYS 9-10AM

8-11YRS
SUNDAYS 10-11AM

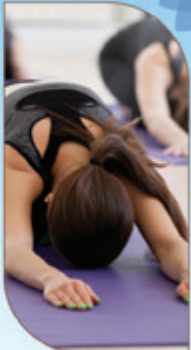




More Info & Registration www.thelbca.ca

**THURSDAY
DROP-IN YOGA
MIDDAY
MINDFULNESS**

A balanced one hour Iyengar yoga class designed to cultivate awareness through gentle movement and breath. The class prioritizes connecting mind and body, through focused breath and movement to let go of tension and stress, ending with Savasana to integrate the practice.




THURSDAYS
SEPT 25 - DEC 18
12:00-1:00PM
\$17/CLASS
CHECK IN AT THE OFFICE IS REQUIRED

 **LBCA**

 **CHI BALL**

JAN 8 - MAR 26
THURSDAYS
9:00AM - 10:00 AM




Chi Ball is designed to re-energize tone and relax the body. An excellent combination of exercises using the Chi Ball, bender balls, tubing, and free weights will help build bone mass, strength, and flexibility.



MORE INFO & REGISTRATION WWW.THELBCA.CA



Good Food Box

The Good Food Box is a Community Kitchen Program that enables people to purchase fresh fruit and vegetables for less. There are no income criteria, everyone is welcome to place an order. Orders are delivered once a month to our facility, Lake Bonavista Community Association.

All orders must be received by 4:00 pm on order date (listed below).

All orders must be picked up between the hours of 12:00 to 4:00 pm on pickup date (listed below).

Please make note of the pickup date as we do not send email reminders.

No Refunds.

Pricing and Sizes

Small : \$30 for 20 to 25lbs

Medium: \$35 for 30 to 35lbs

Large: \$40 for 40 to 45lbs

Order By Date (Mondays 4:00 pm)	Pick Up Date (Wednesdays 12:00 to 4:00 pm)
December 1	December 10
January 19	January 28
February 16	February 25
March 9	March 18
April 1	April 22
May 4	May 13
June 1	June 10

For more information, please visit our website at www.thelbca.ca/good-food-box/.

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Self-Care Through the Holiday Season

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

The holiday season often arrives with a mix of excitement and exhaustion. Between family gatherings, financial pressures, and the weight of expectations, it's easy to lose sight of your own well-being. Yet caring for yourself—body, mind, and spirit—is one of the most meaningful ways to experience the season with more peace and joy.

Here are some simple ways to stay grounded and well through the holidays.

1. Slow Down and Simplify

The holiday rush can make even meaningful traditions feel like chores. This year, consider doing less so you can enjoy more.

Ask yourself:

- What truly brings me joy or connection?
- What could I let go of this year?

Simplifying plans, menus, or gift lists can make space for rest, laughter, and moments of genuine presence.

2. Nourish Your Body with Care

Cold weather, busy schedules, and rich food can leave you feeling depleted. Instead of striving for perfection, focus on gentle balance.

Eat regularly, stay hydrated, and make time for movement—even a short walk outside helps reset your nervous system. Rest when you can. Your body is not a machine; it's your home.

3. Set Emotional Boundaries

The holidays often highlight complicated relationships. You have the right to protect your emotional energy.

It's okay to say "no", leave early, or change plans that don't feel right.

Boundaries aren't unkind—they're how we create safety and preserve the capacity to show up with love where it matters most.

4. Stay Connected to What Matters

Amid the noise and marketing, take moments to remember what feels meaningful to you.



That might be spiritual reflection, gratitude, giving, or time in nature. Meaning doesn't come from doing more—it comes from doing what aligns with your heart.

5. Mind Your Inner Dialogue

Many people carry silent stress about doing the holidays "right." Notice the voice of pressure or guilt and replace it with compassion.

Instead of, "I should be happier," try, "It's okay to feel however I feel today."

Self-kindness softens expectations and makes room for authentic joy.

6. Create Restorative Moments

Small, intentional pauses can have a big impact:

- Light a candle and breathe deeply for one minute.
- Step outside and notice the winter air.
- Write down one thing you're grateful for each day.
- These simple rituals help your mind and body reset amid the busyness.

7. Ask for Support When You Need It

If the holidays stir up grief, loneliness, or old wounds, you don't have to face it alone. Reach out to a trusted friend, support group, or therapist.

Sometimes the bravest thing you can do is acknowledge that you're struggling and allow others to meet you there.

8. End the Year with Reflection, Not Resolution

Before jumping into goals for the new year, pause to reflect.

What did you learn? What moments mattered most? What are you ready to release?

Reflection honours your growth and sets the stage for gentle, sustainable change—no pressure required.



LAKE BONAVISTA HOMEOWNERS ASSOCIATION

LBHA General Information

Park Hours

- December Park Hours – 9:00 am to 10:00 pm

*Please Note: In the event of poor weather, the Park may close earlier and with short notice. Visit the website or call the office for the most up to date information!

Upcoming Park Events

- Christmas Skate at the Lake, December 12, 6:00 to 8:00 pm.
- NYE Fireworks at the Lake, December 31, 8:00 pm

In the Works

- Member System Portal (mobile app): New features available! Call, email, or drop by the lake office to get your link today!
- Important Special Resolution Vote Coming in the New Year! The LBHA board is drafting a Special Resolution to be voted on at a Special Meeting to address concerns around Lake Memberships and R-CG rezoning. To stay informed and receive all updates, background information, and meeting details, subscribe to our newsletter at www.lkbonavista.ca.

Available Online

- Park news and amenity updates
- Group bookings (policies and requests)
- Drop-in program and special event calendars
- Annual fee and membership details
- AGM and board member information

Contact Us To

- Access the Lake Bonavista HOA mobile app
- Provide or update your email to receive important LBHA communications

Address: 757 Lake Bonavista Drive SE

Phone number: 403-271-3333

Email: lbha@lkbonavista.ca

Website: www.lkbonavista.ca



Overdue Accounts

2025-2026 Annual fees were due June 30, 2025.

Interest continues to accrue on overdue accounts.

To avoid further charges, make payment as soon as possible.

Visit www.lkbonavista for more information or drop by the lake office to make a payment.

Sincerely,

LBHA



Save the Dates

To share the results of the Lake Membership Survey and engage the community in drafting Special Resolutions, the LBHA Board is hosting two Q&A opportunities:

In Person:

Saturday, December 6, 10:00 am

Bonavista Room, 757 Lake Bonavista Dr SE, Calgary, AB

Webinar:

Thursday, December 11, 6:00 to 7:00 pm

Microsoft Teams: <https://tinyurl.com/yeyv7d89>

Meeting ID: 2289 306 988 088 1

Passcode: p87MA6yk

Thank you for helping shape our community's direction on Lake Membership.

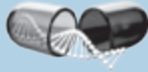
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continued on next page

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Merry Christmas!

As the holiday season approaches, I want to take a moment to extend my warmest wishes to you and your loved ones. This time of year is an opportunity to reflect on the past, celebrate our accomplishments, and look forward to the promise of a new year.

Whether you're gathering with family, connecting with friends, or simply enjoying the peace of the season, I hope your holidays are filled with joy, warmth, and gratitude.

Thank you for the privilege of serving as your MLA. I look forward to continuing our work together in the coming year to build a stronger, more vibrant Calgary-Fish Creek!

If you have questions, concerns, or ideas you'd like to share before spring session begins, please don't hesitate to reach out to my office at Calgary. FishCreek@assembly.ab.ca.

I always appreciate hearing from you.



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-Jamie



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