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KIDS SUMMER DROP-IN
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		Properties		Median Price	
		Listed	Sold	Listed	Sold
May	26	40	15	\$729,900	\$715,000
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
June	25	10	7	\$650,000	\$672,000

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

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KIDS SUMMER DROP-IN 2026



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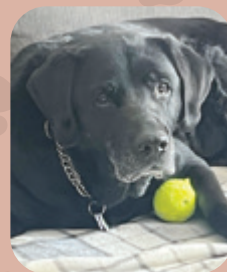
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Chase, Wolf Willow



Echo, Acadia



Geo, Signal Hill



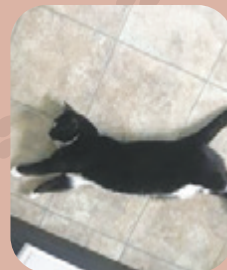
Holly, Millrise



Kabuki, Bridgeland



Mochie, Acadia



Oreo, Acadia

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

Making Copacetic Happen: Creating a Home That Feels “Just Right” by Following the Dust

A copacetic home is one where everything feels aligned, peaceful, and “just right.” It’s not about perfection or minimalism — it’s about creating a space that supports your life instead of weighing it down. One of the simplest and most revealing ways to achieve this is through a method I call Follow the Dust.

Dust is honest. It quietly shows you which objects are part of your life, and which ones are simply sitting there, taking up space and attention. When you learn to follow the dust, you learn to follow the truth of your home.

Why Dust Matters

We often keep things because we feel guilty letting them go, because they were expensive, or because we think we might need them someday. But dust tells a different story. Dust shows you what you actually use, touch, and care for. A dusty object is one that hasn’t been part of your life for a while — sometimes for months or even years.

A copacetic home is built on alignment, and dust is one of the clearest indicators of misalignment. Instead of judging yourself, you simply observe what the dust is telling you.

How to Follow the Dust

This method is simple, grounding, and surprisingly freeing. It helps you make decisions based on reality rather than emotion or obligation.

Step 1: Move Room by Room

Grab a dust rag and walk through your home slowly and intentionally. Look at shelves, decor, surfaces, books, trinkets, appliances, and artwork. Anything that gathers dust is sending you a message.

Step 2: Pause When You Find a Dusty Object

Don’t immediately clean it. Don’t immediately toss it. Instead, pause and ask yourself three key questions:

1. Am I willing to take the time now — and at least once a month for the rest of my life — to dust and care for this object? If the answer is no, the object is not aligned with your life.
2. Do I genuinely want this object, or am I keeping it out of guilt, habit, or obligation? Dust often reveals emotional clutter.

3. Is there a specific person who wants to care for this object, or is it time to release it completely from my home?

This gives you clear next steps.

Step 3: Take Action Immediately

Once you’ve answered the questions, follow through:

- If you’re keeping it, dust it with intention and place it where it belongs.
- If you’re giving it to someone, take a photo and send a quick text or email.
- If you’re donating it, place it directly into your donation bin.
- If you’re selling it, put it in your designated garage sale bin.

No piles. No “I’ll deal with it later.” Action creates momentum.

Mauri Loyer, Retired Professional Organizer

Email organizing questions to
makingcopaectichappen@gmail.com.

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The Tour de France is one of the most famous cycling races of the past century. Did you know the route measures over 3,000 km and has riders on the road for 23 days!



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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 – 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 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

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: July 13
Pick up date: July 22

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
July and 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 CMCA members (Ages 4 to 12) is back to provide 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

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.

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WE'RE HAVING VARIOUS
WORK SESSIONS
THROUGH THE SUMMER!

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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.



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CMCA BUSINESS PARTNERSHIP PROGRAM

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Aquality Plumbing & Heating Inc.

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Brightside Kids Inc.

Calgary Art Community

Canyon Creek Liquor Store

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

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CANYON MEADOWS CONTENT**

**News, Events,
& More**



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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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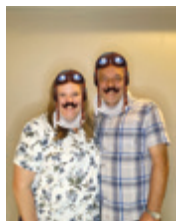
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Recognizing the People Who Make a Difference



Volunteer Appreciation

A heartfelt thank you to all of the volunteers and business partners who joined us for our Volunteer Appreciation event. Communities are built by people who choose to show up for one another, and the room was filled with exactly those kinds of people. We hope the evening gave you an opportunity to relax, connect, share some laughs, and feel appreciated for the many ways you contribute to our community.



Seniors' BBQ

Thank you to the dedicated volunteers who prepared food, decorated, welcomed guests, and cleaned up for another successful Seniors' BBQ, led by Frank. We are also grateful to RONA, MLA Batten, Tim Hortons Southwood, and a generous CMCA Business Partner for their door prize donations and support.

Disc Golf Launch

Thank you to Anna for adding the sweet touches to our Disc Golf Pitch and Putt Launch. This exciting project was made possible through the Federation of Calgary Communities' Exploring Communities Grant (#CommunityCollabs), the University of Calgary Urban Studies students, James and the team at Disc Golf Calgary, Devin for signage design, and the many CMCA staff and volunteers who helped bring the course to life.

We look forward to seeing you out on the course, located near the south end of the Babbling Brook at Canterbury Drive and Cantree Drive.



Community Garden Update

A special thank you to Ted and our dedicated volunteers for their hard work digging the water basins in the Rain Garden as part of our Community Garden project. Every shovel of soil brings us one step closer to creating a more beautiful, sustainable, and pollinator-friendly space for everyone to enjoy.

We also still have Goldenrod seeds available from the Braeside Seed Library at the office. If you'd like to add a little green magic to your garden to support local pollinators, stop by and pick some up!



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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.



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JUNK TO THE DUMP / ODD JOBS: Safety starts with a clean and clutter free environment. Disposal of any household unwants. 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.

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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, 403-269-2707.

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.

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.

SMITH PROPERTY RENOVATIONS: Experienced general contractor with high attention to detail. From kitchens to bathrooms, and everything in between. Check out my website and homestars page for pictures and reviews. Free estimates, licensed and insured. Website: Sp-renos.ca, phone: 587-333-5568, email: craig@sp-renos.ca.



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