our LEGACY LEGACY

THE OFFICIAL LEGACY COMMUNITY NEWSLETTER





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- Outdoor and indoor entryway mat rentals
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- Multiple different mat sizes available to suit your unique work environment



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- Flexible pick up / drop off scheduling
- · Quick turnaround times

Linen Cleaning Services

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- Ideal services for Hotels, Massage, Physiotherapy, and Chiropractic



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- Tork Dispensers and Supplies





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APPLY NOW!



Applications for fall 2024 are still open at St. Mary's University. Be sure to apply now to take advantage of early class registration and to also apply for our fall intake entrance scholarships and bursaries!

www.stmu.ca







Calgary Legacy Community Association (CLCA)

For an updated list, visit www.calgarylegacy.ca.

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Ash Singla	Ashwani.Singla@calgarylegacy.ca	Advisor of I.T.
Rachit Joshi	Rachit.Joshi@calgarylegacy.ca	Business Development Advisor

To become a CLCA member, purchase your membership at www.calgarylegacy.ca/membership/.



Our CLCA Small/Home Business Directory is now available at www.calgarylegacy.ca.

The purpose of this directory is to provide you with local consumer options. Looking for storefront business partners in the community? Check out the Partners and Promotions page for member exclusive discounts.

Markets of Legacy

If you love to support local, check out our "Markets of Legacy" group on Facebook! Here, we feature makers, reps, and services from right here in Legacy and nearby communities. Be sure to follow the group, peruse vendor albums at your leisure, and watch for our regular giveaways! Find the group by searching "Markets of Legacy" on Facebook and ask to join today.





Thank you to all that joined us for another great event!

Tell us what you thought about the event! Scan the code

to access our feedback form!



P.S. Save the date for our next event, Neighbour Day on June 15th, 2024!



BRAIN Games			S	SU	D	Ok	(U	
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2		1			8		4	

SCAN THE QR CODE FOR THE SOLUTION



PRESIDENT'S MESSAGE

Hello Legacy and our surrounding neighbours!

It's April and for those of you that have lived here for the past few years, you know that this is AGM month for both the CLCA and Legacy Resident's Association. Now what does that mean for you?

All I can say is if you have ever been interested in getting involved with how this community grows and develops, attend these AGMs, as both are hosted at All Saints High School.

For the CLCA we will have several positions up for election. I do want to take a moment and thank the community for putting their faith and trust in me over the past several months to help lead the CLCA. We have made some great progress in the past few months, and I cannot wait to see what is next. I don't know yet whether I will still be your community President after April or if I will take a back seat and support in another role, all I can say about that is that Legacy and its residents are amazing, I love the community spirit and what this community offers. I encourage as many of you as possible to attend our AGM, purchase a membership, and run to help shape our future.

Until next time Legacy, I wish you all well and can't wait to see you at our AGM on April 22 from 6:30 to 8:00 pm at All Saints High School.

Ryan Wilson

CLCA President







South Health Campus Wellness Centre

Better Health for Free

Find information, resources, and classes to help make decisions about your health. Visit the 2024 Spring/Summer Program Guide for more information and registration details at www.ahs.ca/shcwellness. Questions? Call 403-956-3939.

Upcoming Free Programs

Tasty, Low Salt Cooking

Enjoy flavourful meal, dip, and sauce ideas that focus on less salt (sodium) in this two-part series and explore ways to reduce salt intake by using delicious, lower salt substitutes and label reading. These practical cooking demonstrations include recipes and helpful tips. Part 1 features meal ideas using less salt and Part 2 features tasty dips and sauces. Join us from the comfort of your home for this virtual cooking demonstration.

When: Meal Ideas - April 17 from noon to 1:00 pm. Dips and Sauces - May 1 from noon to 1:00 pm.

Program Provider: AHS Nutrition Services and the Wellness Kitchen.

 $\textbf{Registration:} \ www.redcap.link/TastyLowSaltCooking.$

Easy and Healthy Mediterranean Cooking

Discover great flavours and how to eat Mediterranean! The Mediterranean may be far away, but the delicious

and healthy foods of this style of eating are close at hand. Improve your nutrition with Mediterranean meal ideas for brain health, heart health, or general well-being. This practical cooking class includes recipes and helpful tips. Join us in-person in the Wellness Kitchen or from the comfort of your home virtually for this cooking demonstration.

When: April 23 and June 11 from noon to 1:30 pm.

Program Provider: AHS Nutrition Services and the Wellness Kitchen.

Registration:

www.redcap.link/EasyHealthyMediterraneanCooking.

Cooking When Fatigued

Learn to prepare and cook healthy meals when you live with chronic fatigue, or physical or cognitive symptoms related to neurological conditions like Parkinson's Disease or arthritis. This unique cooking demonstration gives you the opportunity to ask questions and learn strategies to be more successful in the kitchen.

When: In-person - April 11 from noon to 1:30 pm (space is limited).

Online - May 15 from noon to 1:30 pm.

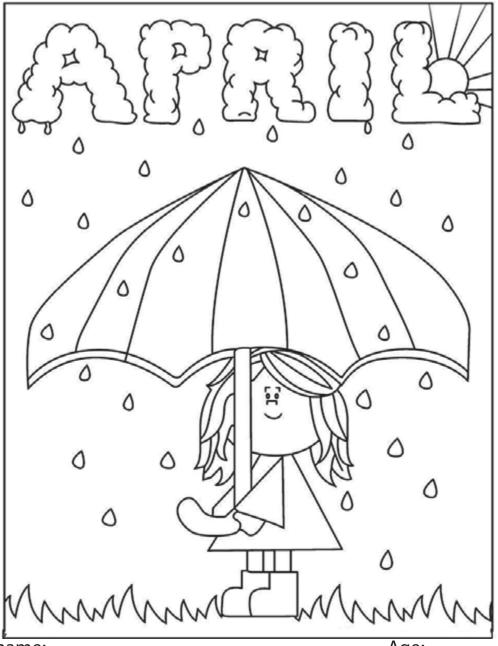
Program Provider: AHS Nutrition Services, Allied Health, and the Wellness Kitchen.

Registration: www.redcap.link/CookingWhenFatigued.

Colouring Contest!

Sponsored by Christie Crawford, Legacy Realtor.

Submit your entry to info@calgarylegacy.ca with "Colouring Contest" as the email subject by April 26 to be entered in a random draw for a \$10 gift card! Good luck!



First name: _____ Age: _____





		Properties		Media	n Price	
		Listed	Sold	Listed	Sold	
February	24	25	30	\$596,950	\$591,000	
January	24	32	24	\$604,950	\$605,450	
December	23	6	21	\$538,900	\$530,000	
November	23	28	25	\$539,900	\$537,500	
October	23	31	25	\$525,000	\$525,000	
September	23	41	32	\$447,400	\$476,000	
August	23	31	28	\$329,900	\$326,450	
July	23	32	26	\$529,950	\$532,500	
June	23	40	37	\$537,000	\$555,555	
May	23	33	29	\$464,900	\$475,000	
April	23	28	28	\$409,900	\$403,500	
March	23	24	21	\$480,000	\$519,777	

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

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*Guarantee is being offered by Greater Property Group.
Terms and Conditions Apply.

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

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LEGACY 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.

CALGARY FRESH JOCK: We expertly clean sports equipment including hockey, lacrosse, football, baseball, wrestling and more. Cleaned, disinfected & refreshed for better health and performance. Conveniently located at 109, 10836 24th Street SE, Calgary. Call 403-726-9301 to keep your sports gear in top shape. Equipment pick-up / drop-off service available.

CALGARY MAT & LINEN: Get high-quality mat and linen services with pick-up and drop-off from Calgary Mat & Linen! We offer expert rental and cleaning for hospitality and healthcare industries. Contact us at 403-279-5554 or visit https://calgarymatandlinen.com/ to learn more and get a quote. We are located in SE Calgary.

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, GST, Payroll, WCB, Filing, and T4 Filings. Phone Katie 403-870-0737.

LEGACY CONTRACTOR FOR HIRE: Over 20 years' experience completing renovations in and around Legacy. 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.

AFFORDABLE DENTAL CARE MINUTES FROM LEGACY!

Dental doesn't need to break the bank! We follow Blue Cross and all dental insurance fees. No surprises. No fluff, no frills! Direct billing; instant tax receipts, too! Independent establishment for over 33 years! Call today at 403-287-6453 or 403-272-7272, or visit CalgaryDentalCenters.com. Save money, smile, be happy!

BARKER'S FINE DRY CLEANING: We specialize in pressed shirts, wedding dresses, and exquisite linens, including sheets, duvets, and pillow cases. Your premier destination for impeccable garment care, situated in the heart of Douglas Glen at 109, 10836 24th St SE. For unmatched service, contact us at 403-282-2226. Pick-Up/Drop-Off Service Available.

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.

PROFESSIONAL TAX SERVICES: Expert tax services for individuals and businesses. Local senior tax specialist. Licensed E-filer for accuracy and efficiency. Year-round availability for your convenience. Pick-up and drop-off services available. Contact Ella today! Call or text 403-992-0419 or email ellasmobiletax@gmail.com.

HERITAGE WEST PLUMBING AND HEATING: Boiler and tankless repairs, servicing and replacements. 5-star Google rating, factory trained plumbers and gasfitters. Competitive prices with quality, 24-hour service! Heritage West, we are one of the best, put us to the test! BBB Accredited. 403-993-0639.

FENCES AND SHEDS: Homestead Fencing, established in 1999, builds all types of residential, acreage/farm, and commercial fences. We can custom-build sheds and shelters to your specific requirements. If you're looking for great quality at a great price, give us a call for your free quote! Tyler: 403-852-5394, tyler@homesteadfencing. ca, or visit us at www.homesteadfencing.ca.

continued on next page

BUSINESS CLASSIFIEDS continued

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

GUTTER DOCTOR: Home exterior services. We do eavestrough cleaning, repairs, and installation as well as downspouts, fascia, soffit, siding, roofing, cladding, leaf screens, and heat cables. Local business for over 20 years with more than 60,000 happy customers! Licensed, insured, and WCB. A+ rated BBB member. Multi award-winner. Quality work with a warranty! www.gutterdoctor.ca, 403-714-0711.

WINDOW AND DOOR SCREEN REPAIR AND REPLACEMENT SERVICE: Screen-Appeal is a full-service, locally owned and operated mobile screen shop for all your screen needs. We specialize in custom-made window screens, sliding screen patio doors and more. We are also a proud dealer of Phantom Retractable Screens. Contact us today at www.screen-appeal.ca or info@screen-appeal.ca.

HOUSE CLEANER IN LEGACY: Highly experienced cleaning ladies looking for more houses to clean in Legacy. We're offering excellent, detailed service. Add some luxury to your home, let us clean your space. Satisfaction guaranteed! Ask me about a bonus! Text 587-225-4413 or email greatcleaningstar@gmail.com.



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Seven Real Estate Tips for Home Sellers

by Max Malychev, Legacy Realtor

If you're planning to sell a property, there are several things you can do to ensure that the process is smooth, efficient, and profitable. Here are some tips for real estate sellers.

Prepare Your Property: Before you list your property, take the time to prepare it for sale. This means decluttering, cleaning, and making any necessary repairs. You want your property to look its best to potential buyers.

Set the Right Price: Setting the right price for your property is crucial. You don't want to price it too high, as this will turn off potential buyers. On the other hand, you don't want to price it too low and leave money on the table. A real estate agent can help you determine the right price based on market conditions and comparable properties in your area.

Work with a Real Estate Agent: A good real estate agent can make the selling process much smoother and more efficient. They can help you set the right price, market your property, and negotiate with buyers. Look for an agent with experience in your area and a track record of success.

Stage Your Property: Staging your property means arranging your furniture and décor in a way that highlights its best features. This can make a big difference in how potential buyers perceive your property. Consider hiring a professional stager if you're not sure how to do it yourself.

Be Flexible with Showings: Buyers will want to see your property at different times, so be prepared to be flexible with showings. Make sure your property is always clean and tidy and try to accommodate potential buyers as much as possible.

Use Professional Photography: High-quality photographs are essential for marketing your property online. Consider hiring a professional photographer to take photos that showcase your property in the best possible light.

Be Responsive: Make sure you respond to inquiries and offers in a timely manner. Buyers are often on a tight schedule, so don't keep them waiting. If you're working with a real estate agent, make sure they're responsive as well.

By following these tips, you can increase your chances of selling your property quickly and for the best possible price. Remember that selling a property can be a stressful and emotional process, but working with the right professionals can make all the difference.

YOUR CITY OF CALGARY

Make Every Drop Count: Collect and Reuse Water with a Rain Barrel

by The City of Calgary

Our region is in a drought, and that's why now, more than ever, every drop counts. With another dry summer expected this year, we all need to do our part to conserve water and use it wisely.

A rain barrel is a great way to capture and reuse any rainwater Mother Nature provides this season. You can use what you collect to water your trees, lawn, and garden – even when outdoor water restrictions are in place.









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