

MARCH 2024

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# RIVERBEND



CONNECTS

THE OFFICIAL RIVERBEND COMMUNITY NEWSLETTER



Cover Photo by Cathy van Leuken



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# LIVING AND SELLING RIVERBEND



35 RIVERSTONE CRESCENT

**INVENTORY IS STILL LOW!  
THINKING OF SELLING?**  
Call for your free home evaluation.

**SAVE THE DATE** – Spring Garage Sale is Saturday, June 8<sup>th</sup>



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\*Not intended to solicit property currently listed for sale.



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Dr. Tasha Chrbet, DDS

Dr. Megan Lawless, DDS

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Dr. Vranjes & Associates at Dynamic Dental would like to welcome Dr. Megan Lawless and Dr. Isela Montemayor to the team

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**403.453.5588** [www.dynamicdentalcalgary.com](http://www.dynamicdentalcalgary.com)

Dentistry is our profession, but people are our focus.  
\*all services performed by a licensed general dentist

# Key Things to Know About in March

Stay connected to all things Riverbend at [www.riverbendcommunity.ca](http://www.riverbendcommunity.ca), and Facebook, X (Twitter), and Instagram @riverbendyyc

## Thank You

Another fantastic event organized by your RCA! We would like to thank Youth Central for helping volunteer for our Family Skate Day. We would also like to give a shout out to KidSport for the use of their Skate Shack.

## Meet Your New RCA Directors!

Visit page 13 to meet your new RCA Directors!

## All-Season Rink Updates

To ensure a positive skating experience, we will be updating our website with the latest ice conditions on our all-season rink as they occur. Visit [www.riverbendcommunity.ca](http://www.riverbendcommunity.ca).

## Upcoming Events

### Dinner and a Movie March 15

And the winner is *Wish!* Thanks to all who voted in our contest to pick our next film. Join us at the RCA on March 15 for our Dinner and a Movie event starting with food trucks on site from 5:00 pm. The movie will start at 6:00 pm. \$3 for members, \$5 for non-members. Cash concession.

More information, visit our website at [www.riverbendcommunity.ca](http://www.riverbendcommunity.ca).

### Spring Plant Fundraiser

Help support Riverbend community beautification with our first ever Spring Plant Fundraiser. By purchasing plants through this program, not only will you beautify your own space, but the proceeds from the fundraiser will support future community beautification projects. Please visit our website for order and pick-up dates. <https://www.riverbendcommunity.ca/events/spring-plant-fundraiser>.

### Good Food Box Program

The content varies monthly, due to seasonal availability. The boxes contain the maximum produce to ensure our clients are getting the most value for the price.

- \$30 Small Box (20 to 25 lbs.)
- \$35 Medium Box (30 to 35 lbs.)
- \$40 Large Box (40 to 45 lbs.)

Order Deadlines	Pick-up Deadlines (between 5:00 and 7:00 pm at the community centre)
-----------------	--

March 4	March 14
April 8	April 18

Order online at [www.riverbendcommunity.ca/programs/community-programs/good-food-boxes-community-kitchen](http://www.riverbendcommunity.ca/programs/community-programs/good-food-boxes-community-kitchen).

### 55+ Cards and Coffee March 8 and March 22

Join us in the Elbow room every second and fourth Friday of the month from 2:00 to 4:00 pm.

\$2 donation appreciated. No pre-registration necessary.

Please note that this event will be cancelled in extreme weather conditions and cancellation will be announced on our website and social media.

## Updates From Your RCA

### Volunteer With Us!

Volunteering is a powerful way to make a difference and strengthen the bonds within our community. Whether young or young at heart, there are opportunities to contribute and create positive change. Consider volunteering with RCA to:

- Allow you to learn something new, explore new interests, and acquire new skills.
- Connect with people across generations.
- Bring ideas forward.
- Use board experience toward your annual professional development hours.

We are looking for all ages of volunteers, whether you're a teenager, a working professional, or a retiree. Join RCA, leave a positive mark in our community, and be part of the collective effort to create a stronger, more vibrant Riverbend!

Every small act of kindness adds up to something extraordinary. Visit <https://www.riverbendcommunity.ca/volunteering> and sign up today!

### We Love Riverbend

Show off your love of Riverbend by purchasing our community association branded spirit gear merchandise! Visit our official online shop to grab some great quality clothing and winter gear made by brand-name manufacturers.

We've got everything from quality hoodies, joggers, t-shirts, jackets, sweatshirts, and even toques, for the whole family. Best of all, you can fully customize many of our items with your name, favourite colour, or lucky number. No minimum order quantities required. Free

shipping on orders over \$75! Support the Riverbend community association today.

Visit <https://riverbendcommunity.entripyshops.com/>.

### Host Your Next Event with Us!

Looking for a spot to host your next event? Look no further than your own community!

The perfect spot for a wedding, family celebration, birthday party or business meeting.

- Main level with two rooms to serve your needs. 175 or 64 banquet seating capacity
- Bluetooth, Wi-Fi, and AV capabilities
- Fully accessible kitchen with commercial fridge, commercial dishwasher, and warming ovens

Book your event today! [www.riverbendcommunity.ca/facility-rentals](http://www.riverbendcommunity.ca/facility-rentals).

### Rink Board Advertising

Riverbend Community Association (RCA) offers an opportunity to advertise on the RCA Rink Boards.

Details:

- The size of the sign is 3ft x 7ft
- RCA will coordinate printing and installation of the sign
- The cost is \$1,200 + GST for a two-year period

\*Businesses that offer benefits to RCA Members will receive an additional 10% discount for rink board advertising.

If you are interested in this opportunity, visit our website to fill out an application form at <https://www.riverbendcommunity.ca/outdoor-rink>.

### Partner with Us to Offer RCA Member Benefits/Discounts!

In recognition and appreciation of the member benefits offered to RCA Members, RCA agrees to:

- Provide a listing on our website under the Memberships page with a hyperlink. Our webpage, [www.riverbendcommunity.ca](http://www.riverbendcommunity.ca), is visited by about 1,000 visitors every month.
- Provide a listing in the *Riverbend Connects* newsletter on the Memberships page. Our printed newsletter is delivered to over 4,000 households and enjoys over 80% readership.

- Post a new benefit announcement post with your logo on our social media platforms. Our Facebook page has 2,400+ followers, Twitter page 700+ followers, and Instagram page 900+ followers. Our posts often reach a few thousand people.

- Provide one additional post on RCA social media platforms per year.

Visit our website to sign up at <https://www.riverbendcommunity.ca/membership>.

**SPIRIT GEAR ONLINE STORE NOW AVAILABLE!**

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[WWW.RIVERBENDCOMMUNITY.CA](http://WWW.RIVERBENDCOMMUNITY.CA)

Support community beautification with our **Spring Plant Fundraiser**

GROWING SMILES FUNDRAISING

[WWW.RIVERBENDCOMMUNITY.CA/EVENTS/SPRING-PLANT-FUNdraiser](http://WWW.RIVERBENDCOMMUNITY.CA/EVENTS/SPRING-PLANT-FUNdraiser)



# RIVERBEND FYI

## Riverbend Community Association Contacts

✉ info@riverbendcommunity.ca ☎ 403-236-7270 🏠 19 Rivervalley Dr SE, Calgary, AB T2C 3S1  
🌐 riverbendcommunity.ca 📘 facebook.com/riverbendfyi 🐦 twitter.com/riverbendfyi 📷 @riverbendfyi

### Directors

President	Ryan Munday	ryan@riverbendcommunity.ca
Past President	Olga Maciejewski	olga@riverbendcommunity.ca
Vice President, Business Operations	Amit Khare	amit@riverbendcommunity.ca
Board Secretary	Vladimir Ivanov	vladimir@riverbendcommunity.ca
Treasurer	Vacant	
Capital Projects	Ken Schultz	ken@riverbendcommunity.ca
Community Beautification	Craig Henry	craig@riverbendcommunity.ca
Memberships and Partnerships	Samantha Moulds	samantha@riverbendcommunity.ca
Traffic, Safety, and Crime Prevention	Brenda Pereira	brenda@riverbendcommunity.ca
Communications	Nichole Wyatt	nichole@riverbendcommunity.ca
Volunteer Resources	Natalia Gonzalez	natalia@riverbendcommunity.ca
Director at Large	Melodie Tang	melodie@riverbendcommunity.ca
Director at Large	Stuart Russell-Gibson	stuart@riverbendcommunity.ca
Director at Large	Alina Cotovanu	alina@riverbendcommunity.ca

### Other

Community Manager	Delby Auktor	delby@riverbendcommunity.ca
Communications and Marketing	Anthony Murdoch	communications@riverbendcommunity.ca
Maintenance	Terry Martineau	terry@riverbendcommunity.ca
Softball League	Cody Halleran	cody.halleran@shaw.ca
Volleyball League	Clayton Bischoff	claytonbbischoff@shaw.ca

### District Representatives

Calgary Police Community and Liaison Officer	Cst. Sue Bennett	403-266-1234
To report an emergency or crime in progress please call 911		
To report a historical crime or if there is not an immediate need for police, please call the Calgary Police non-emergency line at 403-266-1234		
For online reporting please visit calgarypolice.ca		
Councillor Ward 11	Kourtney Penner	Ward11@calgary.ca
MLA Calgary Peigan	Tanya Fir (UCP)	Calgary.Peigan@assembly.ab.ca
MP Calgary Shepard	Tom Kmiec (PC)	Tom.Kmiec@parl.gc.ca
School Board Trustee (Calgary Public School Board) Ward 11 and 13	Nancy Close	neclose@cbe.ab.ca
School Board Trustee (Calgary Catholic School Board) Ward 11 and 12	Cathie Williams	cathie.williams@cssd.ab.ca
Girl Guides Riverbend	Holly Sweeney	hollysweeney6@outlook.com
Scouts 77th East Glenmore Scout Group	Rose Martin	rose_m@shaw.ca



# Riverbend Community Centre

LOOKING FOR A SPOT TO BOOK YOUR NEXT EVENT?  
LOOK NO FURTHER THAN YOUR OWN COMMUNITY!

- The perfect spot for a wedding, family celebration, birthday party or a business meeting!
- Main level with 2 rooms, 175 plus 64 banquet sitting capacity
- Bluetooth and AV capabilities
- Fully renovated patio
- Minutes away from picturesque Carburn Park
- Listed as one of the best Community Centres in Calgary
- And so much more!!



[WWW.RIVERBENDCOMMUNITY.CA/FACILITY-RENTALS](http://WWW.RIVERBENDCOMMUNITY.CA/FACILITY-RENTALS)



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**Linen Cleaning Services**

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**Workwear Cleaning Services & Supplies:**

- Uniforms, Coveralls, Gowns, Rags
- Tork Dispensers and Supplies



VISIT OUR WEBSITE



CONTACT US





# Spring Programs

**April to June 2024**

Register online at [www.riverbendcommunity.ca/programs](http://www.riverbendcommunity.ca/programs).



**Pilates With Yoga**  
Tuesdays  
7:00 PM - 8:00 PM (Bow River Room)

12 Weeks of Classes  
April 9 to June 25 2024  
Cost  
\$165 for RCA Members  
\$185 for Non-Members

REGISTER ONLINE - [WWW.RIVERBENDCOMMUNITY.CA/PROGRAMS](http://WWW.RIVERBENDCOMMUNITY.CA/PROGRAMS)

The poster features a photograph of a woman in a white long-sleeved shirt and black leggings performing a Pilates exercise on a blue mat. She is lying on her back with her knees bent and feet flat on the floor, holding a small wooden chair for support.

## Pilates with Yoga

**Tuesdays from 7:00 to 8:00 pm in the Bow Room**

**For 12 weeks. April 9 to June 25**

Each class will include a flowing series to warm the body, hold postures to build strength, and balance postures to increase stability. Classes will end with gentle stretches and relaxation. If you are new to physical activity, please check with your physician prior to starting a new exercise routine.

Cost \$165 for RCA Members | \$185 for Non-Members

Members use coupon code PFS24 to receive a \$20 discount.



**Dance Fitness**  
Mondays  
8:15 PM - 9:15 PM  
(Bow River Room)

10 Weeks of Classes  
April 8 to June 17 2024  
No class May 20 2024

Cost  
\$145 for RCA Members  
\$165 for Non-Members  
\$20 Drop-In Classes

REGISTER ONLINE - [WWW.RIVERBENDCOMMUNITY.CA/PROGRAMS](http://WWW.RIVERBENDCOMMUNITY.CA/PROGRAMS)

The poster features a photograph of a woman in a black tank top laughing joyfully. In the background, other people are visible, suggesting a group fitness class.

## Dance Fitness

**Mondays from 8:15 to 9:15 pm in the Bow Room**

**For 10 weeks. April 8 to June 17. No class May 20**

Dance Fitness is an easy-to-follow cardio dance class with a mix of popular and international rhythms guaranteed to make you sweat! A portion of the class is dedicated to toning choreography with the use of light hand weights.

Cost \$145 for RCA Members | \$165 for Non-Members | Drop-in price \$20

RCA Members use code DFS24 at checkout to receive a \$20 discount.

\*Coupons cannot be used for drop-in classes.

## Kids and Youth

### Girl Guides of Canada

Girl Guides of Canada is the largest organization for girls and women in Canada. Meetings are every Wednesday at 6:30 pm, September to June. Sparks (ages: 5 to 6) are in the Elbow River Room; Brownies (ages: 7 to 8) are in the Bow River Room; Guides (ages: 9 to 11) are in the Carburn Park Room; and Pathfinders (ages: 12 to 14) are in the Heritage Room. Contact [ggcinfo@calgarygirlguides.com](mailto:ggcinfo@calgarygirlguides.com) or [www.girlguides.ca](http://www.girlguides.ca) for more information.

### Calgary Young People's Theatre

CYPT provides professional calibre mentorship, training, and performance opportunities to youth ages 4 to 18. Our extensive year-round programming includes productions, camps, classes, workshops, and new play development. Register online at [www.cypt.ca/classes/](http://www.cypt.ca/classes/). For more information, please email [ad@cypt.ca](mailto:ad@cypt.ca).

### Little Steps Before and After School Care

#### Out of School Care

For children ages 5 to 12 years old attending Riverbend Elementary School and Holy Angels. Open Monday to Friday from 7:00 am to 6:00 pm, September to June; Closed all statutory holidays, Open all PD days.

Contact [littlestepspreschool@telus.net](mailto:littlestepspreschool@telus.net), 403-554-3605, [www.littlestepschildcare.ca/riverbend-preschool/](http://www.littlestepschildcare.ca/riverbend-preschool/), or [www.littlestepsbac.ca](http://www.littlestepsbac.ca) for more information.



# RCA MEMBERSHIP FORM

*Memberships are valid for one year from the date of purchase.*

First Name: \_\_\_\_\_

Last Name: \_\_\_\_\_

Email: \_\_\_\_\_

Spouse/ Partner Name: \_\_\_\_\_

Address: \_\_\_\_\_

Postal Code: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Number of Children: \_\_\_\_\_

Ages of Children: \_\_\_\_\_

Please let us know what communications you would like to receive from Riverbend Community Association!

- Volunteer Opportunities
- Special Events & Community Surveys (as occurring)
- General Riverbend Community Communications (monthly)

Membership cost:

- \$25 +GST (\$26.25) - Individual/ Family or Associate
- \$15 +GST (\$15.75) - Seniors Household



*Please mail completed form with appropriate payment to Riverbend Community Centre, 19 Rivervalley Dr SE, Calgary AB T2C 3S1, or drop it off at the Riverbend Community Association's office.*



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MUSIC ~ ART ~ FITNESS



## NEW PROGRAM IDEAS? YES PLEASE!

ARE YOU A TEACHER THAT WOULD  
LIKE TO SHARE THEIR EXPERTISE ?

Send us your ideas for a new program to  
be offered at the Riverbend Community  
Association.



TO SUBMIT IDEAS VISIT  
[WWW.RIVERBENDCOMMUNITY.CA/PROGRAMS](http://WWW.RIVERBENDCOMMUNITY.CA/PROGRAMS)



## RINK RENTAL



DID YOU KNOW,  
THE RINK IS NOW AVAILABLE FOR PRIVATE EVENT RENTALS?



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PRICES ARE PER HOUR  
DISCOUNT FOR RCA MEMBERS

CONNECT WITH US.  
CHECK IN, LIKE, TAG, SHARE!



[riverbendyyc](https://www.instagram.com/riverbendyyc)



[@riverbendyyc](https://twitter.com/riverbendyyc)



[@riverbendyyc](https://www.facebook.com/riverbendyyc)



Riverbend Community Calgary



[WWW.RIVERBENDCOMMUNITY.CA/OUTDOOR-RINK](http://WWW.RIVERBENDCOMMUNITY.CA/OUTDOOR-RINK)

RIVERBEND COMMUNITY CENTRE  
19 RIVERVALLEY DR SE, CALGARY, AB T2C 3Z7



# GOOD FOOD BOX PROGRAM

MONTHLY BOXES OF ASSORTED PRODUCE  
(SMALL, MEDIUM OR LARGE) AVAILABLE TO  
PURCHASE FOR APPROXIMATELY 50% OF RETAIL  
COST AVAILABILITY

CONTENTS VARY WEEKLY, DUE TO SEASONAL AVAILABILITY



[WWW.RIVERBENDCOMMUNITY.CA/PROGRAMS/COMMUNITY-PROGRAMS](http://WWW.RIVERBENDCOMMUNITY.CA/PROGRAMS/COMMUNITY-PROGRAMS)



## support your community

### BECOME A MEMBER NOW!

GET CONNECTED | BUILD RELATIONSHIPS  
VOTE ON IMPORTANT ISSUES | JOIN RCA BOARD

FEEES SUPPORT COMMUNITY  
PROGRAMS, EVENTS AND  
PROJECTS

in addition members benefit from  
DISCOUNTS | PRIORITY | EXCLUSIVE ACCESS

- 15% off community centre rentals
- FREE monthly materials drop-off at Ecco Recycling landfill
- Discounts for RCA program and event registrations
- GREAT discount offers with community retailers

[WWW.RIVERBENDCOMMUNITY.CA/MEMBERSHIP](http://WWW.RIVERBENDCOMMUNITY.CA/MEMBERSHIP)

## Tasty New Menu Selections



Glenmore Inn & Convention Centre

Kapow Wagyu Beef Dumplings      Stuffed Jalapeno Peppers

Cobb Salad      Double Deluxe BBQ Beef Burger

3 Types of Poutine

Classic Poutine  
Glenmore Poutine  
Buffalo Poutine

Rice Bowls

Chicken  
Beef  
Salmon

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**DEERFOOT TRAIL  
IMPROVEMENT PROJECT**

**VOLUNTEER COMMITTEE**

Do you want to be engaged  
in advocating for our community?

Volunteer for the Deerfoot Trail  
Improvements committee  
and have your SAY!



Contact Brenda@riverbendcommunity.ca to get involved

## Meet Your New RCA Directors

### President - Ryan Munday



Ryan has a background in engineering having spent his career in project management, design, and product development. With his family, he has lived in Riverbend since 2013 and has volunteered on the Riverbend Community Association board of directors since 2016.

Ryan has a passion for technology and community with the goal of retaining and recruiting for the RCA board by showing what a great organization it is and what the benefits of giving back to your community include.

Contact ryan@riverbendcommunity.ca.

### Community Beautification - Craig Henry



Craig has been a resident of Riverbend for eight years and brings extensive computer knowledge and experience to the board. He currently works as a carpenter, and loves gardening, cycling, hiking, camping, kayaking, martial arts, baking, cooking, and PC gaming. He has been a Calgary resident since 1987.

Contact craig@riverbendcommunity.ca.



**55+  
CARDS  
AND  
COFFEE**

**MEETS THE SECOND  
AND FOURTH FRIDAYS  
OF THE MONTH**

**2:00-4:00PM**

Meet your neighbours for a cup of coffee and a card game every second and fourth Friday of the month.  
No Pre-registration required  
\$2 donation appreciated

[www.riverbendcommunity.ca](http://www.riverbendcommunity.ca)



**DINNER & MOVIE**  
**MARCH 15 @ RCA**

**Friday, March 15**

Food trucks will be onsite from 5PM

Movie starts at 6PM

Ticket prices:  
\$3 for member \$5 for non-member



Register online  
[www.riverbendcommunity.ca](http://www.riverbendcommunity.ca)



**Exterior Solutions.ca**

10% OFF on insurance claims

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BEFORE AFTER

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**SCAN HERE TO VIEW ADDITIONAL RIVERBEND CONTENT**

<p>News, Events, &amp; More</p> 	<p>Crime Statistics</p> 	<p>Real Estate Statistics</p> 
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For business classified ad rates contact  
Great News Media  
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**NEPTUNE PLUMBING & HEATING LTD:** Qualified journeymen plumbers/gasfitters, very experienced in Riverbend. 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.

**RIVERBEND 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.

# BUSINESS CLASSIFIEDS

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**RIVERBEND CONTRACTOR FOR HIRE:** Over 20 years' experience completing renovations in and around Riverbend. 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](http://www.lefroyconstruction.com).

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# BATHROOM RENOVATION SALE

## TUB TO SHOWER CONVERSION

- Remove all old materials from bathroom and job site
- Supply & install one custom shower stall 60" x 30"
- Supply & install new water resistant board
- Schluter base
- Supply & install new tile to ceiling
- Supply & install custom shower doors
- Supply & install new Delta pressure balance taps
- Supply & install new toilet with soft close seat
- Supply & install one corner caddy with soap dish

**ABSOLUTELY NO HIDDEN COSTS**  
Some restrictions may apply. **Reg: \$12,679**

**SALE \$8,379**  
*Limited Supplies*

## ULTIMATE SUPREME

- Remove all old materials from bathroom and job site
- Supply & install new acrylic soaker tub
- Supply & install new toilet with soft close seat
- Supply & install new Delta pressure balance taps
- Supply & install new showerhead & diverter spout
- Supply & install new mold-resistant board
- Supply & install new tile to ceiling
- Supply & install one corner caddy & soap dish
- Supply & install new subfloor
- Installation of new tile flooring
- Supply & install new vanity
- Supply & install new granite or quartz countertops with undermount sink
- Supply & install new Delta vanity tops
- Supply & install new drain system & pop-up stopper

**ABSOLUTELY NO HIDDEN COSTS**  
Some restrictions may apply. **Reg: \$14,679**

**SALE \$9,879**  
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