

AUGUST 2026

DELIVERED MONTHLY TO 3,800 HOUSEHOLDS

CANYON MEADOWS

CHRONICLE

BRINGING CANYON MEADOWS RESIDENTS TOGETHER



KIDS SUMMER DROP
PAGE 4
MOVIE IN THE PARK
PAGE 10



Self-Employed?

Your bank said no. That doesn't mean you can't get approved.

- ✓ Alternative mortgage solutions
- ✓ Flexible income qualification
- ✓ Options for purchases, refinancing & renewals

Don't let traditional bank rules stop you from getting the mortgage you need.



ANITA RUSSELL

403-771-8771
anita@anitamortgage.ca



LEN T WONG + ASSOCIATES

RE/MAX
— COMPLETE REALTY —



CANYON MEADOWS COMMUNITY REAL ESTATE ACTIVITY

YOUR HOME SOLD GUARANTEED!*

Call to find out more about our
Innovative Consumer Programs

Virtual Tours

Guaranteed Sale Program*

Trade Up Program*

Blanket Home Warranty Program*

Accepting Crypto Currency

Call us to help you navigate through
the changing real estate world

Call or Text 403-606-8888

Email len@lentwong.com

*Terms and Conditions Apply.

		Properties		Median Price	
		Listed	Sold	Listed	Sold
June	26	31	17	\$599,900	\$585,000
May	26	33	16	\$689,950	\$695,500
April	26	12	7	\$399,000	\$390,000
March	26	13	13	\$510,000	\$501,000
February	26	5	8	\$665,000	\$650,000
January	26	9	7	\$529,000	\$505,000
December	25	4	3	\$195,000	\$185,000
November	25	11	11	\$639,900	\$625,000
October	25	11	14	\$640,000	\$626,500
September	25	18	13	\$465,000	\$450,000
August	25	19	14	\$507,000	\$497,000
July	25	16	8	\$614,900	\$602,500

To view more detailed information that comprise the above
MLS averages please visit mycalgary.com/calgary-real-estate



BUFFALO RUN DENTAL

403-226-9627



Dr. Ben Toone



Dr. Chamari Jayasingha



Dr. Peter Lam



buffalorundental.com

GENERAL/FAMILY DENTISTRY

Dental Cleanings
Exams and Digital Imaging
Dental Bridges
Fillings
Root Canal Treatment
Tooth Extractions
Wisdom Tooth Extractions
Partial Dentures
Night Guards/Retainers
Sports Mouth Guards
Emergency Dental Care

COSMETIC DENTISTRY

Botox Treatments
Dental Implants
Invisalign
Porcelain Veneers
Smile Restoration
Teeth Whitening
Tooth Bonding

SEDATION

Oral Sedation
Nitrous Oxide (Laughing Gas)
Oral + Nitrous Oxide

Open Evenings and Saturdays

**We offer direct billings to all major
insurance providers, CDCP and NIHB**

Always welcoming new patients.

www.kilbco.com

CONCRETE SEALING

Kilbco offers concrete resealing to help protect and enhance the appearance of exposed aggregate, colored and stamped concrete patios, walkways and driveways. We take pride in using the best sealing products available which help repel salt and protect against UV rays.

Please call Kilbco to maintain the value of your investment.

FREE ESTIMATES

SEALED

UNSEALED

KILBCO
CONCRETE CURBING

*Locally Owned &
Operated*

Free Estimates to 403.870.0737

OFFICIAL

PLUMBING & HEATING

Furnace and A/C Install & Repair

Plumbing Services

Drain Cleaning

Boiler Install & Repair

Electrical

\$50

Service Call Fee



403-837-4023

info@officialplumbingheating.ca
official-plumbing-heating.ca



KIDS SUMMER DROP-IN 2026



6 JULY – 28 AUGUST 2026
844 Cantabrian Drive SW | Rink Room

\$10-15
/Person

**OUTDOOR ADVENTURES • CREATIVE
ARTS & CRAFTS • SPORTS & GAMES**

MON/WED/FRI 9:30 AM – 12:30 PM
TUES/THURS 12:30 PM – 3:30 PM

AGES 4-12 www.cmca.ca +403-251-1715



COMMUNITY GARDEN + LANDSCAPE PROJECT

**CALLING ALL VOLUNTEERS!
WE NEED YOUR HELP!**

**WE'RE HAVING VARIOUS
WORK SESSIONS
THROUGHOUT THE SUMMER!**

CHECK HERE TO SIGN UP:





**FEDERATION OF
CALGARY COMMUNITIES**

**CLIMATE
READY
YYC**

good places

Calgary



the Gutter Doctor®

**Home Exterior
Services**

Gutter Clean/Fix/Install • Leaf Screens
Window Cleaning • Fascia/Soffit/Siding
Pressure/Soft Wash • Cladding
Permanent Lights • Roofing

Senior Discount • Warranty • WCB • Insured

403-714-0711 • gutterdoctor.ca

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.

READY TO INCREASE YOUR CURB APPEAL?




- Design and install
- Concrete curbing
- Garden planting, mulch and stone
- Artificial turf
- Retaining walls and patios
- Sprinkler systems
- Grading and sod
- Decks and fences

Free Estimates
www.kilbco.com | 403-870-0737



FEEL BETTER THIS FALL

Wellness for Everybody



CHILD & YOUTH PROGRAMS • FITNESS CLASSES & WORKSHOPS
AQUATICS • PARENT & TOT PROGRAMS
OLDER ADULT FITNESS • PERSONAL TRAINING • AND MORE

REGISTRATION OPENS

JULY 28TH FOR MEMBERS
JULY 30TH FOR NON-MEMBERS

VIEW PROGRAM GUIDE

WWW.TRICOCENTRE.CA/PROGRAM-GUIDES



WEST PEAKS
DENTAL SUITE

Now Accepting New Patients

Offering family, cosmetic and general dentistry. Same day emergencies welcome.

Scan the QR code to book your appointment.

Book Now



 Suite 205, 125 Oakmoor Pl SW
Calgary, AB T2V 4A3

 (403) 281-4264

 westpeaksdentalsuite.ca



CMCA Office Hours

Monday to Friday: 10:00 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	Consuelo Osuna Milan	
Director at Large	Frank Anderson	
Director at Large	Karen King	
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 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	Sundays at 10:45 am to 12:00 pm, 2:30 to 3:30 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 Square Dance Club	Monday evenings, September to June. Try a free class!	info@queensandjacks.com
Quilted Mouse	Every first and third Tuesday, September to June.	Group currently closed for registrations
Rock the Diploma	January and June diploma prep classes	marc@rtdacademy.com
Tai Chi	Thursday mornings, September to June. Beginner and Advanced levels. Try a free class!	janesponiar@gmail.com
Yoga with Kayla	Thursdays, 6:00 to 7:00 pm	yuzdepsikayla@gmail.com

Copacetic Routines for the School Year

Simple systems for calmer mornings, smoother afternoons, and stress-free evenings.

by Mauri Loyer, Retired Professional Organizer

A copacetic home is one where life flows with ease, especially during the school year when routines become the quiet structure that holds everything together. The goal isn't perfection. It's creating simple rhythms that support your family and reduce the daily stress of rushed mornings, busy afternoons, and hectic evenings.

Start Strong: Morning Routines

A calm morning begins the night before. Pack backpacks, prepare lunches, and lay out clothes in advance. Create a "launch pad" near the door for backpacks, shoes, and anything that needs to leave the house. Building a few extra minutes into your morning schedule also helps everyone start the day feeling calm instead of rushed.

Ease Into the Afternoon

After school is a transition time. Children often come home hungry, tired, and full of stories. A predictable routine, such as a healthy snack, a little downtime, and then homework or reading, helps them recharge and settle into the rest of the day. Familiar routines reduce resistance and create a more peaceful afternoon for everyone.

Set Tomorrow Up for Success

Evening routines make the next morning easier. Enjoy dinner together when possible, spend a few minutes tidying shared spaces, and follow a consistent bedtime routine. Preparing lunches and laying out clothes before bed eliminates morning decision-making and helps everyone wake up ready to go.



Give Everything a Home

Organization doesn't have to be complicated. Assign permanent homes for backpacks, sports equipment, library books, school papers, and lunch supplies. When everyone knows where things belong, less time is spent searching and more time is spent enjoying family life.

Small Habits, Big Results

Tiny routines can make a surprising difference. Empty lunch kits after school, sign permission forms as soon as they arrive, restock lunch supplies weekly, and wash sports uniforms on the same day each week. These simple habits quietly reduce clutter and mental load throughout the school year.

A copacetic school year doesn't mean every day goes perfectly. It means your family's routines are strong enough to carry you through busy days and unexpected challenges. Simple, consistent habits create stability, reduce stress, and help your home feel calm, organized, and ready for whatever the school year brings.

Have an organizing question? Email Mauri at makingcopacetic happen@gmail.com.



403-281-2008
info@summitplumbing.ca
www.summitplumbing.ca

**OVER
18 YEARS
IN BUSINESS**

Specializing in Residential Services



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

News, Events, & More 	Crime Statistics 	Real Estate Statistics 
--	---	--

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



Community Reminders

Board Members Needed

We're looking for community-minded volunteers to join our Board of Directors, with a particular need for a Secretary. If you'd like to help shape programs, events, and community initiatives, we'd love to hear from you. Contact vicepresident@cmca.ca.

Programs Returning This Fall

Our long-term renters, Tai Chi and Queens and Jacks Beginner Bridge, will be offering free introductory classes in September. Visit our Program page for schedules and contact information.

Please Stay Off the Sea Can

For everyone's safety, climbing on the sea can is not permitted. The community centre grounds are a busy shared space with maintenance projects, vehicles, equipment, and recreational activities taking place throughout the year. Parents and guardians are asked to actively supervise their children while visiting the hall and grounds to help ensure everyone's safety. We appreciate your help in keeping our community spaces safe and enjoyable for all.

Keep Canyon Meadows Alleys Clean This Summer

Summer is a great time to tidy up our back alleys and help keep Canyon Meadows safe, attractive, and free of clutter.

Before heading to the landfill, consider these simple options:

- Give it away on Facebook Marketplace, Kijiji, or local Buy Nothing groups.
- Set it out with a "free" sign near your property (not in the alley).
- Recycle and compost using your blue and green carts. Check accepted items at calgary.ca/waste.
- Donate gently used items to organizations such as WINS or Goodwill.
- Use City Community Cleanup events to dispose of household waste, yard debris, and other items at no cost. Visit www.calgary.ca/waste/drop-off/community-cleanups.html for more information.



willowparkDENTAL



403-278-5656 | info@willowparkdental.com

We've partnered with QUIP
to provide you with a

FREE QUIP Adult
Electric Toothbrush,
Toothpaste and
Refillable
Floss String

with your next
Complete Exam, Cleaning
& X-Rays!
(Valued up to \$70.00)



We Follow the ADA&C Fee Guide!

			SAME FEE
Code	Treatment Description	ADA&C Fee Guide Pricing	Willow Park Dental's Pricing
01103	New Patient Exam	\$143.85	\$143.85
02144	4 Bitewing X-Rays	\$110.10	\$110.10
02113	3 PA X-Rays	\$85.00	\$85.00
02601	Panoramic X-Ray	\$111.40	\$111.40
11113	3 Units Scaling	\$261.75	\$261.75
11101	Polishing	\$77.75	\$77.75
12112	Fluoride Treatment	\$37.65	\$37.65

Family and Cosmetic Dentistry

Whether you're looking for a simple cleaning and check-up for your family or more advanced Cosmetic work, we can help. We offer a full range of services, from Dental Cleanings and Fillings to Cosmetic Procedures such as Dental Implants, Veneers, Crowns & Bridges, Tooth Coloured Fillings, Teeth Whitening, and more. Oh, and did we mention we're great with kids?



Get the smile you've always wanted with the clear alternative to braces for as little as \$70/week. Book a FREE consultation today and find out if you're a candidate.



STARTING AT
\$8 PER UNIT

Want to look like you've turned back the hands of time? Need relief from TMJ or tension headaches? Book a FREE consultation and see how Botox can help!



We are a digital impression practice.

Visualize a better smile.

Do you have a strong gag reflex? Hate the mess of gooey impression materials? The iTero 3D Oral Scanner comfortably captures the intricate contours of your teeth with high levels of precision for crowns, bridges, Invisalign, and much more without the goop or gag.

**Flexible In-Office
Financing options
available at 0%!**





services



**TEETH
WHITENING**



**DENTAL
IMPLANTS**



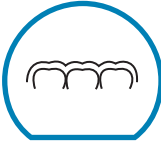
**CERAMIC
RESTORATION**



**BOTOX
TREATMENTS**



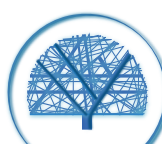
**PORCELAIN
VENEERS**



INVISALIGN



**SMILE
MAKEOVER**



BRIDGES



**TEETH
CLEANING**



CROWNS



**SNORE
GUARDS**



ORTHODONTICS



TMD THERAPY



**TOOTH COLOURED
FILLINGS**

**DIRECT BILLING
TO INSURANCE**

**OPEN EVENINGS
AND WEEKENDS**

**NOW ACCEPTING
NEW PATIENTS**



willowparkDENTAL

LOCATION

Ground Floor of Southcentre
Executive Tower
#106, 11012 MacLeod Trail SE

CONTACT US

P 403-278-5656

E info@willowparkdental.com

W www.willowparkdental.com



All services performed
by a general dentist

Celebrating the Volunteers and Staff Who Make Our Community Thrive

The Canyon Meadows Community Association is powered by people who generously give their time, talents, and energy to make our community a better place. We'd like to extend our sincere thanks to everyone who has contributed over the past month.

Board of Directors

Thank you to our dedicated Board of Directors for another successful season of leadership and service. From planning new programs and events to promoting community initiatives, maintaining our outdoor rinks and equipment, overseeing major improvement projects, and even developing custom software to modernize our office systems, our Board members contribute countless volunteer hours behind the scenes.

If you're interested in helping shape the future of Canyon Meadows, we'd love to welcome you. Consider attending a Board meeting or join us at our Annual General Meeting on Wednesday, October 8 at 7:00 pm.



School's Out Celebration

A heartfelt thank you to the many community volunteers who made our School's Out Celebration such a success. Whether you were popping popcorn, supervising the slide, running the water hose, serving food, or helping with setup and cleanup, your enthusiasm created a fun and memorable day for local families. We served all 117 hot dogs!

Special thanks to our Business Partners, Code Ninjas Willow Park, Green Door Preschool, and HOTWORX Infrared Exercise Studio, for adding engaging activities and helping make the event even more enjoyable.

Summer Staff

Thank you to our outstanding Summer Camp Counsellors and Building Maintenance team. Your energy, creativity, and hard work made our Kids Summer Drop-In Camp a welcoming place for children while also keeping our halls, grounds, and facilities looking their best throughout the busy summer season.



Community Garden Update

Our Community Garden continues to grow thanks to the incredible efforts of many dedicated volunteers. Thank you to Ted Bahr and the Board's Community Garden Committee for their ongoing work refining the Food Forest excavation plans and guiding this exciting project forward.

We're also grateful to our community volunteers and the team from Youth Central for preparing the Rain Garden by removing grass and invasive plants, creating the foundation for beautiful new native plantings.

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 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 16, then contact us at info@cmca.ca or call 403-251-1715 to book today!

Hire A Handy Guy

"Your one call specialist for all your home maintenance needs"



- Maintenance
- Fences & Decks
- Repairs
- Carpentry
- Renos
- Bathrooms
- Odd Jobs
- Floorings
- Drywall
- Junk Hauling

11 Years' Experience

Why call several companies when we can do it all for you!

FREE ESTIMATES
403-861-0179
hireahandyguy@gmail.com

MOVIE

In the Park

GOAT (2026) is an animated sports-comedy proves small players can excel in a league built for giants

**29 AUG
2026**

8:30PM
Outside
Canyon Meadows Hall

www.reallygreatsite.com



**Support your business
Support your community**

CMCA BUSINESS PARTNERSHIP PROGRAM

AllKind Appliance Service Ltd.

Anna's Home Check Services

AQUALITY Plumbing & Heating Inc.

Beitel Brothers Liquor

Brightside Kids Inc.

Calgary Art Community

Canyon Creek Liquor Store

Canyon Meadows by Atria Retirement Living

Canyon Meadows Auto Service

Code Ninjas Willow Park

CottageCare Calgary South

Destinations Await – Tasha Walsh

Electronic Innovation

Evans Resource Management Ltd.

Green Door Preschool

HOTWORX Calgary Canyon Meadows

Living Tai Chi

Mathew Theriault – Realtor

Meagan Skiboff

My Mortgage Line – Michael Richmond

Prestige Medispa

Smith Pezzente Real Estate Team Remax

Sylvan Learning of Mid-South Calgary

Ukrainian Bakery and Cafe

Vanessa Church

WWW.CMCA.CA/BPP

**UPCOMING PROGRAMS AND EVENTS
AT CMCA**



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

Good Food Box

Order deadline: August 10

Pick up date: August 19

Monthly order of seasonal fruits and veggies. \$1.00 to \$1.75/lb!

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

Order at cmca.getcommunal.com.

Senior's Chair Yoga and Coffee

**Every Second and Fourth Tuesday, September to June
Lloyd Hand Hall**

10:00 am chair yoga, 10:30 am coffee

Free gathering for members to come catch up with neighbours. Do you need a ride? A carpool is available. Any interest in Mahjong or other games? Let us know at the contact info above.

Community Garden Work Sessions



Various Dates in August

Come on out and see what's developing in the Community Garden and Landscaping Project.

cmca.ca/events/community-garden-work-sessions/.

Kids Summer Drop-In

July 6 to August 28

Monday, Wednesday, Friday 9:30 am to 12:30 pm

Tuesday and Thursday 12:30 to 3:30 pm

In the Rink Room and Outside the Community Hall

Our drop-in camp (no registration required) for Ages 4 to 12 provides much needed outdoor activities, sports, games, crafts, and rainy-day activities at an affordable rate of \$10 for members and \$15 for non-members per day (cash or card accepted).

Movie in the Park - GOAT

August 29 8:30 to 11:00 pm

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

Guttermedik+

Phone # 403.903.8601

- | | |
|-------------------|--------------------|
| ✓ Gutter Cleaning | ✓ Seamless Gutters |
| ✓ Leak Repair | ✓ Leaf Screens |
| ✓ Downspouts | ✓ Soffit Fascia |

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 and 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 am 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) 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. Various rental levels available.	\$450 plus hall rental	\$450 plus 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

Discover the Benefits of Tai Chi in Canyon Meadows: A Gentle Practice with Lasting Benefits



Tai Chi is an ancient Chinese art practiced worldwide for its many health benefits and calming effects. It is especially well-suited for older adults because it provides a safe, low-impact way to stay

active and improve overall wellness.

Benefits of regular Tai Chi practice include:

- Improved balance and coordination
- Reduced risk of falls and injuries
- Better circulation and energy flow
- Enhanced cardiovascular health
- Reduced arthritic symptoms and joint discomfort
- Relief from headache pain
- Stronger immune system function
- Greater relaxation and stress management
- Improved mental and emotional well-being

Small Steps, Big Results

The key to experiencing these benefits is regular practice. Even 10 minutes a day can be a great start for someone beginning their Tai Chi journey.

Classes typically include:

- Gentle breathing exercises (Qigong)
- Step-by-step instruction in Tai Chi movements
- Practice of a traditional Tai Chi form

- Techniques to improve posture, focus, and body awareness

While it may take a year or more to memorize the full sequence of movements, participants begin experiencing the benefits right away.

A Guiding Principle of Tai Chi

Success is not measured by how many movements you know, but by how consistently you practice them.

Meet Your Instructor

Tai Chi has been offered in Canyon Meadows since 1998 under the guidance of Jane Sponiar.

Jane brings decades of experience and holds:

- A degree in Kinesiology and Coaching
- Certification in Tai Chi
- Certification in Yoga
- Reiki Master designation

Beginner Classes Starting This September

New Beginner Class

- Thursdays 11:00 am to 12:00 pm.
- First Class: September 10

We look forward to welcoming new participants.

For registration, fees, or questions, contact Jane Sponiar at janesponiar@gmail.com.



SAVE YOUR ROOF. SAVE THOUSANDS.

\$200 OFF • Promo Code: ROOF200

Free Roof Inspection • Extend Roof Life Up To 15 Years

Cost-Effective Alternative To Roof Replacement



BOOK TODAY!

403-978-8006 | roofshielddyycc.ca





MLA, Calgary-Acadia

Diana Batten

Shadow Minister for Children & Family Services

105, 10333 Southport Road SW, Calgary

403-640-1363

✉ Calgary.acadia@assembly.ab.ca

📘 facebook.com/dianabattenmla

📧 [@dianabatten_](mailto:dianabatten_) | 📧 [@DianaBatten_](mailto:DianaBatten_)

Happy Summer, Calgary-Acadia!

It has been a whirlwind couple of months spending quality time connecting with you and your neighbours in the community. Through the wind, rain, and hail, we celebrated Neighbour Day across the riding, supporting young entrepreneurs at their lemonade stands, channelling our creative juices into painting tiles and wood blocks, and enjoying the live music when the weather permitted. It was a blast, and I am so grateful for the community associations and all the volunteer hours spent creating events like these.

This Canada Day felt especially significant as Alberta faces a referendum on its place in confederation. I am a proud Canadian and a proud Albertan, and vast majority of constituents have told me they feel the same. Many have expressed frustration with the referendum, particularly its cost and limited return, and would rather see those dollars invested toward strengthening public education and public health care, priorities that directly support families and communities.

From the Calgary Stampede and Folkfest to parades of garage sales, summer offers countless ways to come together and celebrate our thriving communities. Our third annual Haysboro Stampede Breakfast was part of that spirit, bringing thousands of neighbours out for pancakes, connection, and conversation with the Alberta NDP Caucus.

Your voices are essential, and it is a true privilege to serve Calgary Acadia. I am here to represent you, and the perspectives you share help shape the work I do every day. As the referendum approaches, I encourage everyone to stay engaged, take the issue seriously, and make the time to get informed about what is at stake for our province and our future. Please continue to share your thoughts and perspectives with me.

Wishing you a safe and enjoyable rest of the summer.

Cheers,

Diana

For business classified ad rates contact

Great News Media

at 403-720-0762 or sales@greatnewsmedia.ca

NEPTUNE PLUMBING & HEATING LTD: Qualified journeymen plumbers/gasfitters, very experienced in Canyon Meadows. Upfront pricing. Reliable, conscientious, fully guaranteed. Mon - Fri 8:00 am - 5:00 pm. 24-hour emergency service, call 403-255-7938. "Showering you with great service."

OFFICIAL PLUMBING & HEATING: Small company, low overhead, excellent warranties, and great rates. Specializing in residential service and installs. Services include furnace service and replacement, hot water tank service and replacement, leaks, clogs, gas fitting, and more. Licensed and insured. Why wait? Call today and get it fixed today! Available 24/7, we accept debit/VISA/MasterCard. Call 403-837-4023 or email info@officialplumbingheating.ca; www.official-plumbing-heating.ca.

CANYON MEADOWS MORTGAGE BROKER: Save a bunch of cash! As a Calgary mortgage broker, I have helped your neighbours navigate their purchase, refinance, and renewal options. If you are looking for expert mortgage advice, excellent rates, many options, and better financing, Call Anita at 403-771-8771 | anita@anitamortgage.ca | Licensed by Avenue Financial.

LANDSCAPING & WINDOW CLEANING: Weekly yard care starting at \$39. Decorative mulch, rock, soil and sod installation. Window or gutter cleaning starting at \$109; interior or exterior. Garden beds, stone patios, walkways and rock walls. Deck and fence builds, small concrete jobs and synthetic grass installation. A+ Member of BBB. Licensed and Insured. WCB. 403-265-4769 | YardBustersLandscaping.com.

DENTAL CARE THAT'S AFFORDABLE, ACCESSIBLE & ESSENTIAL: Easy drive or transit from your home or work. Simply, let's make your teeth look good, feel good, and last long with no pain! No fluff no frills. All dental plans accepted, direct billing, OAC. Call today at 403-272-7272 or 403-287-6453, or visit calgarydentalcenters.com.

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, 403-269-2707.

BUSINESS CLASSIFIEDS

JUNK TO THE DUMP / ODD JOBS: Safety starts with a clean and clutter free environment. Disposal of any household unwhants. Reno clean-ups. Move in/out garbage removal. Disposal/recycling of appliances/electronics. Reno moves. Very prompt service, best prices and satisfaction always guaranteed! We load. Senior discount. Please call Sanil for your free estimate at 403-616-2758.

K2 BOOKKEEPING: Are you too busy to keep up with your bookkeeping? Experienced bookkeeper now accepting new clients. Specializing in small to medium-sized businesses. Competitive Rates | Twenty years Experience with QuickBooks and Simply Accounting, GST, Payroll, WCB, Filing, and T4 Filings. Phone Katie 403-870-0737.

STAMPEDE PLUMBING AND HEATING: 5-star Google rating, Senior and Veteran discounts. Highly trained plumbers, gasfitters, refrigeration & HVAC technicians. Water heaters, furnaces, boilers, air conditioning/heat pumps, drain cleaning, leaks, POLY-B replacement, new construction and renovations! Competitive prices with quality, 24-hour service! Established 1998. Call 403-225-1037. www.stampepeplumbingandheating.com.

EXTERIOR HOME REPAIRS... For 40+ years, we have helped Calgary homeowners maintain, repair, and protect their properties. Our reputation is built on honest advice and quality workmanship. Whether you're dealing with a leaking roof, damaged stucco, cracked brickwork, or leaking gutters, we have the expertise to get the job done right! www.exteriorhomerepairs.ca 403-862-6994.

SNOW REMOVAL: 10 years of reliable residential snow removal service. We clear snow once a day, as many days as necessary, each month from October through April for a flat monthly rate. Prices start at \$120 per month. Call or text John today for a free quote at 403-667-7929, or by email at Lawnjohnsyc@gmail.com. Licensed and insured.

FENCING, DECKING, BASEMENT RENOVATIONS, DRYWALL & FRAMING: We take all the stress out of your fencing, decking, basement renovations, drywall, and framing needs around your home. Free consultations and estimates. Please contact Robertson Watt Construction Services for friendly and on time service. Call 403-200-6192 or email info@robertsonwatt.ca.

RESIDENTIAL CLEANING: Need help with your cleaning? R&N can help you. We have an affordable rate and well experienced cleaners. Available weekly, bi-weekly, monthly and one time clean. Call Rachell at 403-708-3119 to book.

CANYON MEADOWS PAINTER: Experienced Calgary Painter - Transform your space with precision and style! Our professional painting services bring life to your home. Skilled in interior and exterior projects. Affordable rates with top-quality results. Contact Jonathan for a free estimate at 403-561-4338. Your trusted choice for a fresh, vibrant look. www.fivestarpainting.com.

GUTTER DOCTOR: Home Exterior Services. Gutter cleaning/repair/installation, window cleaning, gutter guards/leaf screens, fascia, soffit, siding, permanent outdoor holiday lighting, roofing, cladding, heat cables, pressure/soft washing. Local business since 2003 with more than 70,000 happy customers! Licensed, insured, WCB, A+ rated BBB member, multi award-winner. Quality work with a warranty! www.gutterdoctor.ca, 403-714-0711.



LANDSCAPING SPECIALISTS

AS
TH
CONTRACTING

FOR A **FREE ESTIMATE**
ON LANDSCAPING

CALL SHAWN 403.651.0424
ASFCONTRACTING1@GMAIL.COM
WWW.ASFCONTRACTING.COM

**COMMERCIAL/RESIDENTIAL LAWN MAINTENANCE • PAVING
STONE • SOD • RETAINING WALL INSTALL • FENCES • DECKS**

#1
YEARLY TOP
PRODUCER
RE/MAX
LANDAN REAL ESTATE



Homes for Sale in Canyon Meadows, Calgary

WE MAKE BUYING HOMES

EASY PEASY *Lemon Squeazy*



FRESH MINT LEMONADE

INGREDIENTS

1 cup warm water	1 cup fresh lemon juice (5–6 lemons)
3 cups cold water	$\frac{3}{4}$ cup granulated sugar
Ice	8–10 fresh mint leaves

DIRECTIONS

Stir the sugar into the warm water until completely dissolved. Combine the lemon juice, sugar mixture, and cold water in a large pitcher. Lightly muddle the mint leaves and add them to the pitcher. Chill for at least 30 minutes. Serve over ice and garnish with fresh lemon slices and fresh mint.



35 CANDLE COURT SW



12716 CANNINGTON WAY SW



39 CANOVA CLOSE SW

NOT INTENDED TO SOLICIT PROPERTIES ALREADY LISTED FOR SALE