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		Properties		Median Price	
		Listed	Sold	Listed	Sold
October	24	26	15	\$388,000	\$374,000
September	24	11	17	\$450,000	\$435,000
August	24	17	9	\$649,900	\$625,000
July	24	21	21	\$390,000	\$415,000
June	24	22	23	\$459,900	\$485,000
May	24	30	21	\$460,000	\$440,000
April	24	20	19	\$619,900	\$614,900
March	24	20	19	\$567,500	\$565,000
February	24	12	6	\$237,000	\$252,000
January	24	13	13	\$339,900	\$356,000
December	23	8	6	\$389,489	\$405,000
November	23	9	15	\$500,000	\$488,000

To view more detailed information that comprise the above
MLS averages please visit cany.mycalgary.com



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Community Association Contacts

CMCA Office Hours

Monday to Friday: 9:00 am to 4:00 pm
 Closed on holidays
 Board Meeting Times: September to June
 The first Wednesday of the month
 7:00 to 9:00 pm
 Lower level boardroom
 Phone: 403-251-1715
 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

President	Michael Richmond	president@cmca.ca
Vice President	Anna Glickman	vicepresident@cmca.ca
Treasurer	Eugene Otsuka	treasurer@cmca.ca
Secretary	Emma Paton	secretary@cmca.ca
Bingo Director	Johanne Smith	bingo@cmca.ca
Events Director	Michael Ingham	events@cmca.ca
IT and Funding Director	Ryan Hogan	funding@cmca.ca
Director at Large	Baylea Willan	
Director at Large	Frank Anderson	
Director at Large	Kyle Jones	
Director at Large	Monica Fassnidge	
Director at Large	Lindy Bowler	

Office Staff

Facility Manager / Hall Rentals	Bonnie Treavor	info@cmca.ca
General Manager	Colleen Griffin	gm@cmca.ca
Bookkeeper	Sherry Klimow	accounting@cmca.ca

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, Wednesdays	calgary@deeperlife.ca or Joshua: 587-717-8675
Girl Guides – CCG TallTrees Dist.	Monday, Tuesday, Thursday	any-calgarytalltrees@girlguides.ca
Gospel Meeting	Sunday afternoons	B. Drummond: 403-921-8791
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 or 1-833-444-5425, ext. 4
Quilted Mouse	Every first and third Tuesday	kimmorrison4@gmail.com
Rock the Diploma	January and June diploma prep classes	marc@rtdcademy.com
Tai Chi	Thursday mornings. September to June	janesponiar@gmail.com

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



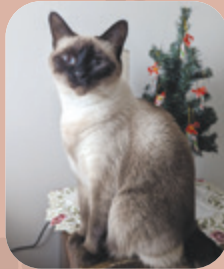
Gazebo

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

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Upcoming CMCA Programs and Events

Learn more and register at cmca.ca.

Santa's Mailbox

November 16 to December 16

128 Cannington Place SW

Free service! Santa will reply to letters before Christmas if they're delivered to Santa's mailbox by December 16. See article for more details!

Good Food Box

Order deadline: December 2

Pick up date: December 11

Monthly order of seasonal fruits and veggies.

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

Order at cmca.getcommunal.com.

Senior's Coffee

**Every other Wednesday from September to June
December 4 and 18 at 10:30 am**

Lloyd Hand Hall

Free gathering to come catch up with neighbours for a chat. Treats provided by Canyon Meadows Bakery.

Ice Skate Lessons

**December 9 to January 28
Monday or Tuesday, Six weeks, 30-Minute Sessions
from 4:00 to 5:45 pm**

Members \$60

Outdoor Rink at the Hall

Ages 4 to 7, 8 to 12, Youth/Adults 13+

Beginner and Intermediate levels

Register at cmca.getcommunal.com

**Hip Hop Dance Class Sampler Session
Coming March 2025**

Break, pop, dance! Calgary-renowned Pulse Studios is coming south to our hall! Head over after school to shake off the day. Six sessions, caregivers watching on last day.

Members: \$108 | Non-members: \$120



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Support your community

CMCA BUSINESS PARTNERSHIP PROGRAM

AllKind Appliance Service Ltd.

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Calgary Art Community

Canyon Creek Liquor Store

Canyon Meadows Auto Service

Canyon Meadows Bakery

Chamberlain Real Estate Group – Lindy Bowler

Coldwell Banker Mountain Central – Realtor
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Isle Love Travel – Tasha Walsh

Living Tai Chi

Outlier Resources

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Santa's Mailbox

Psssst! We know where there is a mailbox to the North Pole!

Santa and his elves are getting super excited for Christmas and can't wait to hear from his friends from around the world.

Instructions

Please read all instructions! It's a lot but needed for kids to get their letters in time!

1. Letter Suggestions

Caregivers/children can add a personal note about what is happening in their lives so Santa can make the letter a bit more personal, i.e. new puppy/baby in the family, doing well in math, etc.

2. Mark the Address

Santa can only answer letters he receives in the mail. He cannot respond to letters sent by email. Santa's address is:

Santa Claus
North Pole
HOH OHO
Canada

3. Mark the Return Address

Don't forget to include your return address in your letter. While Santa knows the houses of all children, sometimes the elves help him address the envelopes, and they do not have the same magic he does!

4. Location

The North Pole mailbox is located at 128 Cannington Place SW – this mailbox mails your letters directly to Santa.

5. Mailing Deadline

If you would like a reply to your letter before Christmas, send your letter to the North Pole no later than Monday, December 16, 2024. While Santa replies to all the letters he receives, letters mailed after this date may receive their reply after Christmas.

Please message elf Christy for any questions at christylongacre10@gmail.com.

Have a magical holiday season! Ho Ho Ho!

*Unfortunately, presents not included.



CMCA Bingo

The dedicated crew of CMCA Bingo volunteers continue with the monthly Friday events at the Grey Eagle Bingo facility. Our scheduled events run from 10:15 am to 4:00 pm. CMCA covers the lunch costs for all volunteers. If you are interested in joining this amazing group of volunteers, please email Johanne at info@cmca.ca.

Upcoming Bingo Dates

- December 13
- January 10, 2025
- February 14, 2025
- March 21, 2025

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Cold Weather Safety

by Alberta Health Services

Emergency Medical Services (EMS) paramedics respond to a number of cold weather-related emergencies every winter. However, by taking appropriate measures to dress properly, anticipate sudden weather changes and preparing to be out in the cold, may reduce your risk of sustaining a cold weather illness/injury. It's also advised you store an emergency kit in your vehicle at all times containing extra clothing, blankets and other road-side supplies.

Frostnip

- Frost-nipped skin is extremely cold, but not yet frozen skin;
- 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;
- Call 9-1-1 or seek further medical attention as required.

Hypothermia

- Hypothermia is abnormally low body temperature, less than 34°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. Call 9-1-1. 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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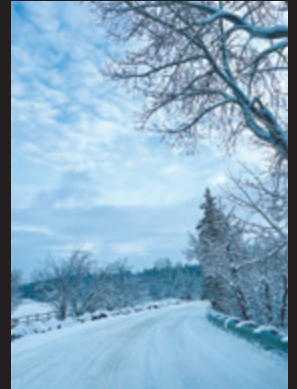
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Photo Gallery

Images by Kim Chulsky



Tai Chi Beginner Classes Starting January 9, 2025!

Ever thought of trying Tai Chi? Make it part of your 2025 new year's resolution!



Benefits

Tai Chi, an ancient Chinese art, is widespread today for its health benefits and as a form of meditation. Tai Chi practice improves balance and coordination, the first "visible" result. It is highly recommended for seniors as it is a safe way to engage in physical activity and promotes balance which is often the cause of falls and injuries as we get older. On a deeper level it stimulates energy flow into the internal organs and improves blood and lymph flow. Scientific research has shown that long-term Tai Chi practice may also augment the immune system, promote cardiovascular fitness, reduce arthritic symptoms, reduce headache pain, and enhance psychological well-being by giving practitioners a sense of better control of their health. Those benefits come from regular daily practice.

Class Format

Traditional class contains some breathing exercises which you may have heard of under the name Qigong. And of course, a person has to learn a form or routine which is done step by step at beginner levels. It may take a year or two to actually memorize the sequence but of course in the meantime we reap all the benefits anyway just engaging in regular practice. It is not about how many moves we know but how often we practice what we know!

Our Tai Chi class at the Canyon Meadows Hall has been run under the guidance of Jane Sponiar since 1998! Jane has a degree in Kinesiology and Coaching and is certified by her Tai Chi master to teach it.

If there's enough interest, there will be a beginner level class taking place on Thursdays from 11:00 am to noon starting January 9.

We are excited to welcome you, please contact Jane (janesponiar@gmail.com) for cost and any other questions you may have.

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A CHRISTMAS CAROL

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Hello Calgary-Acadia,

We hope you enjoyed the beautiful fall and the mature trees in Calgary-Acadia as much as we did! There was an incredible show of colours. As the year wraps up and the winter returns, our office has been reflecting on the changes, challenges, and successes of 2024.

We love being in the community and experiencing the dedication and passion of the people in Calgary-Acadia. The Youth Singers of Calgary have created a beautiful, collaborative mural that captures the spirit of their organization and was painted by over 100 volunteers. Community Associations were busy this fall creating fun community gatherings, organizing winter markets, and providing programming for all ages. We participated in local business openings and got to meet folks who embrace the opportunities in Calgary-Acadia. We have many quality pharmacies in the constituency that provide services, including administering flu and COVID-19 vaccines to keep you and your loved ones safe.

Our office was busy this fall responding to many emails and phone calls from constituents. We handled over 400 constituent concerns in the last three months. Close to half of these were about the state of healthcare in our province. Folks are afraid they will not have access to the help they need when they need it and, as they were a year ago, they are still having trouble accessing a family doctor. The housing crisis continues to affect our constituents as they struggle to pay skyrocketing rents. We appreciate hearing from you and will continue providing the best care while amplifying your concerns.

I returned to the Legislature at the end of October. As the Shadow Minister of Children and Family Services, I will bring solutions forward and advocate for just, equitable, and compassionate care for all Albertan children.

Wishing you and your loved ones a happy and healthy new year.



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