

AUGUST 2024

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- Verifiably Calgary's best soccer program with more resources and pathways to pro-am leagues for boys and girls.
- 8 Canadian National Youth Championships won.
- Foothills WFC is the highest level of women's soccer in Canada and 2022 UWS Western Conference Champions.
- One of two founding franchises for the Project 8 women's professional league launching in 2025.

**INDOOR 2024/2025 REGISTRATION:** Program details and online registration available **AUGUST 15<sup>TH</sup> TO SEPTEMBER 30<sup>TH</sup>** at [WWW.GOFOOTHILLS.CA](http://WWW.GOFOOTHILLS.CA)

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## UPCOMING COMMUNITY PROGRAMS AND EVENTS

### Creating Connections

**Book Club – The First Tuesday of Every Month, from 1:00 to 2:00 pm**

Paused for the summer, returning in September.

Book Club is open to all ages! Open discussion is meant to encourage connection between fellow book lovers. Have a great book you would like to recommend for Book Club? Email us at [info@mycedarbrae.ca](mailto:info@mycedarbrae.ca).

**Community Coffee – Every Monday, from 10:00 am to 12:00 pm in the Parkview Room**

Paused for the summer, returning in September.

Please note, this program is inclusive to all age groups!

### 55+ Programs

**Cards and Games – Every Monday from 1:00 to 4:00 pm in the Parkview Room.**

Paused for the summer, returning in September.

**Seniors Yoga – Every Thursday from 9:30 to 10:30 am in the Parkview Room.**

Paused for the summer, returning in September.

### Family Programs

**Parent and Tot Group – Every Friday, from 9:30 to 11:30 am in the Parkview Room. September through June.**

For Parents and Children six and under! There is a \$2 drop-in fee or is free with your Cedarbrae Community League Association Membership, coffee or tea included. Please note, this is not a structured program, but rather a space for parents to gather for coffee and conversation while the kids play.

**Drop-in Family Pickleball - Sundays from 3:00 to 4:30 pm.**

We are offering free pickleball for Cedarbrae families. Please sign-up through [mycedarbrae.ca](http://mycedarbrae.ca).

### Upcoming Community Events

Follow us on Facebook, Instagram, or visit our website at [www.mycedarbrae.ca](http://www.mycedarbrae.ca) for updates on events, programs, and volunteer opportunities.

## Cedarbrae Community League Association Board of Directors

To contact our board of directors, please email [info@mycedarbrae.ca](mailto:info@mycedarbrae.ca).

Cedarbrae Community League Association board meetings are held on the second Wednesday of every month, except July and August, at 7:00 pm on the second floor of the Cedarbrae Community Centre (11024 Oakfield Drive SW). All current Cedarbrae Community League Association members are welcome to attend. If you are interested in attending a board meeting as an observational guest or to purchase your membership, please email us or stop by the centre today!

If you have community concerns you would like added to our agenda, please submit them via email and include your contact information for follow up or additional questions.

#### Board of Directors

|                |                      |
|----------------|----------------------|
| President      | Robert Miller        |
| Vice President | Brent Johner         |
| Treasurer      | Jacey Maertens-Poole |
| Secretary      | Lorraine Logan       |

*"Many hands make light work!"*

Did you know that each Director position is supported by two community members? If you are interested in giving back to your community, please consider volunteering with the CCLA! Contact the Community Centre Office to join our team.

Have a question for our Board of Directors? Follow the QR code below to submit your question:



#### Cedarbrae Community Centre Contacts

|                    |   |
|--------------------|---|
| Executive Director | Kathy Zabaneh<br>403-251-2101<br><a href="mailto:info@mycedarbrae.ca">info@mycedarbrae.ca</a> |
|--------------------|---|

TRI COMMUNITY EVENT

# COMMUNITY CLEAN UP

**Braeside, Cedarbrae & Oakridge**

Community Associations are proud to announce our collaborative community clean up event.



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Appliances

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AUGUST

24

9 AM-

1:30PM

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# Cedarbrae Community League Association Community Association Membership

Join your neighbours in making Cedarbrae a better place to live, learn, work, and play. Become a member today!

## Membership and Renewal

The Cedarbrae Community League Association is a volunteer non-profit organization run by and for the residents of Cedarbrae. Funds are raised through rentals at our community centre, fundraising events, and our yearly membership. All those funds are put right back into our community; through maintaining the centre, low-cost programming, hosting events, and community outreach. Join us in ensuring our neighbourhood remains the beating heart of southwest Calgary.

## Our Mission

The Cedarbrae Community League Association operates a volunteer-based, vibrant, inclusive hub that fosters engagement and provides a wide variety of activities and programs for the community.

Want to make the world a better place? Why not start in your own backyard? Become a member, get active, and join in, attend an event, or volunteer. Your neighbours are amazing, come meet them!

Your Cedarbrae Community League Association membership helps to maintain a viable community centre from which we can provide recreational and social opportunities for you and your family. Some programs and activities provided by the community centre will require you to hold either an individual or family membership to participate, or in some cases you will receive special pricing for being a member of the Cedarbrae Community League Association in good standing.

Annual memberships run from May 1 to their expiration on April 30 the following year.

## Memberships Options:

- **Household Membership - \$30:** A maximum of two adults over the age of 18 and any children under the age of 18 living at the same residential address.
- **Individual Membership - \$15:** A maximum of one adult over the age of 18.
- **Seniors - \$15:** A maximum of two adults over the age of 55 living at the same address.

Please pay for your memberships online at [www.mycedarbrae.ca](http://www.mycedarbrae.ca), or you can stop by the community centre to fill out a membership form in person.

Our members have found the heart and soul of Cedarbrae. Meeting new friends, learning new skills, getting involved in community decision making, and having a real impact on the lives of others.

## SCAN HERE TO VIEW ADDITIONAL CEDARBRAE CONTENT

### News, Events, & More



### Crime Statistics



### Real Estate Statistics



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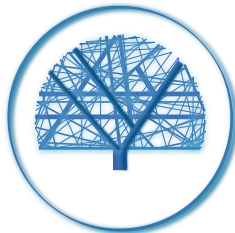
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| 02144 | 4 X-Ray Bite Wings    | \$100.36                | <b>\$100.36</b>              |
| 11113 | 3 Units Scaling       | \$240.90                | <b>\$240.90</b>              |
| 11101 | Polishing             | \$71.54                 | <b>\$71.54</b>               |
| 12112 | Fluoride Treatment    | \$34.66                 | <b>\$34.66</b>               |



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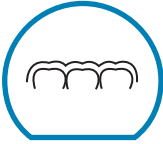
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**BOTOX TREATMENTS**



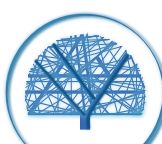
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# Celebrate, Elevate, and Enjoy: Nutrition for Older Adults

by Alberta Health Services

Let's celebrate getting older and aging healthfully. There are many aspects of aging that are out of our control, but food and nutrition research indicate there are many things that can be helped.

If you are, or if you know someone who is 65 years or older and lives independently or with others, this article may interest you. It will cover things we do in our life that can give us the best chance of maintaining good nutrition and health.

Weight loss is often seen as a positive topic that is promoted on social media and with family and friends. There are some medical conditions where weight loss is helpful in prevention or management like in Type 2 diabetes and fatty liver disease, but it can present a risk for older adults. When we lose weight, we don't just lose fat. We also lose muscle. People can start to lose muscle as early as age 30, but muscle loss increases quickly after age 70, independent of weight loss. Muscle is hard to regain in older adults. Generally, weight loss is not recommended in older adults. Maintaining weight and muscle is important to help you maintain your strength.

### The Importance of Adding in Protein to Your Diet

Protein is a nutrient that helps you to keep the muscle you have. Many seniors do not get enough protein. Since your body can't store protein in your body, you need to eat higher protein foods, at least three times each day – every day – to maintain the muscle you have.

Try to consume protein foods at each meal. Here are some practical ways you can get more protein at meals and snacks:

- Add cheese, nut butter, or beans to toast.
- Make an omelet for breakfast.
- Mix one to two tablespoons of skim or whole milk powder or a scoop of protein powder into your cereal or yogurt.
- Add beans or meat (example wild game or fish) to pasta or vegetable dishes.

- Try adding a plant-based protein, like chickpea falafel or tofu to a stir-fry.
- Choose nuts, boiled eggs, Greek yogurt, or cottage cheese as a snack.

### Elevate Your Eating Experience

Enjoyment of eating and quality of life are important for good health. If older adults have a health condition, such as diabetes or health disease, they may have been told to eat a special diet. If your heart healthy, low sodium, or diet for diabetes is affecting your appetite, it is important to talk to your healthcare team about making some changes to make your diet less restrictive.

Other ways to elevate the eating experience is to make the dining environment pleasant. Research shows that eating with others (like at work or with family, friends, or neighbours) makes it more likely to eat more food. Mealtime can be a time for nourishment and socializing. One way that can make having a meal together fun is hosting a potluck.

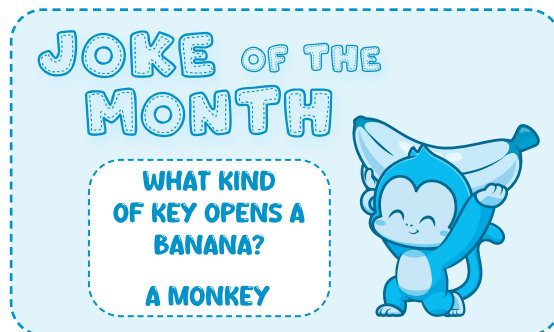
Visit [ahs.ca](http://ahs.ca) and search 'Shift to Healthy Eating at Work' to find great potluck ideas for work or any gathering.

Emphasizing enjoyable, social mealtimes as well as nutritious foods are ways to age healthfully to maintain strength and vitality.

### Mix It Up!

Adding activity into your day shouldn't feel like a chore or a punishment. It should be fun! Choose activities that you enjoy and mix it up with different types of exercise.

The goal of aerobic fitness is to increase the amount of oxygen that goes to the heart and muscles which allows them to work longer.



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BRAIN GAMES

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|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
| 7 |   |   |   |   | 9 |   |   | 4 |
|   | 3 |   |   | 4 |   |   |   | 1 |
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|   | 2 |   |   | 1 |   |   | 6 |   |
| 1 |   |   | 6 |   |   |   |   | 9 |

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## Available at the Cedarbrae Community Centre

The Cedarbrae Community Centre is excited that we are now able to resume offering space for events, activities, classes, and more.



Our community centre has spaces of varying sizes to meet the needs of your upcoming event, whether it's a birthday party, sporting event, wedding, or business meeting.

We have various rental options including hourly, daily, or long-term contracts.



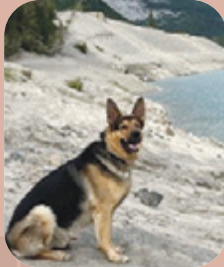
Rental spaces are available to both individuals and businesses.

If you are planning an upcoming event and would like to know more about our space or schedule a viewing, please call 403-251-2101.

# Cats, Canines, & Critters of Calgary



Chiko, *Stradwick Rise*



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Pikko, *Hillhurst Sunnyside*



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Snowbelle, *Discovery Ridge*



Tilly, *Deer Run*

To have your pet featured, email [news@mycalgary.com](mailto:news@mycalgary.com)

## GAMES & PUZZLES

### Guess The Drink!

1. On August 28, 1898, Caleb Bradham invented this sweet, carbonated drink originally called "Brad's Drink" which was used to relieve dyspepsia (indigestion).
2. In 1969, Walter Chell invented this drink in Calgary which is typically made from Clamato juice, Worcestershire sauce, spices, and vodka.
3. This non-alcoholic drink is named after an iconic 1930s Hollywood child actress.
4. This drink has been around for thousands of years. Legend has it that in 2737 BC, Chinese emperor Shen Nung discovered it while sitting underneath a tree with boiling water.
5. This sparkling wine is named after the region from which it is produced.
6. This caffeinated energy drink from Austria "gives you wings".



SCAN THE QR CODE FOR THE ANSWERS!

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