

JULY 2025

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# CANYON MEADOWS

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**CAMPFIRE + JAM SESSION**  
**PAGE 6**

**KIDS SUMMER DROP-IN**  
**PAGE 7**



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- 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
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## CMCA Office Hours

Monday to Friday: 9:00 am to 4:00 pm  
Closed on holidays

Board Meeting Times: September to June  
The second Wednesday of the month  
7:00 to 9:00 pm  
Lower level boardroom  
Phone: 403-251-1715  
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	Eugene Otsuka	<a href="mailto:treasurer@cmca.ca">treasurer@cmca.ca</a>
Secretary	Emma Paton	<a href="mailto:secretary@cmca.ca">secretary@cmca.ca</a>
Bingo Director	Johanne Smith	<a href="mailto:bingo@cmca.ca">bingo@cmca.ca</a>
Events Director	Michael Ingham	<a href="mailto:events@cmca.ca">events@cmca.ca</a>
IT and Funding Director	Ryan Hogan	<a href="mailto:funding@cmca.ca">funding@cmca.ca</a>
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	<a href="mailto:info@cmca.ca">info@cmca.ca</a>
General Manager	Colleen Griffin	<a href="mailto:gm@cmca.ca">gm@cmca.ca</a>
Bookkeeper	Sherry Klimow	<a href="mailto:accounting@cmca.ca">accounting@cmca.ca</a>

## 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	<a href="mailto:dancingheals@hotmail.com">dancingheals@hotmail.com</a>
Faithway BB Church	Wednesday evenings and Sunday afternoons	
Girl Guides – CCG TallTrees Dist.	Monday, Tuesday, Thursday	<a href="mailto:any-calgarytalltrees@girlguides.ca">any-calgarytalltrees@girlguides.ca</a>
Gospel Meetings	Sundays, 4:00 to 5:00 pm	<a href="mailto:dmaestewart@hotmail.com">dmaestewart@hotmail.com</a>
Hopscotch Before and After School Care	Monday to Friday	<a href="mailto:hopscotchbasc@gmail.com">hopscotchbasc@gmail.com</a> Jenn or Tammy: 403-890-8233
Little Kickers	Tuesday evenings	<a href="mailto:aboffice@littlekickers.ca">aboffice@littlekickers.ca</a>
Queens & Jacks	Monday evenings. Try a free intro class to modern square-dancing on September 8 and 15 from 7:00 to 8:30 pm!	<a href="mailto:info@queensandjacks.com">info@queensandjacks.com</a>
Quilted Mouse	Every first and third Tuesday	Group currently closed for registrations
Rock the Diploma	January and June diploma prep classes	<a href="mailto:marc@rtdcademy.com">marc@rtdcademy.com</a>
Tai Chi	Thursday mornings, September to June. Beginner and Advanced levels. Try a free class in September!	<a href="mailto:janesponiar@gmail.com">janesponiar@gmail.com</a>



## Let's Keep Canyon Meadows Alleys Clean This Summer

With the warm weather returning, it's the perfect time to tidy up our back alleys and keep Canyon Meadows looking its best. A clutter-free alley not only improves curb appeal but also prevents safety hazards, discourages pests, and strengthens community pride.

Got unwanted items? Here are some easy, low-cost ways to clean up without heading straight to the landfill:

### Post It Online

Before tossing it, try giving it away! Use platforms like Facebook Marketplace, Kijiji, or your local Buy Nothing group to post gently used items. You'd be surprised how quickly things like old furniture, tools, or bikes get picked up.

### Leave It Out (With a Sign)

Sometimes, all it takes is a "Free—please take" sign. Place items neatly at the edge of your property or near your garage (not in the alley) and give neighbours the chance to take what they can use.

### Recycle and Compost Right

Your blue and green carts are your best friends when it comes to everyday clutter. Cardboard boxes, old papers, and even yard waste should go in the proper bin—just be sure to check what's accepted first at [calgary.ca/waste](http://calgary.ca/waste).

### Donate It

Many donation centres in Calgary accept gently used household goods—and some will even unload your vehicle for you. Organizations like Women In Need Society (WINS), Goodwill, and others make it easy to give your items a second life.

### Use the Community Cleanup Events

Save a trip to the dump—and the fees! The City of Calgary hosts free Community Cleanup events through spring and summer, where you can drop off household waste, yard clippings, and more. Find dates and locations at [calgary.ca/communities/community-cleanups.html](http://calgary.ca/communities/community-cleanups.html).

By taking a few small steps, we can all help keep our alleys clean, safe, and welcoming. Let's work together to make Canyon Meadows shine this season!

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Isle Love Travel – Tasha Walsh

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Mauri Loyer

Mathew Theriault – Realtor

My Mortgage Line – Michael Richmond

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Parkview Massage + Wellness

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Thornborough Smeltz LLP

Ukrainian Bakery and Cafe

WWW.CMCA.CA/BPP

## SCAN HERE TO VIEW ADDITIONAL CANYON MEADOWS CONTENT

**News, Events,  
& More**

**Crime  
Statistics**

**Real Estate  
Statistics**

## Upcoming Programs and Events at CMCA

Learn more and register at [cmca.ca](http://cmca.ca) or call the office at 403-251-1715



### Good Food Box

**Order deadline: July 14**

**Pick up date: July 23**

Monthly order of seasonal fruits and veggies. \$1.20 to \$1.50 per lb.

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

Order at [cmca.getcommunal.com](http://cmca.getcommunal.com)

### Senior's Coffee

**Every other week from September to June, Tuesdays, September 9 and 23 at 10:30 am**

#### Lloyd Hand Hall

Free gathering for members to come catchup with neighbours for a chat.

### Yard and Garden Club

#### Spring to Fall

New in 2025! We're pursuing grant funding to install rain barrels and raised garden beds behind the hall—stay tuned! In the meantime, here's what's going on:

- A successful Seed and Perennial Swap kicked off the season on May 10
- We're collecting donations and planting around the hall
- Supporting Canyon Meadows residents with their gardens (membership encouraged!)
- Canning Work Bee is planned for late summer
- Canning and Plant Swap returns this fall
- Plus, a social gathering is in the works!

Got plants to donate? Need a hand in your yard? Interested in joining the club? Get in touch!

### Kids Summer Drop-In

**July 7 to August 29**

**Monday, Wednesday, Friday from 9:30 am to 12:30 pm and Tuesday, Thursday from 12:30 to 3:30 pm**

In the Rink Room and Outside the Community Hall

Our drop-in camp (no registration required) for CMCA members ages 4 to 12 is back and providing much-needed outdoor activities, sports, games, crafts, and rainy day activities at an affordable rate of \$10 per child per day. Cash or card accepted.



### Campfire + Jam Session

**July 19 from 7:00 to 10:00 pm**

Outside the community hall or Lloyd Hand Hall

New in 2025! Dust off your guitars and bongos and let's gather around the fires for some singalongs and s'mores. All ages welcome. We hope to include special musical guests, stay tuned!

### Movie in the Park

**August 16 from 8:30 to 11:00 pm**

Bring out your camping chairs and cozy blankets and snuggle up to a family movie. A concession, crafts, and the playground are also available for those busy bodies who need to move.

**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.

Great News Media and the Community and/or Residents' Association do not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.

## CMCA Facility Rentals

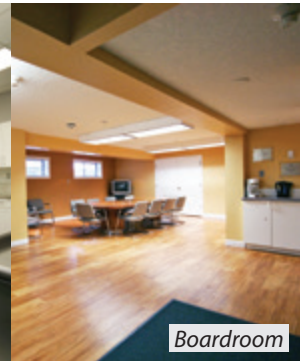
Weekday rates are for 6:00 am Monday to 6:00 pm Friday.  
Weekend rates are for 6:00 pm Friday to end of day Sunday.  
Minimum two-hour rental on weekends.  
Set up and clean up must be included in your rental time.  
CMCA members receive 10% off all bookings!



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 <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
<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



## Plan Your Summer Party at CMCA!

Our Xbox Gaming Room is a hit for kids' parties, team windups, and company socials. Whether you're celebrating a birthday or bonding with your hockey team, soccer crew, or colleagues, it's the perfect place for fun and connection.

Learn more at [cmca.ca/xbox-games-room](http://cmca.ca/xbox-games-room) and plan your next team adventure!



## Versatile Spaces for Every Occasion

Looking for an affordable and versatile space for your program or event? Our two spacious halls, boardroom, 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](mailto:info@cmca.ca) or call 403-251-1715 to book today!

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**Monday by appointment only.**

## Membership Sign Up



Your Canyon Meadows Community Association membership helps support our vibrant community and provides funds that enrich community life for all residents of Canyon Meadows.

### Benefits

- Take part in programs at the hall, such as our Kids Summer Drop-In, Tot Time (hopefully returning soon), or Girl Guides (Membership funds help subsidize rent for this group).
- Support community initiatives such as our free skate lending library.
- Get access to ice rinks and rink room (Membership funds help support maintenance of the rinks).
- Join our free monthly events, such as Seniors' Coffee.
- Entry to membership exclusive draws and contests. Subscribe to the eScoop, our monthly community email.
- Get a voice on local issues and the right to vote at our AGM.

### Discounts

- On hall rentals, CMCA events, and services such as skate sharpening.
- At Cloverdale Paint: 25% off paint and 15% off paint accessories. Contact Bonnie in the office for details.

### Three Ways to Purchase or Renew a CMCA Membership

1. Scan the QR code to purchase a membership online. Easy, fast, and convenient; please choose auto renew to keep our budget consistent.
2. Stop in the office any Monday to Friday between 9:00 am and 4:00 pm to pay by cash, debit, or cheque.
3. Drop a cheque with a note including your contact information in the secure drop box on the west wall of the main hall.

### Membership Fees

- Seniors (60+): \$20 + GST
- Individual: \$25 + GST
- Family: \$35 + GST
- Business: \$50 + GST



## Join the CMCA Board – Make a Difference!



We're looking for passionate, community-minded residents to join the Canyon Meadows Community Association Board. No experience needed—just a desire to get involved and help shape our neighbourhood.

- Meet neighbours
- Support local events
- Build new skills

Interested? Email [vicepresident@cmca.ca](mailto:vicepresident@cmca.ca) to learn more.

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		Listed	Sold	Listed	Sold
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March	25	12	14	\$392,450	\$396,250
February	25	14	12	\$497,000	\$520,000
January	25	14	13	\$750,000	\$740,000
December	24	3	7	\$599,900	\$575,000
November	24	13	9	\$489,900	\$445,000
October	24	22	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

To view more detailed information that comprise the above  
MLS averages please visit [cany.mycalgary.com](http://cany.mycalgary.com)

## Monthly Bingo Events for CMCA Fundraising



by a Current CMCA Bingo Volunteer

**Where:** Grey Eagle Bingo Hall

**Volunteer Time frame:** 10:00 am to 4:00 pm

**Upcoming Bingo Dates:** Fridays, September 12, October 17, November 14, December 12, January 9, February 13, March 13, April 10, May 8, June 26

### What is it like to volunteer at bingo for the community?

Our community provides volunteers one Friday afternoon a month at Grey Eagle Bingo, which is in the same building as the casino. Volunteers don't have to know how to play bingo.

There are several positions volunteers can fill. We need four volunteers each time to sell game tickets out on the floor to the patrons. Another position for two volunteers is to verify the winning bingo cards; or volunteers can work in the office at three different positions, which all involve handling cash.

Training for all these roles would be provided. Lunch and a beverage from the concession is also provided for volunteers.

If a person has asthma that would be aggravated by cigarette smoke, you probably don't want to be working out on the floor because Grey Eagle does allow smoking (the land is not within City of Calgary).

If you work in the office, you will not be bothered by the smoke. I have asthma myself, so I can attest to this.

We can always use new volunteers or people who can occasionally substitute when regulars are away.

To ask a question, or to volunteer, please contact the CMCA Bingo Director Johanne at 403-819-9416.

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**NEIGHBOURHOOD CONFLICT?** Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! [www.communitymediation.ca](http://www.communitymediation.ca), 403-269-2707.

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**IN-HOME EXERCISE SUPPORT FOR SENIORS AND THOSE WITH CHRONIC CONDITIONS:** Wytsma Health and Movement provides in-home exercise programming to improve your health and help you live and feel better! We specialize in working with people with chronic conditions and also with those who are unable to travel to a facility. Now accepting new clients. Contact Kathryn: 403-650-7969 or [kathryn@wytsmahealthandmovement.ca](mailto:kathryn@wytsmahealthandmovement.ca) or [wytsmahealthandmovement.ca](http://wytsmahealthandmovement.ca).

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Invisalign offers a virtually invisible appearance due to its clear and transparent aligners, allowing individuals to undergo orthodontic treatment discreetly.



### SHORTER TREATMENT:

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



### REMOVABLE:

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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