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CMCA Facility Rentals

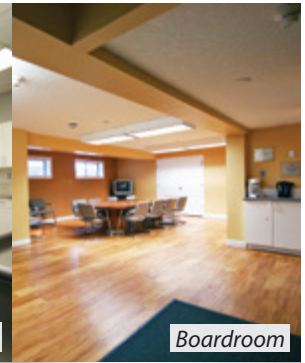
Weekday rates are for 6:00 am Monday to 6:00 pm Friday.
Weekend rates are for 6:00 pm Friday to end of day Sunday.
Minimum two-hour rental on weekends.
Set up and clean up must be included in your rental time.
CMCA members receive 10% off all bookings!



Rinks



Kitchen



Boardroom



CMCA Community Hall Aerial



Canterbury Hall



Lloyd Hand Hall



Playground



CMCA Community Hall



Gazebo

| Facility | Description | Weekday rate | Weekend & stat holiday rates | Security Deposit |
|--|---|--|--|-------------------------|
| Canterbury Hall (F1) Main Hall 27x48' (1300 sq ft) | Includes bathrooms, spacious entryway, coat racks, small prep kitchen for reheating only, full size fridge, large East & West facing windows, tables & chairs, Wi-Fi | \$50/hr Mon 6:00 am to Fri 6:00 pm | \$70/hr Fri 6:00 pm to Sun (end of day) | \$1,200 |
| Lloyd Hand Hall (F2) Main Hall 39x48' (1872 sq ft) | Includes bathrooms, outdoor gazebo, spacious entryway, generous coat room, portable bar, large windows, tables & chairs, podium, highchairs & Wi-Fi *Commercial kitchen is available for an additional fee* | \$60/hr Mon 6:00 am to Fri 6:00 pm | \$80/hr Fri 6:00 pm to Sun (end of day) Wedding Special Sat 8:00 to 2:00 am \$1,260 | \$1,200 |
| Lloyd Hand Hall (F2) Commercial Kitchen | Full rental – Includes use of all appliances; walk-in cooler, freezer, dishwashers, industrial double oven with 10 burner stovetop, & pizza ovens. Dishes, glassware, cutlery & serving dishes. Limited rental – Includes use of walk-in cooler, freezer, counter tops, sink | \$450 with hall rental \$165 with hall rental | \$450 with hall rental \$165 with hall rental | Equal to kitchen rental |
| Lower Boardroom Approx. 500 sq ft | Includes counter area, sink, bathrooms, microwave, fridge | \$35/hr Mon 6:00 am to Fri 5:00 pm | \$45/hr Fri 5:00 pm to Sun (end of day) | \$500 |

CMCA Office Hours

10:00 am to 2:00 pm, Monday/
Wednesday/Friday

Phone: 403-251-1715

Fax: 403-251-6190

Email: info@cmca.ca

Website: www.cmca.ca

Mailing Address:

844 Cantabrian Drive SW

Calgary, AB

T2W 6G4

Facility 1 (Canterbury Hall)

844 Cantabrian Drive SW

Facility 2 (Lloyd Hand Hall)

848 Cantabrian Drive SW

Community Association Contacts

| | | |
|-------------------------|------------------|--|
| President | Michael Richmond | president@cmca.ca |
| Vice President | Anna Glickman | vicepresident@cmca.ca |
| Treasurer | Sarah Weatherdon | treasurer@cmca.ca |
| Secretary | Emma Heise | secretary@cmca.ca |
| Bingo Director | Johanne Smith | bingo@cmca.ca |
| Membership Director | Baylea Willan | memberships@cmca.ca |
| Events Director | Lindy Bowler | events@cmca.ca |
| Civic Affairs Director | Monica Fassnidge | civicaffairs@cmca.ca |
| Communications Director | Alison O'Connor | communications@cmca.ca |
| Director at Large | Ryan Hogan | |

Office Staff

| | | |
|------------------|----------------|--|
| Facility Manager | Bonnie Treavor | info@cmca.ca |
| Accountant | Daniela Haack | accounting@cmca.ca |
| Hall Rentals | | info@cmca.ca |

Bingo Dates 2024



The fundraising bingo events continue for 2024. If you are interested in helping on any of the assigned dates, please contact Johanne. The CMCA dates are as follows:

- April 12
- May 3
- June 21

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Programs and Events at the Canyon Meadows Community Centre

The groups listed here are all users of the Canyon Meadows facilities. If you have an interest in joining, please get in touch with the group directly.

| Group/Program | Day/Time | Contact |
|--|---------------------------------------|--|
| Iglesia Ni Cristo | Wednesdays and Saturdays | romting@hotmail.com |
| Dancing Heals | Saturday mornings | dancingheals@hotmail.com |
| Deeper Life Bible Church | Sundays | calgary@deeperlife.ca or Joshua: 587-717-8675 |
| Girl Guides – CGG TallTrees Dist. | Monday, Tuesday, Thursday | any-calgarytalltrees@girlguides.ca |
| Good Food Box | Once monthly | Visit cmca.ca for order and pickup dates. |
| Gospel Meeting | Sunday afternoons | B. Drummond: 403-921-8791 |
| Happy Hour Social | Every second Thursday | kristakehoe@me.com |
| Hopscotch Before and After School Care | Monday to Friday | hopscotchbasc@gmail.com Jenn or Tammy: 403-890-8233 |
| Little Kickers | Tuesday evenings | aboffice@littlekickers.ca 1-833-444-5425, ext. 4 |
| Night Markets | One Friday a month. May to September | Kellie: kelliecarterevents@gmail.com |
| Quilted Mouse | Every first and third Tuesday | Coming soon |
| Rock the Diploma | January and June diploma prep classes | marc@rtdacademy.com |
| Seniors' Coffee Time | Every other Wednesday morning | Bonnie: info@cmca.ca |
| Yoga and Tai Chi | Thursday mornings | janesponiar@gmail.com |

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Crouton, Signal Hill



Echo, Nolan Hill



Robino, Mission



Ronaldo, Mission


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News, Events, & More



Crime Statistics



Real Estate Statistics





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  www.thebritishchippy.com

Seniors' Coffee Dates 2024


The social gatherings continue to be a great draw for local seniors to connect with new friends. CMCA provides the coffee, and the Canyon Meadows Bakery donates fresh baked strudels. Mark your calendar and come join this casual fun group. Coffee is on at the Lloyd Hand Hall every other Wednesday from 10:30 to 11:30 am. Hope to see you here!

- April 3 and 17
- May 1, 15, and, 29



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The second annual Spring Craft Market, a significant event in our community, is rapidly approaching. The vendor tables are filling up with various unique and delightful offerings, perfect for Mother's Day gifts and year-end teacher gifts. Don't miss out on this wonderful opportunity to support local artisans and find the perfect gift.

Did you notice the new listing of the programs and events in Canyon Meadows? The list is to provide our members and residents with information about programs offered close to your neighbourhood. Worship groups, fitness classes, kids' activities, social groups, and hobby skills you can access close to home. Please check them out.

We are eagerly awaiting the date for the Community Cleanup. Stay tuned for this exciting event that allows us to come together as a community and make our neighbourhood a cleaner, more beautiful place to live.

The annual Fun Casino Volunteer Event is planned for Friday, April 26. If you have been one of the many amazing volunteers who have helped the CMCA out over the last year, watch your email for a special invitation.

The Girl Guide groups that meet in our Canterbury Hall urgently need additional volunteers to join them as leaders. The Sparks, Embers, and Guides cannot accept any more members due to the ratio of girls to leaders. If each group had one more leader, each unit could accept five to ten new girls. If you have some time to spare and are interested in helping this long-standing, in-demand program, please get in touch with Megan at any-calgarytalltrees@girlguides.ca. Your contribution could make a significant difference in the lives of these young girls.

Until next month,

Bonnie



Upcoming CMCA Events

Learn more and register at CMCA.ca.

| | |
|-----------------------------------|----------------|
| Good Food Box Orders and Cash Due | April 8 |
| Seniors' Coffee | April 3 and 17 |
| Good Food Box Pick-Up | April 17 |



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CMCA BUSINESS PARTNERSHIP PROGRAM

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Romantic Planet Vacations – Tasha Walsh
Smith Pezzente Real Estate Team Remax
Spirit Leaf Canyon Meadows
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WWW.CMCA.CA/BPP

MANY OTHER PACKAGES AVAILABLE!

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

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Some restrictions may apply. Reg: \$12,679

SALE \$8,379

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- Remove all old materials from bathroom and job site
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- 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

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SALE \$9,879

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Bicycle Helmet Safety

by Alberta Health Services EMS

Head injuries are the leading cause of serious injury and death to kids on wheels*. Most injuries occur when a cyclist suffers a fall, strikes a stationary object, or collides with another cyclist/pedestrian. Remember – it's the law in Alberta that cyclists under the age of 18 must wear a helmet (and highly recommended for all ages). Helmets should be CSA approved and worn during recreational activities such as skateboarding, in-line skating, and cycling.

Getting Informed

- Wearing a helmet while cycling can prevent a serious injury, or even save a life
- Brain injuries can cause permanent disability or death
- Reduce your risk by always wearing your helmet
- Replace any helmet that has been involved in a crash, even if it appears undamaged

Getting Started

- Allow children to assist when buying their helmet. Cyclists who choose their own helmet are more likely to wear them
- Start the habit early. Young children learning to ride tricycles need to wear helmets
- Parents must lead by example – always wear a helmet when cycling

Getting the Right Fit

- Take the time to properly fit and adjust your helmet to ensure maximum protection in case of a crash
- When worn properly, helmets should fit level, not tilted up, or down over the forehead
- Helmets should feel snug, but not too tight. To test the fit, the helmet should not fall off when you shake your head from side-to-side while the straps are unfastened
- Adjust the chin straps to form a "Y" below and slightly forward from the ears
- Only one finger should be able to fit under the chin strap when it is fastened
- Do not forget to use the sizing pads included with the helmet. They will help improve the overall fit, comfort, and safety.

* Parachute Canada: <http://www.parachutecanada.org/injury-topics/item/wheeled-activities1>.



403-281-2008

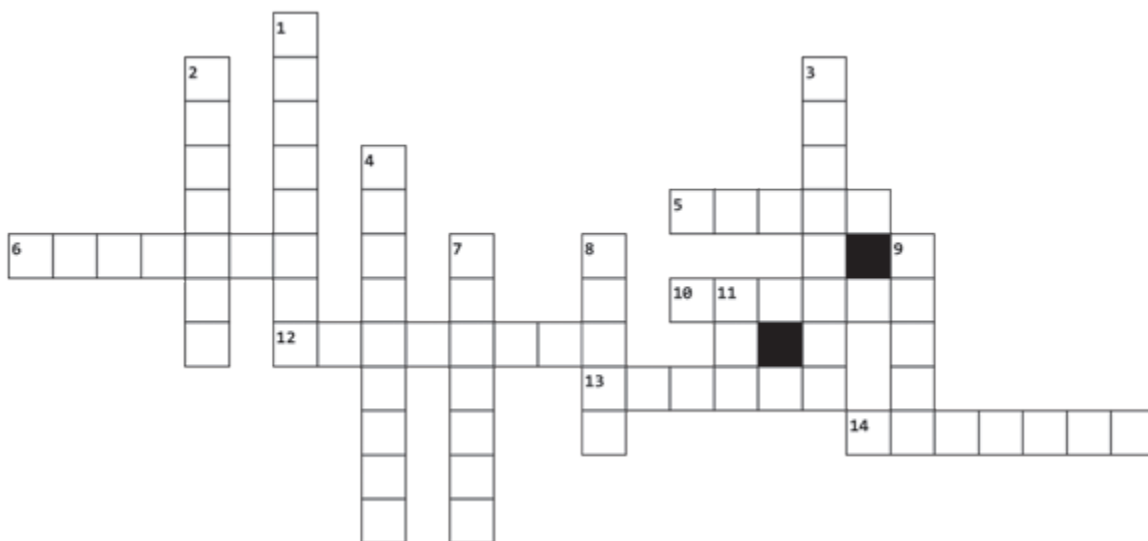
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April Crossword



Across

5. The _____ and the Sweet Pea are April's official birth flowers.
6. This famous Leonardo was born on April 15, 1452.
10. In April of 1970, _____ 13 launched and famously ran into difficulties 56 hours later.
12. *Killers of the Flower Moon: The Osage Murders and the Birth of the FBI*, recently made into a feature film directed by Martin _____, was originally published on April 18, 2017, and written by David Grann.
13. This popular holiday, typically in April, is thought to be named after the goddess "Eastre".
14. Noah _____ copyrighted this eponymous, well-known dictionary used by many on April 14, 1828.

Down

1. After a 1,500-year break, this international multi-sport event was reintroduced in Athens on April 6, 1896.
2. Famously nicknamed "The Unsinkable", this ship went down on April 14, 1912, in the North Atlantic Ocean.
3. This year, the World Ski and Snowboard Festival will be held the second week of April in _____, BC.
4. This cultural hub of Canada was incorporated into the country as a city on April 6, 1886.
7. Ford released the first version of this beloved muscle car on April 17, 1964.
8. "I Want to Break Free" by _____ was released in April of 1984, with a controversial yet playful music video.
9. Vancouver-born _____ Smulders, who famously plays Robin Scherbatsky in *How I Met Your Mother*, celebrates her birthday on April 3.
11. On April 11, National _____ Day is celebrated and advocates against animal violence and cruelty.

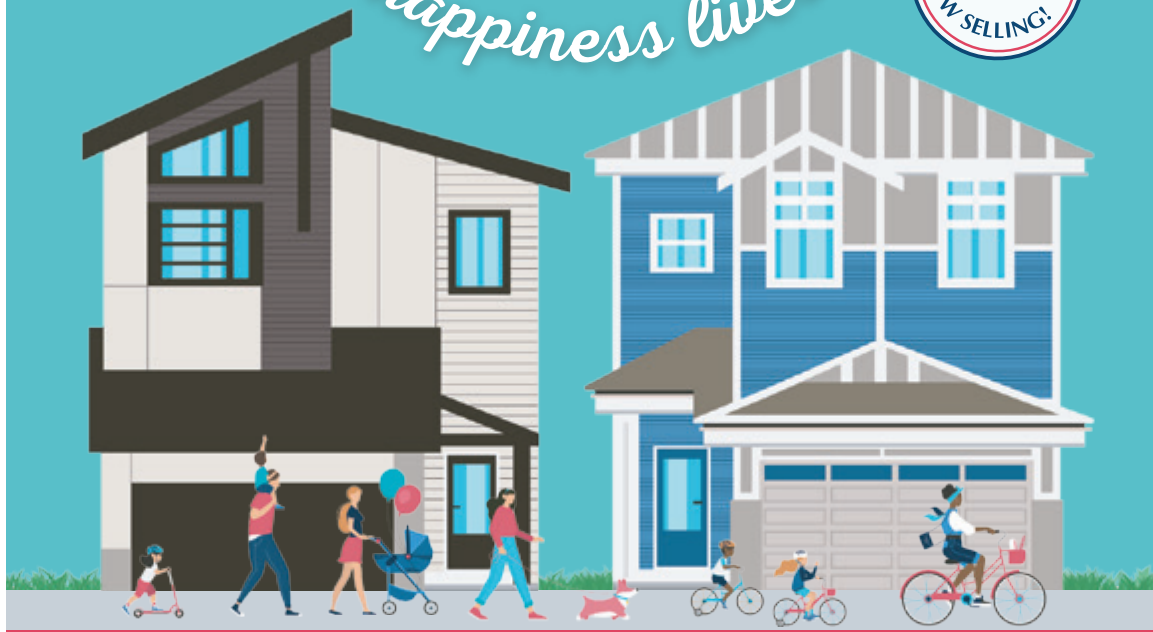


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FRIENDS of Fish Creek



All About Calgary Wildlife

Thursday, April 11 from 7:00 to 8:30 pm

Presented by Beki Hunt, Executive Director, Calgary Wildlife

Fish Creek Environmental Learning Centre, Shannon Terrace, Fish Creek Provincial Park

Geared towards young adults and adults, the All About Calgary Wildlife presentation takes you behind the scenes at Calgary Wildlife. Learn about our history, our programs, who we treat, how you can live in harmony with urban wildlife, and some of our rehabilitation case studies. Beki Hunt is Calgary Wildlife's executive director and has been in the role for two years. Prior to that, Beki was the Deputy Director (and co-founder) of the Taiwan Society of the Prevention of Cruelty to Animals in Taipei, Taiwan. Beki's love and respect for animals has been a constant thread in her life since she was a child, putting her on the trajectory of working with animals in the non-profit sector.

Free for Friends members and \$10 for non-members.

Registration required. To register visit www.friendsoffishcreek.org/event/calgary-wildlife.

Good Grief – Nature Walking Through Grief and Loss

Wednesday mornings from 10:00 to 11:30 am from April 3 to May 22

This spring, the Friends are pleased to offer the Good Grief program once again. This eight-week program is aimed at providing support for those experiencing grief, loss, or a major life transition. During gentle, accessible, guided walks throughout Fish Creek, participants will have the opportunity to connect with the natural world and chat with others who are on a similar journey.

Join us! The fee is \$25 and there are only 15 spots available.

For more information or to register, visit www.friendsoffishcreek.org/programs/goodgrief.

Share Your Story with a Brick Along the Fish Creek Community Terrace

If you have been to the Bow Valley Ranch recently, you may have seen the Fish Creek Community Terrace, which consists of personalized bricks in front of the Cookhouse. We would like to thank everyone who supported Fish Creek Provincial Park by dedicating a brick along the Fish Creek Community Terrace in recent years. Every brick tells a story, and we are very grateful that so many community members are sharing their story here in Fish Creek. This unique fundraising activity provides essential support for us to continue delivering programs and events in Fish Creek Provincial Park. Consider dedicating a brick for phase four of the Terrace to be installed this summer. A brick would also make a great gift for a loved one or a good way to promote your local business. For more information, please visit www.friendsoffishcreek.org/brick.

Volunteer Opportunities

Do you have free time and want to volunteer in Fish Creek Provincial Park? The 2024 volunteer season is just around the corner, and we are looking for people to assist with various programs starting this spring. To begin volunteering, please visit our website and create an account on our online volunteer system, MyImpactPage. We look forward to working with you to bring the Friends' 2024 volunteer programs to life! For more information, please visit www.friendsoffishcreek.org/volunteering-basics.

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continued on next page

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Get Ready Calgary – Green Line Is on Its Way!

by The City of Calgary

Main construction of the Green Line LRT is starting this year, and the benefits will last Calgarians a lifetime. Phase one spans 18 kilometers from Shepard Station at 130 Ave SE to Eau Claire at the north end of downtown. With 13 stations, it provides connections to the Red and Blue LRT lines and three MAX rapid bus routes.

The Green Line will provide transit options for 70,000 people living within a ten-minute walk of the line, unlocking land for development, and increasing access to housing options. This leads to a more vibrant and diverse community for all Calgarians to enjoy.

As the largest infrastructure project in Calgary's history, the Green Line will also improve social equity by providing direct access to 190,000 jobs in downtown, Quarry Park, and industrial areas. The project is also expected to create over 20,000 direct and supporting jobs by the end of construction.

With an estimate of 55,000 daily Green Line riders, there will be less congestion on existing transit routes, and fewer cars on the road. This is great news for the environment and public transit riders!

As construction begins and excitement grows, stay up to date on the project by visiting calgary.ca/GreenLine or following @GreenLineYYC on social media.



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

by The City of Calgary

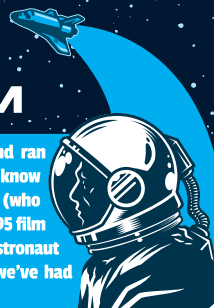
Our region is in a drought, and that's why now, more than ever, every drop counts. With another dry summer expected this year, we all need to do our part to conserve water and use it wisely.

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



HOUSTON, WE HAVE A PROBLEM

On April 11, 1970, Apollo 13 launched and ran into difficulties days later. But did you know the famous line uttered by Tom Hanks (who plays US astronaut James Lovell) in the 1995 film is wrong! The correct quote uttered by astronaut John Swigert first was "Okay, Houston, we've had a problem here".





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| January | 24 | 14 | 13 | \$339,900 | \$356,000 |
| December | 23 | 8 | 6 | \$389,489 | \$405,000 |
| November | 23 | 9 | 15 | \$500,000 | \$488,000 |
| October | 23 | 15 | 20 | \$314,950 | \$345,000 |
| September | 23 | 26 | 16 | \$576,950 | \$579,950 |
| August | 23 | 22 | 26 | \$368,950 | \$386,900 |
| July | 23 | 20 | 21 | \$299,900 | \$315,689 |
| June | 23 | 21 | 15 | \$239,900 | \$278,000 |
| May | 23 | 20 | 19 | \$500,000 | \$562,500 |
| April | 23 | 20 | 23 | \$299,900 | \$305,000 |
| March | 23 | 17 | 20 | \$482,450 | \$497,250 |

To view more detailed information that comprise the above
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