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CHRISTMAS MARKET

PAGE 16

REMEMBRANCE DAY GATHERING

PAGE 24

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		Listed	Sold	Listed	Sold
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August	25	20	14	\$507,000	\$497,000
July	25	16	8	\$614,900	\$602,500
June	25	12	7	\$650,000	\$672,000
May	25	12	18	\$614,900	\$607,000
April	25	15	7	\$825,000	\$807,500
March	25	11	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

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



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**SCAN HERE TO VIEW ADDITIONAL
CANYON MEADOWS CONTENT**

**News, Events,
& More**



**Crime
Statistics**



**Real Estate
Statistics**



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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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

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	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
Director at Large	Ryan Hogan	funding@cmca.ca
Director at Large	Frank Anderson	
Director at Large	Kyle Jones	
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
Faithway Bible Baptist Church	Wednesday evenings at 6:30 pm, Sunday mornings at 10:45 am, Sunday evenings at 6:30 pm	www.fwbcc.ca info@fwbcc.ca
Girl Guides – CGG 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.	info@queensandjacks.com
Quilted Mouse	Every first and third Tuesday	Group currently closed for registrations
Rock the Diploma	January and June diploma prep classes	marc.rtdcademy.com
Tai Chi	Thursday mornings, September to June. Beginner and Advanced levels.	janesponiar@gmail.com
Yoga with Kayla	Fridays 6:00 to 7:00 pm	yuzdepskikayla@gmail.com

MANY OTHER PACKAGES AVAILABLE!

BATHROOM RENOVATION SALE

SUPREME ULTIMATE

- Remove all old materials from bathroom and job site
- Supply & install new acrylic soaker tub
- Supply & install new toilet with soft close seat
- 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: \$17,679

SALE \$13,879
Limited Supplies

SUPREME TUB TO SHOWER CONVERSION

- Remove all old materials from bathroom and job site
- Supply & install one custom shower stall 60" x 30"
- Supply & install new water resistant board
- Tile 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 new corner caddy with 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

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Upcoming Programs and Events at CMCA

Learn more and register at cmca.ca or call the office at 403-251-1715



Good Food Box

Order deadline: December 1

Pick up date: December 10

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

Senior's Coffee

Every other week from September to June,

Tuesday, November 25 at 10:30 am

Lloyd Hand Hall

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

Hip Hop Dance Classes

October 16 to November 20 from 3:10 to 3:55 pm, and 4:00 to 4:45 pm

Lloyd Hand Hall

Ongoing registration will be prorated for Elementary and Middle/High School age kids for Hip Hop classes from Pulse Studios. Lower Price! \$70 for members and \$85 for non-members.

Christmas Craft Market

November 8 from 10:00 am to 3:00 pm

Lloyd Hand and Canterbury Halls

Vendor registration now open! Vendors, please visit the website to register.

Remembrance Day

November 11 from 9:30 am to 12:00 pm

Lloyd Hand Hall

Gather with neighbours, share a luncheon and stories.

Mini Masterpiece Fine Art Show

November 15 from 10:00 am to 4:00 pm

Lloyd Hand Hall

Calgary Art Community is hosting a free show of Calgary area artists. Live painting and three standard sizes, specially discounted: 6x6" for \$80, 10x10" for \$200, 12x12" for \$300. www.calgaryartcommunity.ca.

Santa's Mailbox

November 15 to December 18

128 Cannington Place SW

Free service! Santa will reply to letters before Christmas if they're delivered to Santa's mailbox by December 18. See the poster in this issue for more details!

Seniors Luncheon

November 26 from 11:00 am to 2:00 pm

Bring a friend or neighbour and celebrate the season at the hall! There'll be a free fresh lunch, live music from a local student, and guest speakers. Our board member Frank sparked such a great time at the Spring BBQ that folks asked for an encore! RSVP to gm@cmca.ca or call 403-251-1715. Memberships encouraged! Visit cmca.getcommunal.com or stop by the office.

Children's Christmas Party

December 12 from 2:00 to 5:00 pm

Lloyd Hand Hall

Free with donation. Crafts, activities, photo booth, refreshments.



BRAIN GAMES

SUDOKU

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9								
	9					3		
3		7				2		1
		4					6	
								6
8			4	7				
5		1	9	3			8	

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Canyon Meadows Auto Service

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CottageCare Calgary South

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Evans Resource Management Ltd.

Green Door Preschool

Isle Love Travel – Tasha Walsh

KC Service – Mobile Small Engine Mechanic

Living Tai Chi

Making Copacetic Happen – Professional Organizer
Mauri Loyer

Mathew Theriault – Realtor

My Mortgage Line – Michael Richmond

Paragon Designs – Joshua Huot

Parkview Massage + Wellness

Smith Pezzente Real Estate Team Remax

Sylvan Learning of Mid-South Calgary

WWW.CMCA.CA/BPP

Word of the Month

Magnanimous:
Adjective
(mag-nan-uh-muhs)
Generous and high-
minded. Not petty or
resentful.

She paid for both her
and her friend in a
magnanimous gesture.



CMCA Facility Rentals

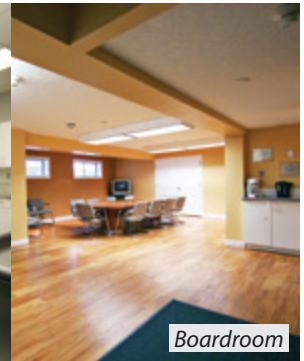
Weekday rates are for 6:00 am Monday to 6:00 pm Friday.
Weekend rates are for 6:00 pm Friday to end of day Sunday.
Minimum two-hour rental on weekends.
Set up and clean up must be included in your rental time.
CMCA members receive 10% off all bookings!



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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Plan Your Fall 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 and plan your next team adventure!



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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.



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For details, see page 10, then contact us at info@cmca.ca
or call 403-251-1715 to book today!

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



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*Santa will reply to letters before Christmas if they're
delivered to Santa's mailbox by Dec 18th.*

Green Cart Collection Update

by the City of Calgary

Starting in November, green cart collection will shift to an every-other-week schedule. This seasonal change helps match service to the lower volumes of yard waste we typically see once colder weather arrives.

Weekly green cart collection will return in April 2026, just in time for spring clean-up season when yard waste begins to pick up again.

We understand Calgary's weather can be unpredictable, and to keep the Green Cart program reliable and cost-effective, we set the schedule using long-term trends. This means collection times are based on when green cart volumes usually decline and when snowier conditions are more likely. By planning well in advance, the City ensures the right number of trucks, drivers, and resources are in place to keep the program running smoothly.

There are a few easy ways to stay on top of your collection days and keep things simple:

- Visit calgary.ca/cartschedule to check your cart pickup schedule or sign up for free reminders.
- Download the Calgary Garbage Day app to get automatic notifications about collection days and seasonal changes.

Thank you for helping keep Calgary clean and green, no matter the season!



Cats, Canines, & Critters of Calgary



Prairie Chickens, Calgary



Buster and Knuckles, Huntington Hills



Shai and Star, Copperfield



Tobi and Cherokee, Douglasdale

To have your pet featured, email news@mycalgary.com



You're invited to our

Seniors Luncheon

November 26, 2025
11:00 AM- 2:00 PM
Lloyd Hand Hall

Live music



Guest
speakers



Door
prizes

RSVP to gm@cmca.ca
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Canyon Meadows Halls



Vendors contact info@cmca.ca

Planning Corner - Did You Know?

There have been two interesting development permit applications in Canyon Meadows recently. An eight-plex house on a single-family lot on Elbow Drive and a McDonald's location proposed for the corner of Elbow and Canterbury Drive SW. You can submit your comments on these proposals on the City of Calgary website or by contacting the File Manager:

Eight-Plex



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Simrat.bains@calgary.ca

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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: Friday, November 14 is the last bingo on the schedule while The Grey Eagle Bingo undergoes renovation for approximately 18 months. Stay tuned for alternate dates.

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.



Magic Carpet Ride

Family Literacy Program



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www.canlearnsociety.ca/magic-carpet-ride



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Children's

CHRISTMAS PARTY

FRIDAY

DECEMBER

12

2-5 PM

Canyon Meadows Hall

Christmas Crafts

Activity Stations

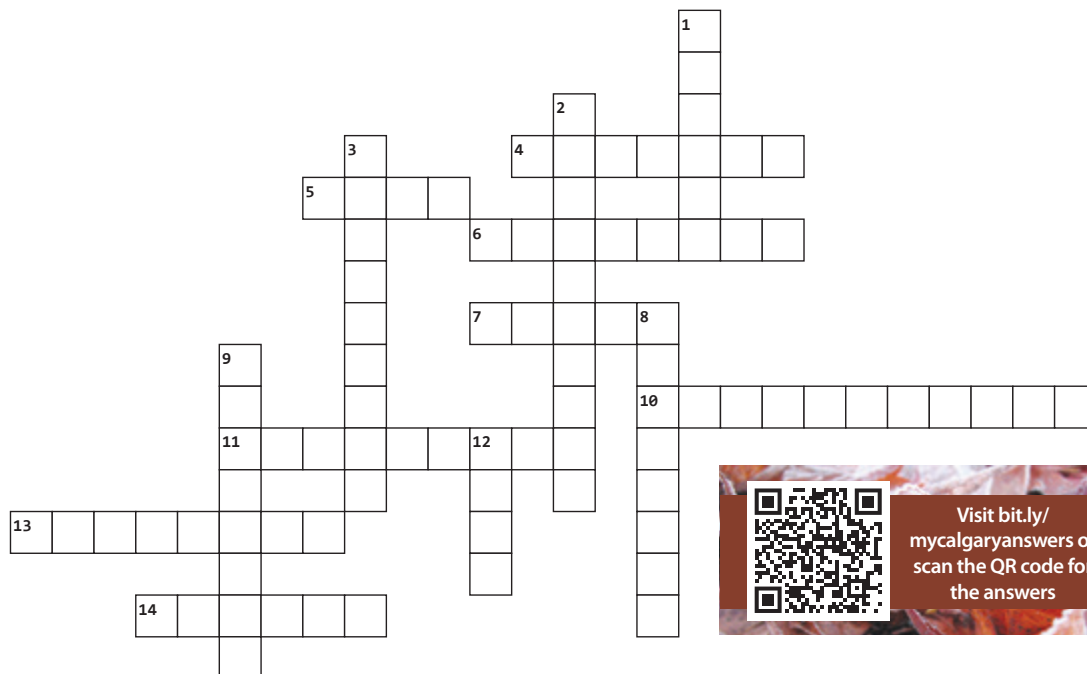
Photo Station

Stuff a Sock Station (Bring or purchase donation to stuff a stocking for those in need at Alpha House)

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November Crossword



Visit bit.ly/mycalgaryanswers or scan the QR code for the answers

Across

4. In November 1896, the hydroelectric powerplant at _____ Falls started operating.
5. "Novem" is the Latin word for what number?
6. The sci-fi novel, _____ *Park*, by Michael Crichton was published in November 1990.
7. World _____ Day is celebrated annually on November 1 and raises awareness about the ethical, environmental, and health issues related to animal consumption.
10. On November 4, 1922, Howard Carter discovered the first steps to the tomb of this ancient Egyptian Pharaoh.
11. This fast-food chain served its 50 billionth hamburger on November 20, 1984.
13. On November 30, 1982, Michael Jackson released his hit album "_____".
14. On November 27, 2013, this winter wonderland Disney animation was released.

Down

1. This Britney received her star on the Hollywood Walk of Fame at the age of 21 on November 17, 2003.
2. Jacques Plante became the first NHL goalie to wear a _____ protective face mask on November 1, 1959.
3. Canadian Music Hall of Fame inductee Gordon _____ was born on November 17, 1938, in Orillia, Ontario.
8. Stars of the romantic film *The _____*, Canadians Rachel McAdams and Ryan Gosling both celebrate their birthdays in November.
9. On November 15, 2020, Lewis _____ won his record-equalling seventh F1 World Drivers' Championship at the Turkish Grand Prix.
12. One of the most complete early human ancestor skeletons (*Australopithecus afarensis*), nicknamed _____, was discovered in Ethiopia on November 24, 1974.

Stuffed Red and Yellow Bell Peppers

by Jennifer Puri

Red bell peppers belong to the capsicum family. All bell peppers start out green and progress through the yellow and orange stages before reaching their most flavourful red stage.

Red bell peppers are considered the healthiest because they contain high levels of vitamins like C and A, and antioxidants. All bell peppers offer nutritional benefits but the red, yellow, and orange are the most flavourful.

Bell peppers can be used in every aspect of cooking, but the hollow insides of the peppers make them ideal for stuffing with ground meats, cheeses, and grains as shown in the stuffed red and yellow bell peppers recipe below.

Prep Time: 10 minutes

Cook Time: 25 minutes

Bake Time: 35 minutes

Servings: 4

Ingredients:

- 4 red and yellow bell peppers
- 1 lb. lean ground beef
- 2 tbsp. olive or canola oil
- 1 tsp. minced garlic
- ½ cup chopped yellow onion
- 1 tsp. minced ginger
- 2 bay leaves
- 1 cinnamon stick
- ¼ tsp. ground cloves
- ½ tsp. salt
- ½ tsp. black pepper
- 2 cups cooked long grain rice
- 2 cups shredded mozzarella or cheddar cheese

Directions:

1. Preheat oven to 425 degrees Fahrenheit.
2. Wash and dry the bell peppers, then slice in half and remove the pith and seeds.
3. Brush the bell peppers with a little oil and sprinkle some salt and black pepper. Place the peppers cut side up on a baking tray and roast in the oven for about 10 minutes.



3. While the peppers are baking, prepare the filling by heating the remaining oil in a skillet. Then add onions and sauté for a few minutes until softened.
4. Next add the garlic, ginger, bay leaves, cloves, cinnamon stick, and the ground beef. Sauté the mixture until the beef turns brown then add a cup of water, cover and cook for about 12 to 15 minutes or until the beef is cooked and the liquid dries up.
5. Remove from heat and discard the bay leaves and cinnamon stick before adding the cooked rice and half the cheese.
6. Arrange roasted bell pepper halves in a baking dish and spoon the beef and rice mixture into them. Bake on middle rack of oven for about 20 minutes then sprinkle remaining cheese and bake peppers uncovered for about 5 minutes or until cheese is melted.
7. Serve with mashed potatoes, garlic bread, or cornbread if desired.

Bon Appétit!



HIP HOP DANCE CLASSES



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Lest we forget.

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GATHERING

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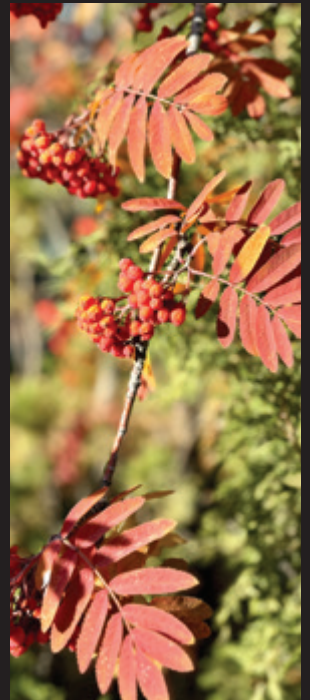
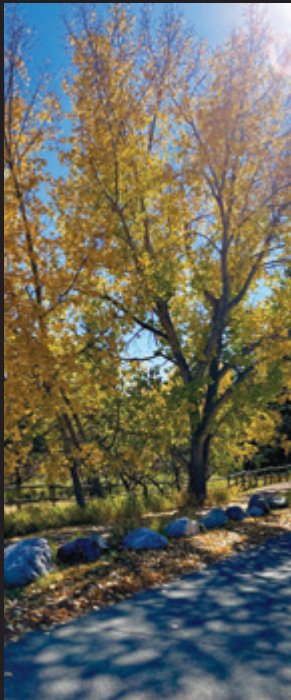
NOV 11 9:30AM-12PM

CANYON MEADOWS
LLOYD HAND HALL

COLLECTING DONATIONS FOR THE VETERANS' FOOD BANK

Photo Gallery

Images by Kim Chulsky



Canyon Meadows Yard and Garden Club Fall 2025 Update

The Canyon Meadows Yard and Garden Club is full of momentum as we look ahead to our exciting community garden project! We're thrilled to share a few important updates and opportunities for you to get involved.

New Garden Bed Locations Being Considered

We've been exploring the best possible spots for our raised garden beds and have made some thoughtful changes. While the original plan was to place them along the parking lot, we're now focusing on two promising areas:

1. The treed area beside the lot, which offers a natural windbreak and partial shade.
2. The slope near the play park, which could create a visually beautiful, tiered garden space.

We're carefully considering factors like sunlight, accessibility, and aesthetics — and we'd love to hear your thoughts!

Planning for Sustainable Watering

A key piece of our project is a watering system that can efficiently support all our planting areas. We're currently researching systems that are both sustainable and easy to use, so that our garden thrives throughout the growing season. Your input on this is welcome too, especially if you have experience with irrigation or rainwater collection!

Community Hall Landscaping Upgrades

Exciting news: the Canyon Meadows Community Hall is upgrading the landscaping around the buildings! These changes will enhance the overall look and feel of our



shared space and create a welcoming environment for our future garden. This gives us a great opportunity to collaborate and align our garden with the larger vision for the area.

Grants, Fundraising, and Spring 2026 Build

We're still actively applying for grants and working on fundraising efforts to support our garden project. Thanks to all who have donated time, money, or skills — every little bit helps. Our target is to break ground and start building in spring 2026!

We Want Your Ideas!

This project is truly community-driven, and your ideas, questions, and feedback are essential. Whether you have a suggestion for bed placement, ideas for native plants, tips on watering systems, or want to help with fundraising — we'd love to hear from you. Reach out to us at gm@cmca.ca.

Let's grow something amazing together!

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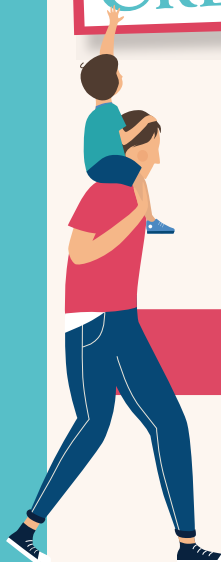


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