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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



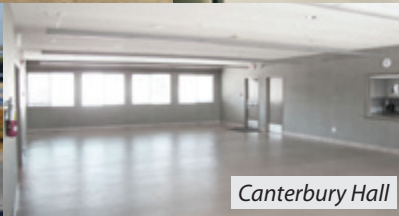
Kitchen



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
<b>Canterbury Hall (F1) Main Hall</b> 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
<b>Lloyd Hand Hall (F2) Main Hall</b> 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
<b>Lloyd Hand Hall (F2) Commercial Kitchen</b>	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
<b>Lower Boardroom</b> 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](mailto:info@cmca.ca)

Website: [www.cmca.ca](http://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	<a href="mailto:president@cmca.ca">president@cmca.ca</a>
Vice President	Anna Glickman	<a href="mailto:vicepresident@cmca.ca">vicepresident@cmca.ca</a>
Treasurer	Sarah Weatherdon	<a href="mailto:treasurer@cmca.ca">treasurer@cmca.ca</a>
Secretary	Emma Heise	<a href="mailto:secretary@cmca.ca">secretary@cmca.ca</a>
Bingo Director	Johanne Smith	<a href="mailto:bingo@cmca.ca">bingo@cmca.ca</a>
Membership Director	Baylea Willan	<a href="mailto:memberships@cmca.ca">memberships@cmca.ca</a>
Events Director	Lindy Bowler	<a href="mailto:events@cmca.ca">events@cmca.ca</a>
Civic Affairs Director	Monica Fassnidge	<a href="mailto:civicaffairs@cmca.ca">civicaffairs@cmca.ca</a>
Communications Director	Alison O'Connor	<a href="mailto:communications@cmca.ca">communications@cmca.ca</a>
Director at Large	Ryan Hogan	

## Office Staff

Facility Manager	Bonnie Treavor	<a href="mailto:info@cmca.ca">info@cmca.ca</a>
Accountant	Daniela Haack	<a href="mailto:accounting@cmca.ca">accounting@cmca.ca</a>
Hall Rentals		<a href="mailto:info@cmca.ca">info@cmca.ca</a>

## 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:

- May 3
- June 21
- July 5
- August 9
- September 13

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- Remove all old materials from bathroom and job site
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- 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*

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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

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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 – CCG 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

**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.

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News, Events, & More



Crime Statistics



Real Estate Statistics



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**Hours of Operation**

Monday:	8AM - 3PM
Tuesday:	8AM - 3PM
Wednesday:	8AM - 7PM
Thursday:	8AM - 3PM
Friday:	8AM - 3PM
Saturday:	8AM - 2PM



## NEWS FROM THE OFFICE

Spring has sprung in Calgary! The neighbourhood looks greener every day when the snow isn't falling!

If you're considering giving your yard and garden a makeover this year and need extra soil or mulch, consider using the Big Yellow Bag – Give and Grow program. For every Big Yellow Bag ordered with promo code CMCA24, \$10 will be donated to our community association.

The best part? They'll deliver the bag directly to your home! No lugging, no mess! #giveandgrow.

Our annual community cleanup day was held on Saturday, April 27. We are grateful to The City of Calgary Waste and Recycling Services and Community Strategies for partnering with us to help clean up the neighbourhood. We also applied again this year for the Electronics Recycling Roundup grant through the Alberta Recycling Management Authority, which means CMCA will receive funding for the electronics collected on-site. As always, the cleanup day wouldn't happen without the many volunteers that spend the day helping our residents and members unload and cleanup! Thank you all!

Until next month,

Bonnie




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## Upcoming CMCA Events

Learn more and register at [CMCA.ca](http://CMCA.ca).

Seniors' Coffee	May 1, 15, 29
Good Food Box Orders	May 27
Good Food Box Pick-Up	June 5
Seniors' Coffee	June 5, 19



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Support your community

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- Aquality Plumbing & Heating Inc.
- Beitel Brothers Liquor
- Canyon Creek Liquor Store
- Canyon Meadows Auto Service
- Canyon Meadows Bakery
- Canyon Variety & Novelty Store
- Chamberlain Real Estate Group – Lindy Bowler
- Cloud K9 Pet Services
- Domino's Pizza Canyon Meadows
- Electronic Innovation
- In Construction Inc.
- Living Tai Chi
- My Mortgage Line
- Optimum Wellness Centres
- Outlier Resources
- Paulina Richmond Century 21 Bamber
- Romantic Planet Vacations – Tasha Walsh
- Smith Pezzente Real Estate Team Remax
- Spirit Leaf Canyon Meadows
- Sylvan Learning of Mid-South Calgary
- Thornborough Smeltz LLP
- Wendy Kelman – Realtor Coldwell
- Ukrainian Bakery and Cafe

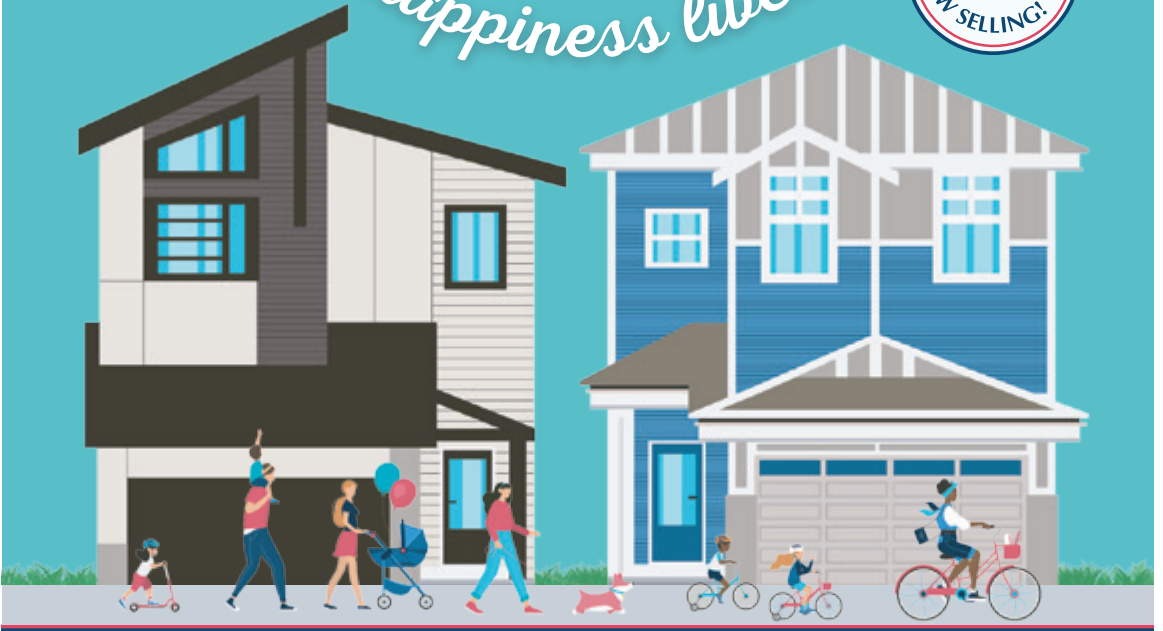
[WWW.CMCA.CA/BPP](http://WWW.CMCA.CA/BPP)

CMCA BUSINESS PARTNERSHIP PROGRAM



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## Champions of Care: How Nurses Can Support Your Health Goals

by Calgary Primary Care Networks



In May we celebrate National Nursing Week in Canada and shine a spotlight on the crucial role nurses play in primary care.

Looking for ways to live healthier? You may be surprised to learn about the free services available through the primary care network (PCN) nursing team to support your health and well-being. PCN nurses can support you through appointments — both in-person and virtual — at no cost. They can answer your health questions and help you:

- Set achievable health goals and learn strategies for a healthier lifestyle.
- Improve your emotional and mental well-being.
- Increase your physical activity.
- Test for memory concerns.
- Access support for diabetes, high blood pressure, high cholesterol, and other conditions.

PCN nurses work collaboratively with your family doctor and can connect you with resources to support your health. Visit [albertapcns.ca](http://albertapcns.ca) to learn more.

### Beauty and the Chimera

In the classic fairytale *Beauty and the Beast*, “Beauty” is a human but what exactly is the “beast”? This character is a chimera! A chimera is a single organism with more than one genotype...essentially, he is a mix of different animals! Chimeras can have different blood types and can come from more than one zygote. How cool!



## Cats, Canines, & Critters of Calgary



Potter, Calgary



Ringo, Sirroco



Starr, Lake Chaparral



Violet, Seton

To have your pet featured, email [news@mycalgary.com](mailto:news@mycalgary.com)

### Window and Balcony Safety

*from Alberta Health Services*

With the return of warmer weather, Emergency Medical Services (EMS) would like to remind parents and caregivers of an often-overlooked hazard in the home – access to open windows. Every year, paramedics respond to emergencies where a child has fallen from an open window, often from the second floor. These can be avoided by following safety measures. Take the time to assess potential hazards in your home before a preventable fall occurs.

#### Windows and Screens

- Prevent access to windows by moving furniture such as cribs, beds, stools, and change tables out from under them.
- Keep drapery cords out of children's reach. Wrap excess cord around cleats, or tie-downs to avoid a choking hazard.
- Remember, screens are not safety devices. They are designed to keep bugs out, not children in.

#### Balconies

- Do not underestimate a child's ability to climb. Furniture and other items stored on balconies and decks can be used to climb resulting in falls over the railing.
- Ensure that your balcony railings are not more than 10 cm (4 inch) apart. This will eliminate access between the vertical bars of a balcony, or deck.

#### Further Prevention Tips

- Toddlers and preschoolers are at highest risk of falling from a window, or balcony, but it may happen at any age.
- Direct supervision of children is the single most effective way to prevent falls from windows and balconies.
- Install safety devices which limit the distance in which a window can open to a maximum of 10 cm (4 inches).
- Ensure the safety device can be released quickly, so the window can be used for escape in case of emergency.
- Consider purchasing a portable air conditioner, which will enable windows to stay closed and secure.

EMS is proud to be a member of the Partners Promoting Window and Balcony Safety. Take time to assess your home for window and balcony hazards and eliminate the risks before a preventable fall occurs.



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## 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!

- May 1, 15, and, 29
- June 5 and 19



## MOTHER'S DAY NIGHT MARKET



JOIN US!  
FREE ENTRY

Friday  
May 10th  
Canyon Meadows  
Comm. Hall  
4-9pm

- Local Handmade Items
- Permanent Jewelry
- Homemade Goodies
- Fresh Baked Bread
- Hawaiian Shave Ice
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- Norwex
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- Prizes!!
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May 10 | June 28 | July 19 | Aug 23 | Sept 20

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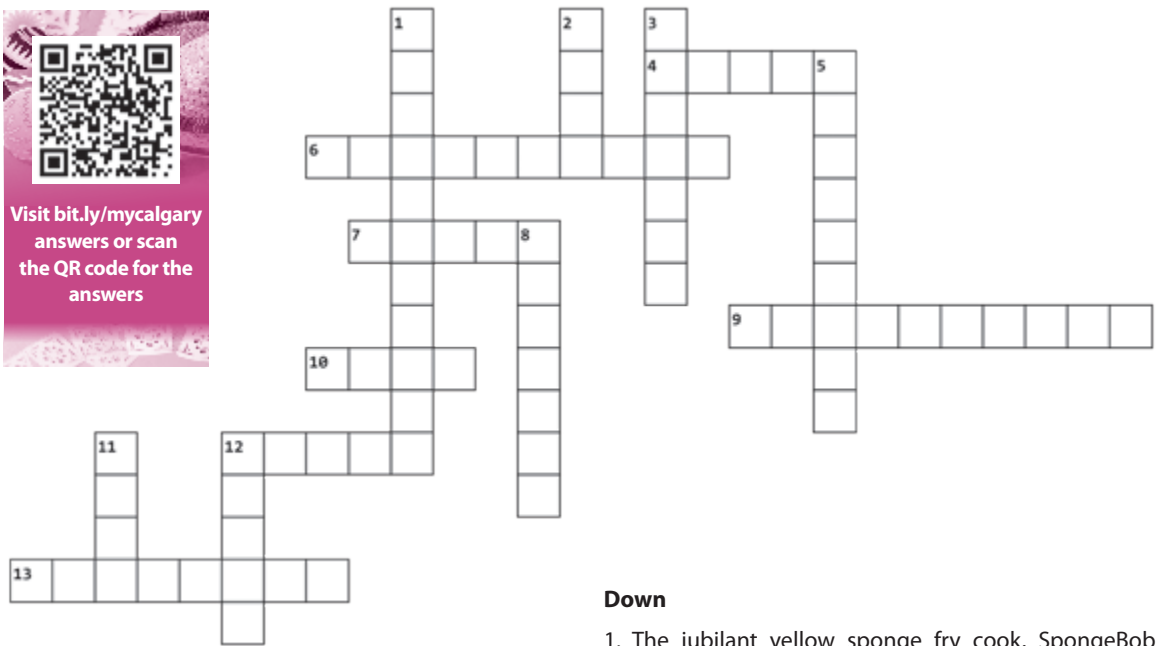
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# May Crossword



## Across

4. On May 25, 1963, the legendary comedian Mike \_\_\_\_\_ was born in Scarborough, Toronto. He is well-known for characters such as Austin Powers, Shrek, and Wayne Campbell.
6. This movie, which tells the story of Sir William Wallace leading a rebellion against the English to free Scotland from King Edward I's rule premiered on May 18, 1995.
7. In May 1873, Levi Strauss and Jacob Davis created this fashion forward denim pants.
9. This annual international song competition starts on May 7 this year and has seen winners in the past such as Celine Dion and ABBA.
10. Born in Fort Macleod, Alberta, \_\_\_\_\_ Mitchell was inducted into the Rock and Roll Hall of Fame in 1997.
12. In May 1997, Garry Kasparov started a game of \_\_\_\_\_ with IBM supercomputer Deep Blue.
13. In May of 1992, M.C Hammer's horse, Dance Floor, came third in the \_\_\_\_\_ Derby.

## Down

1. The jubilant yellow sponge fry cook, SpongeBob \_\_\_\_\_ first graced our screens in May 1999, on Nickelodeon.
2. On May 25, 1997, one of George Lucas' greatest creations *Star Wars: Episode IV – A New \_\_\_\_\_* was released.
3. The official birthstone of May most famously symbolizes rebirth and growth; however, others suggest that the birthstone actually symbolizes love and success.
5. On May 19, 2020, Suzanne Collins released *The Ballad of \_\_\_\_\_ and Snakes*, a prequel to her *Hunger Games* trilogy.
8. The famous phrase "*April \_\_\_\_\_ bring May Flowers*" first appeared in a poem written by English Poet Thomas Tusser in the 1500s.
11. The first film of the Marvel Cinematic Universe, \_\_\_\_\_ *Man*, starring Robert Downey Jr. is released on May 2, 2008.
12. \_\_\_\_\_ de Mayo is celebrated on May 5 every year and honours the Mexican army's victory over the French in 1862.



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## **Yard Security: Keep Your Dog Safe**

*by the City of Calgary*

Securing your yard to prevent your dog from escaping is crucial for both your pet's safety and the well-being of your community. Not only does it ensure that your furry friend stays out of harm's way, but it also minimizes the risk of accidents with neighbours.

Here are some measures to safeguard your yard:

- Inspect your yard perimeter for any existing gaps, holes, or weak spots in the fence or barriers. Reinforce these areas by repairing fences, filling in holes, or adding additional barriers like chicken wire or lattice. Ensure that gates are securely closed and consider installing locks or latches.
- Assess potential escape routes such as low-hanging branches or objects near the fence that could be used as leverage for climbing. Remove objects that could assist your dog in scaling the fence.
- Supervise your pet while they're outside and provide ample mental and physical stimulation to deter them from attempting to escape out of boredom or frustration.

Moreover, licensing your dog is not only a legal requirement but also aids in their safe return if they do manage to escape. Proper identification, including tags and microchipping, with current contact information significantly increases the chances of being reunited with your pet as well.

Securing your yard keeps your dog safe and contained and is part of responsible pet ownership. By taking proactive measures to prevent escapes, you're ensuring the well-being of your furry companion and fostering a safer environment for everyone.

Learn more at [calgary.ca/petlicences](http://calgary.ca/petlicences).

# **Photo Corner**

**by Kim Chulsky**



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**LANDSCAPING & SNOW REMOVAL:** AS/F Contracting specializes in landscaping & lawn care services, residential, commercial, spring clean ups , tree pruning and more. Call Shawn for a free estimate at 403-651-0424 | [www.asfcontracting.com](http://www.asfcontracting.com).

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**GUTTER DOCTOR:** Home exterior services. We do eavestrough cleaning, repairs, and installation as well as downspouts, fascia, soffit, siding, roofing, cladding, leaf screens, and heat cables. Local business for over 20 years with more than 60,000 happy customers! Licensed, insured, and WCB. A+ rated BBB member. Multi award-winner. Quality work with a warranty! www.gutterdoctor.ca, 403-714-0711.

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**the Gutter Doctor** 403-714-0711  
gutterdoctor.ca

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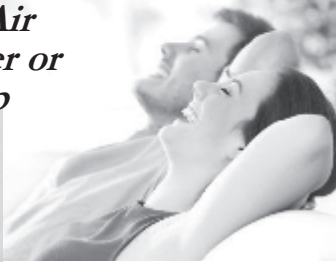
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		Properties		Median Price	
		Listed	Sold	Listed	Sold
March	24	21	19	\$567,500	\$565,000
February	24	13	6	\$237,000	\$252,000
January	24	13	13	\$339,900	\$356,000
December	23	8	6	\$389,489	\$405,000
November	23	9	15	\$500,000	\$488,000
October	23	15	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
May	23	20	19	\$500,000	\$562,500
April	23	20	23	\$299,900	\$305,000

To view more detailed information that comprise the above  
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**#1  
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2021, 2022  
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