

DECEMBER 2025

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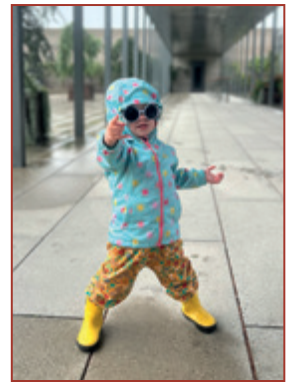
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Merry Christmas and Happy Holidays

We wish all the best for you and your family. This is the time of the year to count our blessings and to put behind us all the shortcomings. Hold close to your heart all the good things from 2025 and pray for a better 2026.

New Brighton Community Association is here for you, trying to brighten our awesome neighbourhood. If you don't know much about your community association, take a look at ournewbrighton.ca and browse through the information available there. If you know about the community association and you want to know even more, joining our board will give you the opportunity to learn more and to meet the elected officials in our area.

Enjoy this holiday season with friends and family, and don't forget to be kind to your neighbours.

Snow Removal Issues and the New Bylaw

Every year we talk about using some common sense and not pushing mountains of snow into the road to cause build ups. Last year a bylaw was passed, and it says that you can face penalties of up to \$250 if you shovel snow from a driveway or private walkway into a road, bike lane, or pedestrian pathway.

Yet it is not the bylaw that should be on your mind while shoveling snow, it is the safety and ease of driving that should be prioritized. Let's think of the big picture and keep our roads clean and safe for all of us—pile up the snow on your lawn, this way you give the grass extra protection in the winter and extra water in the spring. Try to clear as much snow as you can from the road and avoid the headaches of ice dams and huge puddles in the spring.

Thanks for keeping everyone safe.

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Create More Memories and Less Waste This Holiday Season

by The City of Calgary - Waste and Recycling Services



The holidays bring joy—and extra waste. We generate about 25% more this time of year from wrapping paper, packaging, and leftover food. Small changes can make a big impact:

- Give experiences instead of things. Time together creates lasting memories.
- Make or repurpose gifts. Handmade or passed-down items tell a story.
- Wrap creatively. Reuse bags, bows, or wrap with fabric.
- Shop with purpose. Plan ahead and choose thoughtful gifts.
- Reduce food waste. Stick to a grocery list, use leftovers, or send extras home with guests.

Christmas Tree Composting

When the holidays are over, give your real Christmas tree a green goodbye by choosing one of the following options:

- Green Cart Pickup: Remove decorations, cut into small pieces, and place in your green cart.
- Drop-Off (until January 31): Take your undecorated, unbagged tree to a designated site.

Find locations at calgary.ca/christmastree.

Holiday Collection Changes

Please note blue, black, and green cart pickup date changes in your community!

- Thursday, December 25 moves to Monday, December 22.
- Thursday, January 1 moves to Monday, December 29.

Regular Thursday collection resumes January 8. Check your schedule at calgary.ca/cartschedule.

Thank you for helping keep Calgary clean and green. Happy holidays!



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Adult ADHD

by Carley Hyder, Reg. Psychologist



The typical stereotype of Attention Deficit/Hyperactivity Disorder (ADHD) often centres on young boys who appears restless and unable to sit still. However, ADHD has vastly changed now that research in the past ten years has (finally) branched out to include girls and adults. Adult ADHD is one of the top diagnoses right now, next to adult autism because so many of us were missed or never diagnosed as children. What does adult ADHD look like? Adult ADHD can differ by person, but these common traits are associated with adult ADHD:

1. **Disorganization:** Documents being scattered, messy cabinets/closets, missing appointments. Some people are able to 'keep it together' at work, even when their home life feels chaotic. This is called masking, and can work for a while, but can also lead to burnout. Other people struggle to stay employed due to the severity of their disorganization.
2. **Impulsivity:** Some indicators include impulsive spending, impulsive decisions, and erratic changes in

daily schedule. Some individuals may not be able to plan for things in advanced. There also seems to be a preference for change their routine.

3. **Executive Function:** The ability to plan and execute, such as meal planning, prioritize tasks, and being able to stick with them might be challenging.
4. **Struggles To Get Simple Activities Completed:** Having a hard time doing chores or tasks that are not exciting or 'less dopamine rich' such as dishes, laundry, tidying up, and balancing a budget.

If this sounds like you, you could have some of the symptoms associated with ADHD. There are great tools to help you stay on task and organized. Use a calendar to keep track of deadlines, appointments, and events. Do the less favourable task first, followed by a 'reward' or favourable task. Try to schedule each day to get a balance of items completed. You are not in this alone, ask for help; professional organizers, financial planners, executive function support from a licenced psychologist and in some cases, talking to your family doctor can also be helpful.



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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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The New Brighton Clubhouse is now accepting facility bookings and has a variety of rental packages available to meet the needs of all ages, party sizes and budgets! For more information and availability on rooms, please contact 403-781-6613 ext. 5 or email rentals@nbra.ca.

Room Rental Hourly Rate

Banquet Room (Capacity of 100 or 80 with Bouncy Castle)

1,350 Sq Ft

Resident Rate: \$88 plus GST hourly

Brookfield Rate: \$93 plus GST hourly

Non-Resident Rate: \$98 plus GST hourly

Studio Room (Capacity of 35)

462 Sq Ft

Resident Rate: \$52 plus GST hourly

Brookfield Rate: \$57 plus GST hourly

Non-Resident Rate: \$62 plus GST hourly

Hockey Rink (Capacity of 75)

1200 Sq Ft

Resident Rate: \$88 plus GST per hour

Brookfield Rate: \$98 plus GST per hour

Non-Resident Rate: \$108 plus GST per hour

Available time slots: Monday to Friday from 9:00 am to 5:00 pm or Saturday to Sunday from 9:00 to 11:00 am.

*Hockey Rink rentals not permitted on statutory holidays or scheduled educational days off.

Rental Packages

Essential Birthday Package (Studio Room)

Capacity of 35

Resident Rate: \$118 plus GST for two hours

Brookfield Rate: \$128 plus GST for two hours

Non-Resident Rate: \$138 plus GST for two hours

The Essential Birthday Package Includes:

- Two hours in the Studio Room
- Party supplies (banner, cups, tablecloths, balloons, napkins, plates, and cutlery)
- Setup and tear down of the tables and chairs

Deluxe Birthday Package (Banquet Room)

Capacity of 100 or 80 with Bouncy Castle

Resident Rate: \$300 plus GST for two hours

Brookfield Rate: \$310 plus GST for two hours

Non-Resident Rate: \$320 plus GST for two hours

The Deluxe Birthday Package Includes:

- Two hours in the Banquet Room
- Party supplies (banner, cups, tablecloths, balloons, napkins, plates, and cutlery)

- Choice of bouncy castle, piñata, or craft during your party
- Setup and tear down of the tables and chairs

Christmas Package (Banquet Room)

Capacity of 100

Resident Rate: \$310 plus GST for four hours

Brookfield Rate: \$325 plus GST for four hours

Non-Resident Rate: \$340 plus GST for four hours

The Christmas Package Includes:

- Four hours in the Banquet Room
- Party supplies (banner, plastic tablecloths, balloons, and disposable cutlery)
- Music license with dancing
- Setup and tear down of the tables and chairs

NEW BRIGHTON CLUBHOUSE

2 New Brighton Drive SE, Calgary, AB, T2Z 4B2

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C/O New Brighton Clubhouse

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NEW BRIGHTON

RESIDENTS ASSOCIATION



2 New Brighton Drive SE

Calgary, Alberta T2Z 4B2

Phone: 403-781-6613

Fax: 403-781-6611

Office Hours: 9:00 am to 9:00 pm

Stat Holiday Office and Park Hours: 11:00 am to 6:00 pm

CONTACT US AT:

Acting General Manager

Jennifer Strickland • gm@nbra.ca

Facility and Amenities Leader

Douglas Allan • maintenance@nbra.ca

Customer Service Leader

Claire Lee • rentals@nbra.ca

Program Coordinator

Olatide Olaloku • programs@nbra.ca

Special Events Coordinator

Danny Markle • events@nbra.ca

Sponsorship Opportunities

Becoming a sponsor is a great way to make connections with residents and get your business noticed! There are a variety of sponsorship opportunities available to meet the needs of all businesses. If you are interested in becoming a sponsor of the NBRA, please contact the Special Events Coordinator by calling 403-781-6613, ext. 3 or emailing events@nbra.ca.

Want to have your business featured on our ice rink boards? Email events@nbra.ca to discuss rates and terms.

A very special thank you is extended to our current sponsors: Find Your Nook YYC, NAIAD Irrigation Systems, Rachel Mah Poy Desjardins Insurance Agent, and Kilt & Caber Ale House!

Special Events

Christmas in the Clubhouse

Saturday, December 6 from 9:00 am to 4:00 pm

On December 6, Santa will be making a special appearance at the New Brighton Clubhouse! Little residents and their families are invited to Santa's workshop to get their picture taken, share their Christmas wish, participate in holiday-inspired activities, and receive a specially wrapped gift just for them!

Sign up for this event opened on November 5 at noon. Please contact events@nbra.ca to be added to our waitlist if you have not registered.

12 Days of Giving

December 4 to 15 via Social Media Accounts

Keep your eyes on the New Brighton Clubhouse Facebook and Instagram pages from December 4 to the 15 every day at 11:00 am to participate in the 12 Days of Giving! A fantastic new basket of hand selected items will be posted each day with a prompt on how you can enter the giveaway raffle. Participation is open to everyone, both residents of New Brighton and those living outside the community!

A New Brighton Murder Mystery

Saturday, January 24 from 5:00 to 8:00 pm

Join your neighbours and friends for an unforgettable evening of suspense, intrigue, and delicious food at the New Brighton Clubhouse! Immerse yourself in a thrilling whodunit as you work together with fellow residents to unravel the mystery and catch the culprit. Don't miss this fun-filled, interactive event full of twists and

turns. Grab your detective hat and join us for a night of unforgettable entertainment!

\$45 per person includes the murder mystery show and a buffet dinner.

Children and Adult Programs

Beginner Hockey

Winter Session 1: January 12 to February 9

• **Ages 4 to 5 years – 5:15 to 6:00 pm**

• **Ages 5 to 7 years – 6:15 to 7:15 pm**

• **Ages 8 to 10 years – 7:15 to 8:15 pm**

Kids will dive into the exciting world of hockey, mastering the fundamentals in a lively, outdoor setting! This program is designed for children with prior skating experience who are ready to build on their skills and learn the basics of hockey. Emphasis will be placed on puck handling, passing, and shooting! Prior skating experience is required to join this class.

Residents: \$125 | Non-Residents: \$140

Drawing with Young Rembrandts

Winter Session 1: January 10 to February 7

• **Ages 6 to 12 years – 10:15 to 11:15 am**

The Young Rembrandts drawing curriculum is designed to teach basic to advanced drawing skills, art techniques, and vocabulary. Young Rembrandts give students skills to express their creativity and believe that all children can and should learn to draw. Participants will see improved artistic abilities and learn the skills to gain confidence.

Residents: \$100 | Non-Residents: \$115

Primary Ballet

Winter Session 1: January 12 to February 9

• **Ages 4 to 6 years – 6:30 to 7:15 pm**

Introduce your little one to the magic of ballet! In this joyful and imaginative class, young dancers will explore movement, rhythm, and musicality while learning the fundamentals of ballet in a fun, supportive environment.

Residents: \$115 | Non-Residents: \$130

Junior Robotics with OZOBOT

Winter Session 1: January 14 to February 18

• **Ages 5 to 7 years – 5:30 to 6:30 pm**

Discover the wild world of robots. Students will work as young scientists, engineers, and mathematicians to create colour patterns and code their Ozobot to solve

continued on next page

puzzles, traverse mazes, dance, and even go bowling! Kids will join in a hands-on, creative, and innovative adventure!

This highly engaging program builds early STEM and spatial skills. Together, we will foster a love of science, exploration, and nature.

Residents: \$135 | Non-Residents: \$150

For more information on these programs, and all programs at the New Brighton Clubhouse, please visit www.newbrighton-connect.com.

Value Added Activities

New Brighton Seniors Card Club

December 4, 11, and 18 from 1:30 to 3:30 pm

***Seniors club will pause during the holidays and will return January 8, 2026**

The NBRA is excited to host the New Brighton Seniors Card Club, offering a variety of different card games and great conversation each week. Spend the afternoon enjoying new games, meeting new friends, and exploring everything that the NBRA has to offer.

\$2 drop-in.

Tot Time

December 17 from 1:30 to 3:00 pm

***Tot time will pause during the holidays and will return January 21, 2026**

Bring your little ones and take part in a fun afternoon of socialization and unstructured free play, all while parents enjoy coffee and great company!

This program is a \$2 drop-in!

Tween's Night Out

10 to 14 years

December 5 from 7:00 to 8:30 pm

Calling all New Brighton tweens and teens. You are invited to the Clubhouse for a night of fun games, competitions, and good times. Doors open at 7:00 pm, grab your friends and let's have a great night together! The \$2 drop-in fee will include a snack and refreshments!

Babysitting Night

Ages 2 to 10

December 13 from 5:00 to 8:30 pm

Want a night out without the kids? Let the NBRA look after your little ones while you enjoy some quality time. Pizza, a light snack, and a drink will be offered during the evening. Please feel free to pack a nut-free snack/drink

for your child(ren) should they need more. Children must be fully potty trained.

Resident Rate: \$25 | Non-Resident Rate: \$30

Gingerbread House Workshop

December 12 from 7:00 to 8:30 pm

Join us for our Christmas Gingerbread House Workshop, where families can decorate their own festive gingerbread house while enjoying a holiday movie playing in the background to set the perfect festive mood. We'll provide everything you need, gingerbread kits, decorations, and snacks! Price is \$35 per family.

Also Available at the NBRA

Popcorn Packs

Looking to kick up your family movie night a notch? The NBRA offers \$12 Movie Night Popcorn Packs!

Each pack includes:

- Two medium bags of theatre style popcorn
- Two juice boxes
- Two pops (your choice from assorted selection)
- Two chocolate bars (your choice from assorted selection)
- Two candy treats (your choice from assorted selection)

To place your order for a Popcorn Pack, please call 403-781-6613, ext. 1 or email csr@nbra.ca. All orders must be placed by 5:00 pm on December 11. Packs will be available for pick up at the Clubhouse on Friday, December 12 from 6:30 to 8:30 pm.

Take Action on Radon

Did you know that radon is an invisible, radioactive gas that come from the ground? The NBRA is excited to announce that Radon Test Kits are now available in the main office for \$42.95 + GST.

If you would like more information on the kits or radon, please call 403-781-6613 ext. 1 or email admin@nbra.ca.

Good Food Boxes

The Good Food Box (GFB) is a program under the Community Kitchen Program of Calgary where you can purchase a box of fresh fruits and vegetables at a very low cost! The boxes are put together and delivered to the Clubhouse by dedicated volunteers.

Interested in getting a box? Please call 403-781-6613, ext. 1 or email csr@nbra.ca before the order due date listed below. You will be contacted by an NBRA team member on the delivery day once the boxes are available for pick up at the Clubhouse!

Price List

- Small \$30
- Medium \$35
- Large \$40

Order Due Date	Delivered to the Clubhouse
December 2 by noon	December 12
January 20 by noon	January 30

The Good Food Box program, part of the Community Kitchen Program of Calgary, offers affordable boxes of fresh fruits and vegetables to Calgarians and surrounding areas.

Tool Shed

No need to purchase and store tools that you may only need to use once a year; come and check them out from the tool lending library instead! The New Brighton Residents Association and New Brighton Community Association have joined together in efforts to bring you a library full of over 60 tools to meet your landscaping, snow removal, home improvement, DIY, and automotive needs! This is a service for all New Brighton Residents over the age of 18, with more perks available to those who also have a valid NBCA membership. Purchase an NBCA Membership for only \$20! With the NBCA you can enjoy additional Tool Shed perks such as borrowing a maximum of five tools at one time, same-day reservation and more. For borrowing details, to set up your online account, and to browse the catalogue, visit newbrighton-connect.com! No need to make an appointment, the NBRA Tool Shed is open Monday to Sunday from 9:30 am to 8:30 pm, come by during those times to borrow the tool of your choice.

The New Brighton Residents Association is happy to host “The New Brighton Game Hub”, which is a board game lending library consisting of over 50 games that can be borrowed by residents for a fun game night! The library hosts a diverse selection of games suitable for a variety of age groups, interests, and difficulty levels. This is a free service for all New Brighton Residents over the age of 18 who are in good standing. Residents aged 12 to 17 years old may also borrow games; however, they must play



the game on-site while visiting the NBRA Clubhouse. Please visit newbrighton-connect.com for additional borrowing details, to set up your online account, and to browse the catalogue (be sure that you select “the New Brighton Game Hub” as the location from the drop-down menu). There is no need to make an appointment as all games will be lent on a first-come, first-serve basis. The New Brighton Game Hub is available between 9:30 am and 8:30 pm, so come by during those times to borrow the game of your choice!

Stay Connected with the NBRA

Connect with us on Facebook (The New Brighton Clubhouse), Instagram ([newbrightonclub](https://www.instagram.com/newbrightonclub)), or visit us at www.newbrighton-connect.com to stay informed regarding NBRA news, events, programs, and other exciting offerings!

NBRA Holiday Hours

During the holiday season, the New Brighton Residents Association (NBRA) will have condensed hours on specified days. If you are considering visiting the Clubhouse over the holidays, please keep in mind the following hours of operation.

All other days will remain open during regular hours from 9:00 am to 9:00 pm.

- Wednesday, December 24, 2025: 10:00 am to 5:00 pm
- Thursday, December 25, 2025: 12:00 to 4:00 pm
- Friday, December 26, 2025: 11:00 am to 7:00 pm
- Wednesday, December 31, 2025: 9:00 am to 5:00 pm
- Thursday, January 1, 2026: 11:00 am to 7:00 pm



Quick and Easy Bruschetta Appetizers

by Jennifer Puri



Affordable and versatile, bruschetta is a deliciously simple tomato and basil combo.

A classic Italian appetizer, bruschetta originated in 15th century Italy. Olive growers would grill bread over an open fire to taste their freshly pressed oil. The simple slice of toasted bread later evolved to include cheeses, meats, and olives.

Soft cheeses like goat cheese, ricotta, or brie can create a unique flavour. This recipe uses bleu cheese and slices of French bread, but you can also use ciabatta bread instead. Bruschetta can be served warm or cold as part of an appetizer platter.

Bruschetta pairs well with pastas and salads, grilled chicken, or fish. Leftovers can be refrigerated for two to three days in an airtight container.

Prep Time: 15 minutes

Cook Time: 10 minutes

Servings: 4 to 6

Ingredients:

- 4 cups of chopped tomatoes
- 2 tbsps. chopped basil
- ¼ cup chopped red onion
- 6 tbsps. extra virgin olive oil
- 1 loaf of French bread

- ½ cup mayonnaise
- ½ cup crumbled bleu cheese
- ¾ tsp. dry mustard
- ½ tsp. salt
- ½ tsp. coarsely ground black pepper
- 1 tbsps. white wine vinegar

Directions:

1. Preheat oven to 400 degrees Fahrenheit.
2. Slice French bread into ½-inch-thick slices and then cut into half. Lightly brush slices with olive oil on both sides, place on a baking sheet and bake in oven for 10 minutes or until lightly brown.
3. Prepare tomato mixture by mixing together tomatoes, red onion, basil, salt, pepper, 2 tbsps. of olive oil, and the white wine vinegar.
4. In a separate bowl gently mix together mayonnaise, mustard, and crumbled bleu cheese.
5. Spread the cheese mixture on the toasts then top with the tomato mixture. Garnish with fresh basil leaves and serve.

Bon Appétit!



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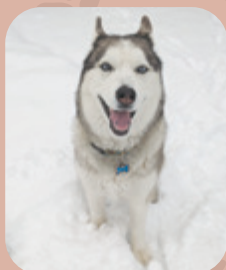
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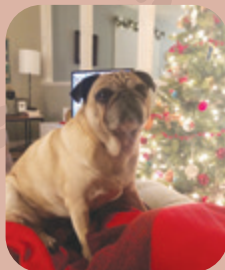
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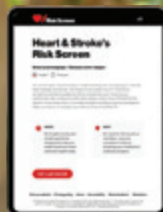
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