

FEBRUARY 2026

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PARKLAND news

THE OFFICIAL PARKLAND COMMUNITY NEWSLETTER

WINTERFEST
FEBRUARY 21
12:00 TO 2:00 PM
AT THE HALL



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2022, 2023, 2024

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PARKLAND HALL WEEKLY CALENDAR

MAIN ROOM :

MONDAYS	9:00 am to noon 11:30 am to 12:30 pm 6:15 to 7:15 pm 7:30 to 9:00 pm	Parkland Preschool My Tai Chi 144 Lake Bonavista Scout Group Karate	403-225-0083 403-271-9658 403-225-1894, essential@telusplanet.net
TUESDAYS	9:00 am to noon 1:15 to 2:45 pm 5:30 to 7:45 pm	Parkland Preschool Bliss Yoga Guides of Canada	403-225-0083 rosemary@blissyogacalgary.ca 403-283-8349
WEDNESDAYS	9:00 am to noon 11:30 am to 12:30 pm 1:00 to 6:00 pm 6:00 to 7:00 pm	Parkland Preschool My Tai Chi Available for booking Thistle Dog Sports	403-225-0083 403-271-9658 403-278-5330 403-614-2040
THURSDAYS	9:00 am to noon 1:00 to 2:00 pm 2:00 to 5:00 pm 5:15 to 7:45 pm	Parkland Preschool Introduction to Tai Chi Available for booking Vanshaw Dance Academy	403-225-0083 msval@shaw.ca 403-278-5330 vanshawacademy@gmail.com
FRIDAYS	9:00 am to noon 11:30 am to 12:30 pm 1:00 to 3:00 pm 3:00 to 4:00 pm 7:00 to 9:30 pm	Parkland Preschool My Tai Chi Available for booking New! Strength and Mobility Baha'i Community of Calgary	403-225-0083 403-271-9658 403-278-5330 team.beautyinflow@gmail.com 403-278-7307
SATURDAYS	8:45 to 9:45 am 10:00 am onwards	Pilates Available for booking	engagemobilepilates@gmail.com 403-278-5330
SUNDAYS	8:30 am to 3:00 pm 3:30 to 6:30 pm	Harvest International Baptist Church Keys of Kingdom Church	403-616-7597, www.Harvestinternationalbaptistchurch.com 403-370-5604

MEETING ROOM:

MONDAYS	9:00 am to 6:30 pm 7:00 to 8:00 pm	Available for booking Al Anon	403-278-5330 403-266-5850
TUESDAYS	9:00 am to 5:30 pm 5:30 to 7:45 pm 8:00 pm onwards	Available for booking Guides of Canada Available for booking	403-278-5330 403-283-8349
WEDNESDAYS	9:00 am to 6:00 pm 6:30 to 8:00 pm	Available for booking Harvest International Baptist Church	403-278-5330 403-616-7597, www.Harvestinternationalbaptistchurch.com
THURSDAYS	11:00 am to 7:00 pm 7:00 to 9:00 pm (First Thursday of each month) 7:00 to 9:30 pm (One Thursday a month) 6:00 to 8:00 pm (Last Thursday of each month)	Available for booking Parkland board meeting Bow View Ringette Hatikyah Ministry	403-278-5330 403-278-5330 www.bowviewringette.com 403-604-1244
FRIDAYS	9:00 am to 12:30 pm 1:00 to 3:00 pm (Third Friday of each month) 7:00 to 9:30 pm	Available for booking Parkland Book Club Baha'i Community of Calgary	403-278-5330 403-278-5462 403-278-7307
SATURDAYS	10:00 am to 12:00 pm	Knitting Group	403-278-5330

Please contact Erika at parklandca@telus.net or 403-278-5330 for hall rental information or to view.
Remember: Parkland Community Association members receive a discounted rental rate.

6	5	8				7	
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SCAN THE QR CODE
FOR THE SOLUTION



SUPPORT YOUR COMMUNITY

LAST NAME: _____

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POSTAL CODE: _____

PHONE NUMBER: _____

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DROP OFF AT THE COMMUNITY HALL OR MAIL TO:

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Italian Dinner

Enjoy an authentic Italian dinner made with fresh ingredients and classic flavours—perfect for lovers of savoury and sweet dishes alike.

**Wednesday, February 4th
at 5:00pm**



Chinese New Year's Buffet!

Join us to celebrate the Year of the Horse with a festive buffet featuring a variety of traditional Chinese dishes symbolizing prosperity and good fortune.

**Monday, February 23rd
at 12:00pm**

Please call to reserve your space today!



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UPCOMING EVENTS AND NEWS

Knitting Group

Meets at the hall on Saturdays from 10:00 am to noon.

Next session is on February 7.

Cost is \$50 for the four sessions or \$15 per drop-in.

Membership can readily be purchased from the office and is required for attending the group.

If interested, email the hall at parklandca@telus.net.

Parkland's Annual Winterfest Celebration – Make It a Date!

February 21 at the Parkland Hall

Face painting, sleigh rides, games and crafts for kids.

Volunteer Tea

April 25 from 12:00 to 2:00 pm at the Parkland Hall

Parkland Hall Has a Meeting Room That Can Hold Meetings, Training Sessions, and Tutoring Sessions!

Parkland hall's meeting room has audio visual equipment included as part of the rental cost. Our meeting room holds up 20 people and there are tables that can be folded and moved aside if need be. We have daytime spots available and some later evenings, as well as Saturday afternoons.

Give the hall a call at 403-278-5330 if interested, or email parklandca@telus.net.

Did You Know?

Did you know that a current Parkland Community Association membership gives you a 30% discount at any Cloverdale paint store. All you have to do is show the sales associate your membership card and let them know the FCC (Federation of Calgary Communities) gets a discount for your community.

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.

Parkland Cares

Parkland Cares is a community-based organization of families and neighbours committed to helping others.



Happy New Year! 2025 was a year filled with generosity and neighbourly kindness. Thank you, friends!

Thank you to all our Parkland and Bonavista neighbours. Our Warm Feet, Warm Hearts Initiative prepared 243 care kits for The Calgary Drop-In Centre. Parkland Cares had five teams participate in putting together Senior Secret Santa gifts packages. Assembling some beautiful boxes of cheer for local seniors. We adopted three local families with extreme financial and food security needs. In addition, we once again delivered \$1,010 in grocery gift cards to Wilma Hansen Jr. High and Deer Run Elementary. The schools ensured that the cards reached families experiencing food insecurity during the holidays.

Upcoming Events:

- January to March: Tea and Conversation. In the winter months ahead, set aside an hour to share your time with a senior neighbour who may be alone or may be the primary caregiver for their partner. Make connections, conversations, and push back against senior loneliness.
- April: Birthday Bags for the Calgary Food Bank
- May: Collecting for Basically Babies: Outfitting Newborns in Need

Parkland Cares is incredibly thankful for the continued support of our wonderful community.

Keep posted for upcoming information about new initiatives.

Thank you!

Parkland Cares Calgary
parklandcaresyyc@gmail.com
403-863-9927





**BONAVISTA
CARES**

LET'S GROW KINDESS

Tea and Conversation

Kindness counts – let us work to build better connection in our communities!



PARKLAND AND LAKE BONAVISTA

30% of our neighbours are over 65 years of age with almost 40% of those living alone. Loneliness puts people at greater risk of heart disease, dementia, depression and more.

GROWING LONELINESS

The days of folks dropping by to say hello are a fond memory. Canada now ranks loneliest among 11 developed countries.

An increasing amount of seniors may go a month without speaking to a friend, family member or neighbour.



Tea and Conversation Challenge

In the winter months ahead, set aside an hour to share your time with a senior neighbour who lives near you who may be alone or may be the primary caregiver for their partner.

Kindness Counts

- Ask a friend to take up the tea and conversation challenge
- Slow down and get to know your neighbours and enrich your life.
- Let's grow kindness** and push back against this epidemic of loneliness



Ideas

- Enjoy a morning or afternoon tea at a cafe
- Take a roaming tea while walking through your neighbourhood
- Serve a cup of joy by hosting a neighbour in your own home
- Deliver a cup of joy to a neighbour who may be housebound



Acts of Kindness

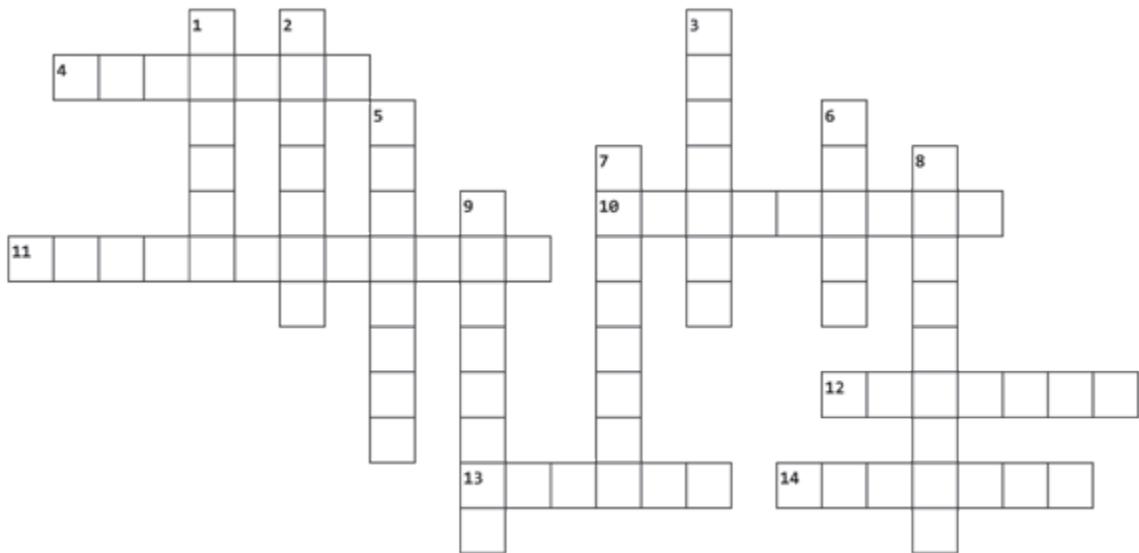
We cannot do everything but if we each did one thing – one act of kindness or generosity – the world would be a better place.

Making Connections

- Share your contact information with your isolated neighbours in case of emergency or for when they need a hand



February Crossword



Across

4. Islam's holy month of fasting, prayer, and reflection, called _____ starts on February 17 this year.
10. On February 2, 1653, what is now called New York City officially became a city, but it was known as New _____ at the time.
11. Comedian Leslie Nielsen was born on February 11, 1926, in Regina, _____.
12. Canada's twelfth Prime Minister, Louis St. _____, was born on February 1, 1882, in Compton, Québec.
13. The first volume of this English Dictionary was published on February 1, 1884.
14. The first documented street celebration of Mardi Gras in New _____ took place on February 27, 1827.

Down

1. This North American country celebrates National Flag Day on February 15 annually.
2. During the 1988 Calgary Winter Olympics, the bobsleigh team from this Caribbean nation inspired the movie *Cool Runnings*.
3. At the 26th Grammy Awards on February 28, 1984, Michael _____ won an astonishing eight Grammys!
5. Pope _____ XVI announced his resignation from the papacy on February 11, 2013.
6. The 2026 Chinese Zodiac is this equine beauty.
7. Min Jin Lee's New York Times bestselling novel, _____, follows a Korean family who immigrate to Japan and was first published on February 7, 2017.
8. The XXI Winter Olympic Games were held in this Canadian city in 2010.
9. On February 4, 2004, this social media platform was launched from a Harvard dorm room.



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

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February Is Heart Month

by Alberta Health Services



Do you know the signs and symptoms of a heart attack and what to do if someone experiences these? Knowing may make the difference between life and death. Recognizing and responding immediately to the warning signs of a potential heart attack may significantly improve survival and recovery. February is Heart Month: take the time to be heart safe and learn how you can reduce your risk.

Common Signs of a Heart Attack

(Any, or all, of these signs and symptoms may occur)

- Chest discomfort described as simply a mild pressure up to a 'crushing' pain; may also be 'squeezing' or a 'heavy' sensation.
- Discomfort may move to the shoulders, arm, neck, or jaw.

- May include shortness of breath, sweating, or nausea/vomiting.
- Signs may vary person to person and can differ between men, women, and the elderly.

Heart Attack Risk Factors

- Obesity*
- Sedentary lifestyle*
- Smoking*
- High cholesterol*
- Age/Gender
- Family history

Speak with your doctor about how to treat your modifiable (*) risk factors and learn to be heart safe.

What To Do When Seconds Count

- Call 9-1-1, immediately. Early treatment can greatly reduce heart damage and be the difference between life and death.
- Treatment starts the moment EMS arrives. Paramedics can provide oxygen, start an intravenous, and perform an electrocardiogram (ECG).
- Paramedics can also administer important medication(s) in the early minutes of a heart attack to lessen heart damage.
- During transport, EMS will share information with the hospital so that definitive treatment can begin immediately upon arrival.
- Take a CPR/AED course. Training is widely available from many reputable organizations. It's easy and could make a significant difference in the outcome of someone experiencing a heart attack.

The Great Attenders logo, featuring three cartoon women in superhero costumes with red capes and 'THE GREAT ATTENDERS' text.

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Staying in Relationships Thinking the Other Person Will Change, Now What?

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

In romantic relationships, the hope that someone will change is incredibly common, and very human. Here's the why:

We fall in love with potential, not just reality. Early connection, chemistry, and shared dreams can make us focus on who someone could be rather than who they consistently are.

Love activates optimism and attachment. Attachment bonds naturally create hope. Our nervous system prefers security over loss, so we hold onto the idea that change will come rather than face the pain of disappointment or separation.

We confuse influence with control. Healthy relationships do involve growth and compromise, but that can slide into the belief that love, patience, or suffering will eventually motivate change in areas that are actually character-based or deeply ingrained.

Familiar patterns feel safer than unfamiliar outcomes. Even dissatisfaction can feel safer than the uncertainty of leaving—especially if someone grew up adapting to others or earning love by tolerating discomfort.

Cultural narratives reinforce it. We're taught that love "fixes," that commitment means endurance, and that leaving equals failure rather than discernment.

Acceptance doesn't mean approval. It means clearly seeing who someone is right now, and asking: Can I live peacefully with this if it never changes? If the answer is no, the work isn't to force acceptance—it's to honor that truth. Real intimacy grows when we choose people for who they are, not who we hope they'll become.

Here are practical ways to shift your inner narration and cultivate acceptance of your partner—without abandoning your own needs or values (unless the situation is unsafe or abusive):

1. Separate "preferences" from "deal-breakers"

Narration shift: "I don't like this" to... "This is uncomfortable, but not unsafe or violating."



2. Replace fantasy with reality statements

Narration shift: "They would be perfect if..." to... "This is who they are today, consistently."

3. Translate irritation into meaning

Ask: What does this trigger in me; fear, unmet needs, old wounds?

Narration shift: "They're the problem" to... "This brings up something important in me."

4. Use compassion without justification

Narration shift: "They shouldn't be this way" to... "I can understand why they're this way, without agreeing or excusing."

5. Practice present-tense acceptance language

Use phrases like: "This is what's here right now" or... "I don't have to solve this today."

6. Stop future-bargaining

Narration shift: "Once X happens, then I'll be okay" to... "If nothing changes, how do I feel about this life?"

7. Name your choice clearly

Narration shift: "I'm stuck" to... "I am choosing to stay for now, with eyes open."

Choice restores agency and reduces resentment.

8. Practice grief, not resistance

Acceptance often requires grieving the partner you hoped for.

Narration shift: "This shouldn't hurt" to... "Of course this hurts."

9. Anchor acceptance in boundaries

Narration shift: "I have to accept everything" to... "I accept who they are and I choose how close I stand."

10. Use curiosity over judgment.

Narration shift: "They're wrong" to... "This is different from me—what does that mean for us?"

Winter Tips to Keep Our Rivers Healthy

by *The City of Calgary*

When snow melts, water runs off our streets, driveways, and yards, and ultimately ends up in our rivers, creeks, and wetlands. This runoff is called stormwater. Stormwater picks up garbage, chemicals, pet waste, salt, gravel, dirt, and other debris, washing it into our storm drains and our rivers.

The City of Calgary and Calgarians need to work together to manage our stormwater. In newer communities, The City uses storm ponds to help naturally treat stormwater by slowing the flow, allowing sediment and pollution to settle before entering our rivers. While these are found in newer communities, stormwater is not cleaned by a treatment plant, which is why keeping it pollution free is so important. Clean stormwater ensures our rivers, creeks, and wetlands, as well as local wildlife and fish, remain healthy for future generations.

Together we can keep our rivers and creeks healthy by:

- Shovelling shortly after it snows to prevent ice and reduce salt, sand, or gravel use.
- Following the manufacturer's instructions if using salt on your driveway or sidewalks, so you're not using more than needed.
- Sweeping up excess salt, sand, and gravel from your driveway and sidewalks.
- Continuing to pick up pet waste and litter off the ground and dispose of them in the right disposal bin.

What ends up on our streets, ends up in our rivers. For more tips and information, visit calgary.ca/stormwater.



Be Water Wise Indoors This Winter

by *The City of Calgary*

When it's cold outside, most of the water we use is indoors—and small changes at home can help protect one of our most precious resources.

This winter, The City of Calgary is encouraging Calgarians to be water wise inside their homes.

Simple everyday habits can easily reduce your water use.

- **Fix leaks quickly.** A dripping tap or running toilet can quietly waste thousands of litres of water each year. If you hear or see a leak, don't ignore it.
- **Run full loads.** Wait until your dishwasher and washing machine are full before you press start—you'll save water, energy, and money on your utility bill.
- **Use water-saving settings.** Choose water-saving or eco cycles when available on dishwashers and washing machines.
- **Track your use.** Check your water bill or meter regularly so you can spot sudden increases that may point to a hidden leak.

By using water wisely today, we help keep our rivers healthy and ensure there's enough to go around as Calgary continues to grow. Together, we are water wise.

To learn more about indoor water-saving tips and find tools to help track your water use, visit calgary.ca/IndoorWaterWise.





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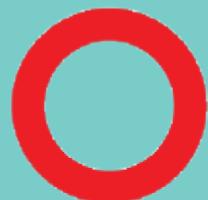


- ✓ DISCOVER NEW SKILLS
- ✓ BE PART OF A TEAM
- ✓ MAKE FRIENDS
- ✓ GET ACTIVE
- ✓ HAVE FUN



April is Come Try Ringette month, and there will be many sessions in Calgary.

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As I get ready to head back to the legislature, I want to make sure your voices are heard and guide the work I do for you as your MLA. To that end, I am planning my next town hall for early spring 2026, so please stay tuned for the confirmed date.

Our town hall is a valuable opportunity for the constituents of Calgary-Fish Creek to share your thoughts, concerns, and ideas. Your input helps me better represent our community in Edmonton. I encourage everyone to attend and participate in this important conversation. Together, we can make a difference.

I would like to wish everyone a happy Family Day. I hope you are all able to share the day with family and friends!

If you have any questions or input, please feel free to reach out to my office anytime at Calgary.FishCreek@assembly.ab.ca.



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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.

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PARKLAND HOUSE AND CAT SITTING/SECURITY HOME CHECK: Going out of town? Need someone to check your house so you have peace of mind in case of an insurance claim? We will check your house while you're gone for water leaks, take care of your plants and we will cuddle and feed your cats! Long time Parkland residents; call 403-852-1668 or email erikadiaz@shaw.ca. References supplied.

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IN-HOME EXERCISE SUPPORT FOR SENIORS AND THOSE WITH CHRONIC CONDITIONS: Wytsma Health and Movement provides in-home exercise programming to improve your health and help you live and feel better! We specialize in working with people with chronic conditions and also with those who are unable to travel to a facility. Now accepting new clients. Contact Kathryn: 403-650-7969 or kathryn@wytsmahealthandmovement.ca or wytsmahealthandmovement.ca.



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News, Events, & More



Crime Statistics



Real Estate Statistics



The Community of Parkland

Real Estate Update

Year Over Year Report!

Valentines Day

CITY OF CALGARY HOUSING STATISTICS DECEMBER 2025



Detached 2025

Sales down nearly 9% compared to 2024. Steepest decline in NE, East, & City Centre - due to significant gains in inventory
Average Annual Benchmark Price \$752,767 (1% higher than 2024)

Semi-Detached 2025

Sales down nearly 8% compared to 2024. Smallest segment of market @ 10% of sales activity
Average Annual Benchmark Price \$685,850 (3% higher than 2024)

Apartment/Condo 2025

Sales down 28% compared to 2024
Average Annual Benchmark Price declined 3%. Steepest decline in NE @ nearly 5%

*Annual Residential Benchmark Price in 2025 is \$577,492, 2% lower than 2024

	2025	2024
Parkland Detached	Avg. List Price	\$933,189
	Avg. Sold Price	\$928,835
Parkland Apartment / Townhouse	Avg. List Price	\$511,975
	Avg. Sold Price	\$498,125

Note: There were fewer high-end properties sold in 2025 than in 2024.

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