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**ICE SKATE LESSONS
PAGE 5**

**TAI CHI
PAGE 11**



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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	Lindy Bowler	
Director at Large	Monica Fassnidge	

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
Dancing Heals	Saturday mornings	dancingheals@hotmail.com
Deeper Life Bible Church	Sundays, Wednesdays	calgary@deeperlife.ca
Girl Guides – CCG TallTrees Dist.	Monday, Tuesday, Thursday	any-calgarytalltrees@girlguides.ca
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
Queens & Jacks	Monday evenings	Pat Bishop
Quilted Mouse	Every first and third Tuesday	Group currently closed for registrations
Rock the Diploma	January and June diploma prep classes	marc@rtdacademy.com
Tai Chi	Thursday mornings. September to June	janesponiar@gmail.com



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Upcoming CMCA Programs and Events

Learn more and register at cmca.ca.

Good Food Box

Order deadline: January 20

Pickup date: January 29

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.

Seniors' Coffee

Every other Wednesday, September to June, January 8 and 22 at 10:30 am

Lloyd Hand Hall

Free gathering to come catch up with neighbours for a chat.

Ice Skate Lessons

Monday or Tuesday, 30-minute sessions from 4:00 to 5:45 pm until February 4

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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When summer rolls around, take the fun outdoors with Crazy Carts—our exciting drifting go-karts, available for rent in our outdoor rinks.

Learn more at cmca.ca/xbox-games-room and plan your next team adventure!



Facility Rentals

Looking for an affordable and versatile space for your program or event? Our two spacious halls and fully equipped commercial kitchen are perfect for life's special milestones and activities—birthdays, weddings, celebrations of life, church services, creative and exercise classes and events, AGMs, and more.

With flexible weekday and weekend availability, we're ready to accommodate your needs! For details, see page 8, then contact us at info@cmca.ca or call 403-251-1715 to book today!

CMCA Facility Rentals

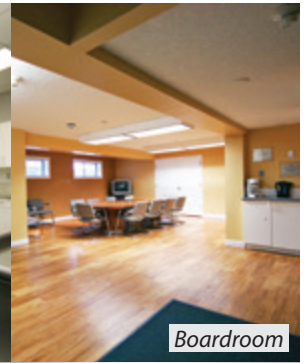
Weekday rates are for 6:00 am Monday to 6:00 pm Friday.
 Weekend rates are for 6:00 pm Friday to end of day Sunday.
 Minimum two-hour rental on weekends.
 Set up and clean up must be included in your rental time.
 CMCA members receive 10% off all bookings!



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 <i>*Commercial kitchen is available for an additional fee*</i>	\$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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	Properties		Median Price	
	Listed	Sold	Listed	Sold
November 24	17	9	\$489,900	\$445,000
October 24	25	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

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



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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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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

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

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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Happy Birthday, eh!

January is a superstar month for Canadian hockey birthdays! Among them are Wayne Gretzky, Tim Horton, Connor McDavid, Frank Mahovlich, Mark Messier, Tyler Seguin, and Ryan Reaves, just to name a few! Happy birthday to these legends and all the other January-born stars!



Sledding Safety

by Alberta Health Services

Emergency Medical Services (EMS) would like to remind parents and children about a few toboggan/sledding safety tips. Injuries may result from collisions with stationary objects on the hill, such as trees, poles, rocks, or even collisions with other people. Unprotected falls can also result in more serious injury if you lose control at high speeds. However, everyone can be safe and have fun on the toboggan hill by following these reminders.

Equipment

- Always ensure your toboggan, or sledding device, is in good repair. Inspect it for any damaged or missing parts before each use.
- Be certain the operator is fully capable of staying in control of the sled at all times.
- Wear a ski helmet, designed for use in cold weather and high speeds.

Hazards

- Avoid hills that are too steep or too icy.
- Choose hills free of all obstacles such as trees, rocks, utility poles, benches, or fences.
- Beware of loose scarves, or clothing containing drawstrings, which could present a strangulation hazard if they become caught or snagged.
- Look out for others. Move quickly to the side after finishing a run and stay to the side of the sliding path when walking up the hill.
- Children should be supervised by an adult; never toboggan alone.
- Sledding at night is not advised.

Plan Ahead

- Anticipate weather changes and plan accordingly.
- Wear warm, insulating layers closer to the body, and wind/waterproof layers on the outside.
- Consider bringing extra sets of gloves and toques to exchange wet garments for dry ones.
- Take breaks out of the cold to warm up.
- Even when properly protected from the elements, the fingertips, toes, ears, the tip of the nose, and other high points on the face such as the forehead and cheek bones can be affected by frostbite; therefore, attempt to cover up any exposed skin.

- If frostbite has occurred, treat it by first getting out of the cold environment, or at least sheltered from any wind chill.
- Gently warm the affected skin by placing a warm hand over it, or by placing the affected part in warm - not hot - water until re-warmed.



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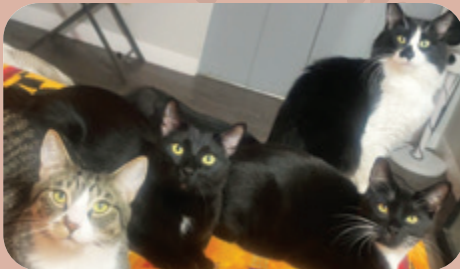
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