

DECEMBER 2025

DELIVERED MONTHLY TO 6,745 HOUSEHOLDS

Mid-Sun



THE OFFICIAL MID-SUN COMMUNITY ASSOCIATION NEWSLETTER



Follow us!



@midsunca

LD REALTY
GROUP

LDREALTYGROUP.CA



What's your home worth?

**Contact us for a FREE
home evaluation**



LINDSAY WALKER & DALLACE PUGH
info@LDrealtygroup.ca 403.616.0179

www.midsun.org

VIVA DENTAL

**SCHEDULE YOUR
APPOINTMENT TODAY**



New Patient Promotion:

- ▶ Adult patients receive a FREE Waterpik after their new patient exam and cleaning.
- ▶ Child patients receive a FREE electric toothbrush after their new patient exam and cleaning.

📍 Midnapore Mall, #17, 240 Midpark Way SE, Calgary, AB T2X 1N4

✉ info@viva-dental.ca ☎ (403) 475-8482



Sammy's
World's Greatest Pizza
Pasta • Pizza
Donairs

**"THE DIFFERENCE IS QUALITY."
FAMILY OWNED AND OPERATED.**

ORDER ONLINE

FOR OVER 30 YEARS

OPEN OUR MENU

403-254-2999
sammysworldsgreatestpizza.com

PIZZA PASTA WINGS DONAIRS SALADS

WINTER IS COMING...

IS YOUR FURNACE READY?



\$149

FURNACE TUNE-UP!



**MR. MIKE'S
PLUMBING
+ HEATING**

403-520-2040



**MR. TRENCHLESS
SEWER + WATER**

**ROOTS DESTROYING YOUR PIPES?
WE CAN FIX IT WITH TRUE, NO
DIG PIPELINING TECHNOLOGY!**

587-205-9004



ROOT PROBLEMS?



BEFORE



AFTER

OFFICIAL

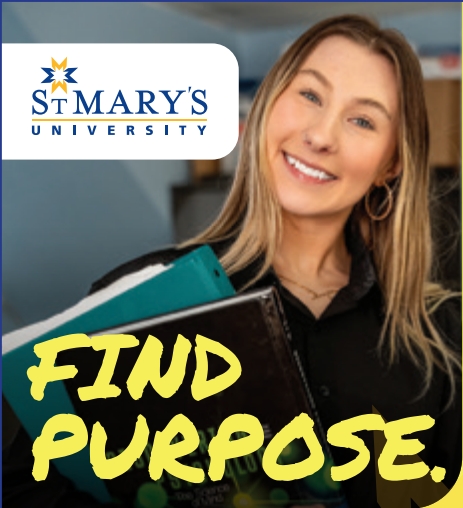
PLUMBING & HEATING

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



ST MARY'S
 UNIVERSITY

FIND PURPOSE.

✉ VISITUS@STMU.CA
 🌐 STMU.CA

Facebook Instagram YouTube X

THE KARAT PATCH

JEWELLERS

30 Years in Calgary
By Appointment Only
Book Online

Your Gold - Our Mold Custom Design
Natural & LAB Created Diamonds

- Ring Sizing • Fine Jewellery Repairs • Laser Welding
- Chain Repairs • Watch Repairs/Batteries • Estate Jewellery Assessments • Costume Jewellery Repairs • Appraisals
- Pearl Restrung • Fast Service Done In-House & Locally

403-242-6767
www.karatpatch.ca
info@karatpatch.ca

#300, 340 Midpark Way SE
 Fish Creek Executive Centre




ANITA RUSSELL

403-771-8771
anita@anitamortgage.ca

Licensed by Avenue Financial

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.





Midnapore Health Centre

Chiropractic, Physiotherapy and Massage

We have proudly served south Calgary for over 35 years.
Activator and manual adjustments.

- Craniosacral
- ART
- Graston
- Kinesio Taping
- Electrotherapy
- Nutrition
- Exercise Programs
- Headaches
- Low Back Pain
- Car Accidents
- Children/Seniors Care
- Sports Injuries
- Rehab Programs
- Posture Programs



BOOK ONLINE

Direct Billing to Insurance

midnaporehealthcentre.com
403-254-9177



WORD OF THE MONTH

FINAGLE: VERB (FUH-NAY-GL)

To get something by indirect, involved, or devious means.

She tried to finagle her way into the VIP party.



Mid-Sun Community Association

50 Midpark Rise S.E. T2X 1L7 • Tel: 403-254-8058

www.midsun.org

MID-SUN OFFICERS

President Pam Baji
president@midsun.org

Treasurer Cindy Hart

Secretary Karen MacDonald

MID-SUN DIRECTORS

Directors at Large Patsy McNish

Fundraising Karen MacDonald

Planning and Development Erwin Gotthold

Community Garden Wayne Hewitt
garden@midsun.org

Community Playgrounds Erin Delamont
midsunplayground@gmail.com

Community Seniors Programs Joan Trotz and
Darleen Hornaday
seniors@midsun.org

CONTACTS

Mid-Sun OOSC Program Servicing St. Theresa of Calcutta
School
403-256-4422
childcare@midsun.org

Midnapore OOSC Program Servicing Midnapore School
403-254-0288
midnaporeoosc@midsun.org

Past President Mark Schmidt

MLA for Calgary-Fish Creek Myles McDougall
calgary.fishcreek@assembly.ab.ca

Ward 14 Councillor Peter Demong
eaward14@calgary.ca

MP for Calgary-Midnapore Stephanie Kusie
stephanie.kusie@parl.gc.ca



CHURCHES

Sunwest Christian Fellowship

Tree of Life Lutheran Church

St. Paul's Anglican Church

Deer Park United Church

First Alliance Church

All Saints Lutheran

Lutheran Church of Our Saviour

New Hope Community Church

Fairview Baptist Church

Spiritual Community Church of the West

Red Deer Lake United Church

The Church of Jesus Christ of Latter Day Saints

Mountain Creek Community Church

Campbell-Stone United Church

Southview Church

Knexions Church

Bonavista Baptist Church

St. Patrick's Church

Trinity Mennonite Church

Grace and Glory Foursquare Church

NewGate Baptist Church



We are looking for enthusiastic people to join our volunteer base and lend a helping hand with community events such as, June Jamboree, Community Clean Up, Annual Casino Fundraising, and more. If you would like to get involved with community events, please email your interest to info@midsun.org.



SENIOR'S (55+)

Mid-Day Holiday Dinner & Dance



**TUESDAY, DECEMBER 16TH
12:00 PM - 3:00 PM**

\$25.00 a Ticket | Members \$20.00

**TICKET PRICES INCLUDE:
FULL DINNER, BEVERAGES, LIVE MUSIC & MORE!**

**MID-SUN MEMBERSHIP HOLDERS RECEIVE
\$5 DISCOUNT AND EARLY BIRD REGISTRATION**

**REGISTER AT
MIDSUN.ORG OR (403) 254-8058**

Mid-Sun Community Association Memberships

A friendly reminder that our voluntary Mid-Sun Community Association memberships will expire on December 31, 2025. Good news! New memberships go on sale December 1, and your 2026 membership will be valid all the way until December 31, 2026!

Head to our website to see all the benefits that come with having a Mid-Sun membership and renew or purchase yours today! Thank you for your support!



Mid-Sun Community Centre



www.midsun.org

- Community news and events
- Memberships and member benefits
- Details & prices for registered and drop-in activities
- Social events and workshops
- Out of school care and facility rentals
- Community engagement opportunities
- Sign up for electronic newsletters

50 Midpark Rise SE 403-254-8058

Mid-Sun Social Seniors' Group

As days grow shorter and weather chillier, it is comforting to gather with friends to laugh, chat, and play cards. Memories of the year's events are fondly recalled. Potlucks, picnics at the community lakes, lively evening Bingo games, favourite pub nites and luncheons, an afternoon at Stage West, information learned from speakers about dementia and downsizing, summer cards on the patio, Seniors' Week activities, a February wiener roast, are all frequently mentioned. If you are a senior, 55+, who is searching for an opportunity to venture out and engage with others, please plan on stopping at the community centre to join a card game or to visit, meet our group and learn about our activities. There is no pressure or obligation, only a warm welcome.

December Activities

Card and Games: Thursday, December 4, 11, and 18.

10:00 am to noon or 1:30 to 3:30 pm in MSCC multi-purpose room.

Holiday Schedule: The last day of cards will be December 18. We will resume both morning and afternoon sessions on Thursday, January 8, 2026.

Holiday Mid-Day Dinner and Dance: Tuesday, December 16 from 12:30 to 2:30 pm.

If you are interested in a delicious, festive catered meal and familiar music for listening and/or dancing, please watch the MSCA media for pricing, final details, and registration information. This popular event is guaranteed to be a sell-out.

Pub Nite: No event scheduled for December. In January, the group will move to a lunch reservation time at a local venue for the winter months.

Food Bank Donations: The Calgary Veteran's Food Bank has been grateful for Mid-Sun Seniors' generous support with non-perishable items and cash donations. We have also contributed both food items and pet care articles to AARCS (animal rescue). During the new year, our seniors will continue to help those who struggle with food insecurity.

If you have questions or require information about the Mid-Sun Seniors' group, please email seniors@midsun.org or call 403-254-8058.

We wish you a safe and happy holiday season with family and friends and look forward to the events of 2026.



403.256.2252
www.landartist.com

Contact us to schedule a free onsite consultation



We are providing our award winning landscaping design and construction services in your area!

Pools & Spas Aluminum Pergolas Outdoor Kitchens & Fireplaces Sports Courts & Putting Greens Water Features Retaining Walls

IN STOCK
ALUMINUM PERGOLAS
4 SEASONS - WINTER ENGINEERED

IN STOCK
FIBERGLASS POOLS
QUICK, EASY AND AFFORDABLE

ENHANCING YOUR OUTDOOR LIVING SPACE

Watch our interview
with Bryan Baeumler

ACADEMY

www.academydenture.com

DENTURE CLINIC

Modern Solutions for Missing Teeth

STOP:

- Avoiding foods you love
- Using messy adhesives
- Being self-conscious of your smile
- Looking older than your age

WE OFFER:

- Denture on implant options
- Conventional and flexible denture options
- Direct billing for private insurance
- Complimentary initial consultations

NEW! Suction-Enhanced BPS® Dentures

Accepting CDCP.
Coverage starting
May 1st, 2024.
Ask about our
digital scans and
printed dentures.



Southcentre Mall
Suite 126A, 100 Anderson Rd SE

Book an Appointment
(403) 269-8308

Tues, Wed, Thur: 8:30 am - 4:30 pm
Monday by appointment only.

NEWS FROM THE MIDNAPORE LAKE RESIDENTS ASSOCIATION

Welcome to Winter

The Board of Directors, Management, and Staff at Midnapore Lake take this opportunity to wish you and your family a very Merry Christmas and a happy holiday season! Best wishes to everyone for the New Year.

Our Christmas light display is scheduled to be turned on starting December 1, 2025.

Please be advised that we will have reduced hours over the holidays and will be closed on Christmas Day to allow our staff to spend time with their families.

Please keep your eye on our website, www.midnaporelake.ca, or our Facebook page for updated park and office hours, ice conditions, and operational limitations. Please know that we are working to have the hockey rinks and pathway open by the Christmas season.

Please remember that helmets are strongly recommended for skating and tobogganing. Have fun and be safe!

Invoicing – Important!

2026 Invoices will be distributed by email. If you have not provided the office with your email address, or if you think you may have an old email address on file, please contact us at 403-256-0550 and we will update your account.

Please ensure that you check your email before the 1st of December to access your invoice.

If you have any questions or have not received your invoice by the middle of December, please call the office at 403-256-0550.

Please note that invoices are due by January 1 of each year. Not receiving your invoice is not a valid reason for non-payment. Fees for 2026 will be increasing by 3% to cover operating expenses. Fees for 2026 will be \$314 + \$15.70 (GST) = \$329.70. For your convenience, we recommend payment by e-transfer. We will be charging a fee for lake fee payments by credit card. We do not accept credit card payments over the phone and do not accept cash.

New Technology

Midnapore Lake is excited to be testing out a new app. This app will allow you to carry a digital card rather than a hard card, it will allow you to check guests in on your phone and eventually allow you to view your account and pay your bill.

We are looking for members interested in technology to test the app for us. If you are interested, please contact the office, during business hours, at 403-256-0550.

Park Hours

Please check the website for up-to-date park hours. As we move into winter, the park will extend hours once we have ice and are able to open for the winter season.

Looking Forward

- December 1, 2025 - Turn on Christmas Lights
- December 2025 - Skate with Santa (date TBD)
- January/February 2026 - Skating Lessons

Message from the President

The magic of winter has arrived at Lake Midnapore! As the snow settles and the lake sparkles under frosty skies, we're so grateful to share another festive season with our wonderful community.

Skate with Santa and Holiday Fun at the Lake

The skating rink will be open, and we can't wait to see everyone out for our annual "Skate with Santa" event—a community favourite full of laughter, cocoa, and holiday cheer - watch for details on this event. We're excited to see everyone enjoy the park over the holidays! Bring your family down on Christmas Eve or Boxing Day for a classic Lake Midnapore winter experience.

Ice Safety Reminder

Your safety is our top priority. The Lake team carefully monitors, measures, and photographs ice conditions regularly to ensure it's ready for skating. However, please remember that all skating and fishing on the lake is at your own risk. We encourage families to review ice safety together—just as we do with water safety in summer. Talk to your kids about staying close to supervised areas and watching for posted signs. Skaters should stay on cleared pathways and skate in pairs. There are many helpful videos online that can provide teaching on ice safety and what to do if someone falls in. Note that we keep our safety ropes and rings out all winter on rescue stations... hopefully we don't need them.

Tobogganing and Winter Fun

As we move into the heart of winter, tobogganing and outdoor play will be in full swing! Please make helmets part of your family's winter gear—whether skating or sledding, a little protection goes a long way.

Thank you for helping keep our community safe, active, and full of joy this season. Bundle up, bring your warmest smiles, and we'll see you out on the ice!

See you at the lake,

Jen Hawkins

403-919-1122

Midnapore Lake Bookings

For your Lake Room, Cookshack, and large group bookings please call the office staff at 403-256-0550.



Knowing your risks could save your life.

Our free Risk Screen tool helps you understand your risks for heart disease and stroke.



heartandstroke.ca/riskscreen

© Heart and Stroke Foundation of Canada, 2022. The heart and / icon and the Heart & Stroke word mark are trademarks of Heart and Stroke Foundation of Canada.



Heart & Stroke

PLUMBER

PLUMBOB Father and Son

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

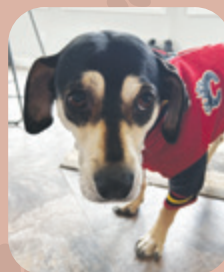
Call Bob: 403-461-3490



Cats, Canines, & Critters of Calgary



Addie, Renfrew



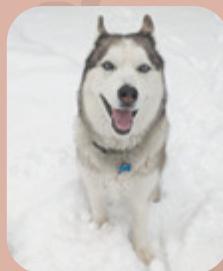
Billy, Woodbine



Charlie, Diamond Cove



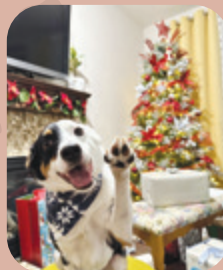
Eowyn, Edgemont



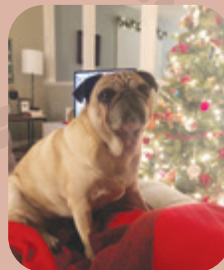
Meeko, Cranston



Pepper, Evergreen



Sammie, Walden



Talbot, Queensland

To have your pet featured, email news@mycalgary.com

NEWS FROM THE SUNDANCE LAKE RESIDENTS ASSOCIATION

As we welcome the winter season, the Sundance Lake Residents Association would like to thank everyone who joined us this fall. We look forward to a bright and festive month ahead at Lake Sundance!

Fall Highlights

- Pumpkin Run
- Halloween Scavenger Hunt
- Rainbow Trout Fish Stocking
- Annual General Meeting

Lake Ice Safety

As temperatures drop, ice will begin forming on the lake. Please watch for "Danger – Thin Ice" signs throughout the park. Lake staff will be closely monitoring the ice thickness and its condition throughout the winter. The ice will open once management determines that the ice is safe, and the "Danger – Thin Ice" signs have been removed. Until then please do not go on the ice sheet.

Toboggan Hill Safety

Lake Sundance offers two different toboggan hills. The smaller hill on the west side is a good hill for younger children and beginners. The big hill facing the lake ice is longer, faster, and bumpier.

- Snowboards, snow skates, snow scooters, and downhill skis are not permitted.
- For more control, pick a sled that has brakes and can be steered.
- Helmets are recommended.
- Walk up the side of the hill and leave the middle open for other sledgers.
- Don't go down the hill headfirst. Sit up or kneel instead.
- Check the path is clear before going.
- Get out of the way quickly when you finish your run. Don't linger at the bottom.
- Don't build jumps on the hill.

The small west-facing toboggan hill will open once we have enough snow. The larger hill facing the lake will remain closed until the lake ice is open.

Upcoming Events

- Family Holiday Party – Date TBD. Continue checking our website and social media for updates.
- New Year's Eve Fireworks – Tuesday, December 31 at 9:00 pm (Lineups can be long so arrive early).

For updates, further information, or event changes please visit www.lakesundance.org or follow us on Instagram and Facebook.

Holiday Hours

- Christmas Eve – 9:00 am to 8:00 pm
- Christmas Day – 12:00 to 4:00 pm
- New Year's Eve – 9:00 am to 10:00 pm
- New Year's Day – 9:00 am to 10:00 pm

Stay Connected

- Follow us on Instagram and Facebook
- Visit our website for updates: www.lakesundance.org
- Not receiving our email newsletter? Sign up under the "Forms" tab on our website to stay informed.



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.

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

MIDNAPORE



SUNDANCE





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



MLA Calgary - Fish Creek

Myles McDougall

7 – 1215 Lake Sylvan Drive SE

✉ Calgary.FishCreek@assembly.ab.ca

☎ 403-278-4444 | 📷 MLAFishCreek

📘 MylesMcDougallYYC | 📺 MylesYYC

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.



BUSINESS CLASSIFIEDS

ELECTRICITY IS NOT A HOBBY: Call a licensed electrician and pot light specialist. No job is too small. Excellent rates. Please call John at 403-708-6555.

NEPTUNE PLUMBING & HEATING LTD: Qualified journeymen plumbers/gasfitters, very experienced in Midnapore and Sundance. 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.

MIDNAPORE | SUNDANCE 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.

ACCOUNTING, BOOKKEEPING, TAX RETURNS: T1, T2, trusts, payroll, GST, regulatory compliance, start-up consulting corporations/sole proprietorships. Responsive, professional. We file on time, avoiding penalties and interest. Produce/file all slips: T4s, T4As, T5s, T3s, T5018s. Review/audit work welcomed. Doing business in Sundance since 2003. Call or text Claudia at 403-819-0421, email ctiefisher@bowriverbusiness.com, or visit www.bowriverbusiness.com.

SNOW REMOVAL, CHRISTMAS LIGHTS, AND WINDOW CLEANING: Snow removal starting at \$110 to \$155 per month. Christmas light installation starting at \$150. Early season discounts! Window and gutter cleaning starting at \$99; interior/exterior/screens. Mulch, rock, sod, and soil installation. A+ Member of BBB, Licensed. Insured. WCB. 403-265-4769 | YardBustersLandscaping.com.

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.

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.

PAINTER SERVICING MIDNAPORE / SUNDANCE: 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 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.

LOVING MIDNAPORE DAYHOME: Accepting full-time, part-time and before and after school care for children. Ages 10 months and up. Over 25 years' experience educating and caring for children. Fully registered. Smoke-free, pet-free, home-cooked organic meals. Walking distance from 3 schools. Call Andrea 403-254-0879, lakam@telus.net.

KITCHEN CABINETS REFINISHED: Hate the orange in your oak cabinets? Restore wood cabinets, water damage, get grime removed for approximately \$1495. Or change the look with a new colour spray finish for about \$3695. Environmentally friendly alternative to replacing or refacing. Call Doug at 'Not Just Paint' for a free estimate/consult. 403-671-0324.

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

RELIABLE/AFFORDABLE PLUMBING SERVICES IN CALGARY YOU CAN COUNT ON! I provide fast, affordable, and professional plumbing services throughout Calgary and the surrounding area. General plumbing, hot water tank installation & replacement, bathroom renovation rough-ins, pipe repairs, cartridges, gas line installations, Poly B replacement. Call/Text Kyle at 403-968-0967 or email K.sabraw@yahoo.com for free quotes!

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.

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.

LOCAL HANDYMAN: Available to complete your projects around the home. Plumbing, electrical, drywall repairs, appliance repairs, wall mounted TVs, concealed audio/video wiring, vanities, tiling, luxury vinyl flooring, seniors discounts. No job too small, free estimates. Reliable, conscientious. Licensed and insured. Call Alan at 403-660-3170.

HOUSE CLEANERS: Highly experienced cleaning ladies looking for more houses to clean. We offer excellent, detailed service. Add some luxury to your home, let us clean your space. Satisfaction guaranteed! Ask about our bonus! Text 587-225-4413 or email letitclean1@gmail.com.

BASEMENT DEVELOPMENT & RENOVATIONS, DRYWALL & FRAMING: We take all the stress out of your basement development/renovation, drywall, and framing needs around your home. Free consultations and estimates. Please contact Robertson Watt Construction Services for friendly, clean and on time service. Call 403-200-6192 or email info@robertsonwatt.ca.

ZANELLA AUTO REPAIR: Dominic and sons Vincent and Charlie - in business since 1986. 200-258082 16 St. West Foothills. Family owned and operated. Most makes/models worked on. MC, Visa, American Express, and Debit. Licensed Out of Province Inspection Facility. A member of AMVIC. Do business where you live. Call 403-938-7937 for an appointment. www.ZanellaAutoRepair.com.



"Regain Freedom of Movement"
SPIRIT OF PHYSIOTHERAPY AND MASSAGE
spiritofphysiotherapy.com

1:1 Customized Therapies

Minimal Wait Period (<20 min)

Flexible Appointment

Walk-ins are welcome

Direct Billing

Dry Needling

Cupping

Kinesio Therapy

Shockwave Therapy

Cold Laser

Massage Therapy

Services Offered:

- Sports Injuries and Concussion Rehab
- Pelvic Floor/Urinary Incontinence
- Vestibular Rehab
- TMJ Disorders
- Custom Bracing, Compression Stockings, Foot Orthotics and much more!

#80 - 2525 BRIDLECREST WAY SW, CALGARY, AB T2Y 5J4
403-454-4451 • SPIRITOFPHYSIOTHERAPY.COM



JORDY HUNTRODS
CALGARYREALESTATEPLUS.COM

403.681.4457 **PARAMOUNT**
jordy@paramountcorp.ca REAL ESTATE CORPORATION

Jordy Gets The Job Done!

If you are considering selling, call us for a **Zero Obligation Home Evaluation** and strategy discussion on how to achieve **Top Dollar** for your home!

Sundance

Detached Home Stats - Last 45 Days



22

New Properties



8

Sold Properties



39

Average Days on Market



\$716,937

Median Sold Price

Midnapore

Detached Home Stats - Last 45 Days



12

New Properties



6

Sold Properties



17

Average Days on Market



\$851,816

Median Sold Price