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- 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

Limited Supplies

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- Supply & install new water resistant board
- Schluter base added
- Supply & install new tile to ceiling
- Supply & install custom shower doors
- Supply & install new Delta pressure balance taps
- Supply & install a new toilet with soft close seat
- Supply & install a new corner caddy with soap dish
- Supply & install new sub-floor
- Installing of new tile flooring
- Supply & install new granite or quartz countertops with undermount sink
- Supply & install new vanity

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CMCA Office Hours

10:00 am to 2:00 pm, Monday/
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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	Sherry Klimow	accounting@cmca.ca
Hall Rentals		info@cmca.ca



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Bingo Dates 2024



The fundraising bingo events continue for 2024. If you are interested in helping on any of the assigned dates, please get in touch with Johanne at bingo@cmca.ca. The CMCA dates are as follows:

- July 5
- August 9
- September 13

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



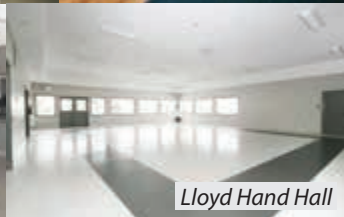
Boardroom



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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by Kim Chulsky




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Kids' Summer Drop-in	July 2
Stampede in September	September 8
Good Food Box Pick Up	August 19
Good Food Box Orders	August 28



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CMCA BUSINESS PARTNERSHIP PROGRAM

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- Canyon Variety & Novelty Store
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- Optimum Wellness Centres
- Paulina Richmond Century 21 Bamber
- Romantic Planet Vacations – Tasha Walsh
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		Properties		Median Price	
		Listed	Sold	Listed	Sold
May	24	30	20	\$492,500	\$525,500
April	24	20	20	\$619,950	\$631,450
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
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

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

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: kelliocarerevents@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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JULY

20
24

CMCA SUMMER KIDS CLUB CALENDAR

Mondays 9:30am-12:30pm	Tuesdays 12:30-3:30pm	Wednesdays 9:30am-12:30pm	Thursdays 12:30-3:30pm	Fridays 9:30am-12:30pm
1 Closed for Canada Day! 	2  Wacky Watermelons	3  Crazy Carts	4  S'mores & Smokies	5  Little Green Thumbs
8  Stampede Smiles	9  Science Lab	10  Games Galore	11  Library Book Truck	12  Karaoke Dance Party
15  Ninja Warriors	16  Reptile Party	17  Crazy Carts	18  Angry Birds Slingshot	19  Campers Choice
22  Movie Monday	23  Splatter Paint	24  Babbling Brook Races	25  Swifties Unite	26  CMCA Bake Shop
29  Sodas & Slip 'n Slides	30  Intramurals	31  Spongebob Squarepants Day		

Subject to change based on weather & programming needs

Send your kids to the Canyon Meadows Community Association Summer Kids Club for community fun and adventure. Our camp counsellors are excited to welcome you to three-hour drop-in programs open to all members between the ages of four and twelve. We have lots of exciting activities planned, which are subject to change based on the weather.

No need to pre-register, we take drop-ins!

When:

- Mondays/Wednesdays/Fridays from 9:30 am to 12:30 pm
- Tuesdays/Thursdays from 12:30 to 3:30 pm

Where: Drop off and pick up at CMCA (844 Cantabrian Dr SW)

Cost: \$10 per day per child. Payable at drop off with cash or debit.

Who: CMCA members, ages four to twelve

*You can sign up for a CMCA membership, even if you live outside of the community!

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News, Events, & More 	Crime Statistics 	Real Estate Statistics 
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Heat Related Illness

by Alberta Health Services

EMS would like to remind everyone to stay safe in the heat and sun this season. While children and the elderly may be more susceptible to the effects of heat and sun, basic prevention measures should be taken by all to avoid a heat related illness during periods of hot and humid weather.

Heat Exhaustion

- Heat exhaustion can occur due to excessive fluid loss during periods of prolonged sweating in a hot and/or humid environment (indoors or outdoors).
- Patients may suffer headaches, weakness, fatigue, nausea/vomiting, thirst, chills, and profuse sweating.
- The patient is usually cold and damp to the touch and the skin may appear pale or dusky gray.

Heat Stroke

- Heat stroke is a medical emergency which, without prompt treatment, could be fatal.
- It occurs when the body can't cool itself naturally (e.g., perspiration). The body's temperature will continue to rise to dangerous levels.

- Due to severe dehydration and the inability to sweat, the patient may appear flushed, and skin may be hot and dry to the touch.

First Aid

- First aid for all heat related illness begins with removing or sheltering the patient from the hot environment.
- Remove excess, or tight-fitting clothing, and allow them to rest in a cool environment.
- If the patient is conscious and alert, provide suitable fluids such as water, juice, or a sports drink.
- If you are concerned, seek medical attention.

Prevention

- Stay well-hydrated by drinking plenty of water at all times.
- Be aware that excessive alcohol consumption will promote dehydration.
- Always wear a broad brimmed hat to keep the sun off your face and neck.
- Apply a broad spectrum, waterproof sunscreen with a minimum SPF of 30+, especially for children. The sun's UV rays peak between 11:00 am and 3:00 pm, even on cloudy days.

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In some cases, Invisalign may offer a shorter treatment duration compared to traditional braces, thanks to precise and personalized treatment plans.



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Invisalign aligners are removable, providing flexibility in eating and facilitating easier oral hygiene practices by allowing individuals to take them out for brushing and flossing.



IMPROVED ORAL HEALTH:

Being able to remove the clear aligners when necessary makes it easier to practice good oral hygiene like brushing and flossing. This can lead to a cleaner, healthier mouth and cut down on additional issues like mouth sores, cavities, bad breath, and tooth decay.



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