

JANUARY 2025

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myCedarbrae

THE OFFICIAL CEDARBRAE COMMUNITY NEWSLETTER



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Nat Geo's Grand Debut!



January 13, 1888, was a landmark day for explorers! On this day, the National Geographic Society was founded in Washington, D.C., setting the stage for countless discoveries. Just months later, in October 1888, the very first issue of the iconic National Geographic Magazine hit the shelves, sparking a love for exploration and knowledge!



WEST PEAKS DENTAL SUITE

Dr. Crystal Cobb is Joining the West Peaks Dental Team!

Dr. Cobb starts in January, call or scan the QR code to book an appointment with her today!

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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: \$15,679

SALE **\$11,679**
Limited Supplies

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 one corner caddy with soap dish

ABSOLUTELY NO HIDDEN COSTS

Some restrictions may apply. Reg: \$13,679

SALE **\$9,879**
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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, 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**



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.

Cedarbrae Community League Association Board of Directors

Board of Directors

President	John Seagrave
Vice President	Anna Aubrecht
Treasurer	Darrell Ogden
Secretary	Belinda Halischuk
Member at Large	Frank Forte
Member at Large	Cathie Heys
Member at Large	Cathy Roczkowsky
Member at Large	Joyce Wright

Cedarbrae Community Centre Contacts

Executive Director	Ariel McDuff 403-251-2101 info@mycedarbrae.ca
General Inquiries	info@mycedarbrae.ca

Cedarbrae Community League Association News

The Cedarbrae Community League Association (CCLA) is led by a volunteer Board of Directors, nominated by the members of our community association.

It is through the countless volunteer hours donated by the CCLA Board of Directors and the many volunteers of the CCLA that we can bring a vibrant and viable community centre that provides recreational, social, and educational opportunities for the residents of Cedarbrae and by extension, the citizens of Calgary.

The Board of Directors meet at the Cedarbrae Community Centre on the second Sunday of every month at 10:00 am with exceptions of July and August. For more information visit mycedarbrae.ca.

If you have any suggestions for a special event or program you would like to see at the centre, reach out either in person or via email at info@mycedarbrae.ca. If you would like to volunteer to organize an activity, let us know!



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Puppet Master



What do Yoda, Cookie Monster, and Miss Piggy have in common? They were all brought to life by the legendary puppeteer Frank Oz! From a wise Jedi Master to a cookie-loving monster and a diva pig, Oz's incredible talent made these characters unforgettable.



CEDARBRAE COMMUNITY LEAGUE ASSOCIATION SENIOR AND FRIENDS MONDAY COFFEE RETURNS

10 – 2 PM

PARKVIEW ROOM MAIN FLOOR

Drop in and join us for a hot beverage and warm conversation. This is great way to keep up with friends or meet others in an informal and casual setting.

CCLA MEMBERSHIP NOT REQUIRED - COMMUNITY CENTRE DONATIONS ACCEPTED



11024 Oakfield Drive SW
info@mycedarbrae.ca
403-251-2101

CEDARBRAE COMMUNITY LEAGUE ASSOCIATION IS HOSTING SENIORS MEMBER GAMES MONDAY AFTERNOONS



1 to 4 PM Monday's

Located in the Parkview Room on our Main Floor

**Games offered are Bridge, Crib, and Canasta or feel
free to bring along your own game.
Get out for the afternoon and connect
with other Seniors in the community!**

Membership Required



11024 Oakfield Drive SW
info@mycedarbrae.ca
403-251-2101

UPCOMING COMMUNITY PROGRAMS AND EVENTS

Volunteers needed to host the following program: Parent and Tots. If you are interested in hosting this program, please email info@mycedarbrae.ca or call 403-251-2101 to let us know.

Parent and Tots - Started in October

Every Wednesday, from 9:30 to 11:00 am.

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

Community Coffee

Community members of all ages are invited for coffee and conversation every Monday from 10:00 am to 12:00 pm in the Parkview Room.

Seniors' Cards and Games

CCLA seniors are invited to play games from 1:00 to 4:00 pm in the Parkview Room. Currently offering Canasta. Looking for Crib players to join the group. Let us know if there is a game you would like to play?

Chair Yoga

9:30 am in the Parkview Room

Improve your strength, balance, flexibility, overall physical and mental health with yoga. There is a \$10 drop-in fee.

Mat Yoga

9:30 am in the Parkview Room

These sessions will suit the athlete who wishes to enhance balance, strength, and flexibility. There is a \$10 drop-in fee.

Upcoming Community Events

Follow us on Facebook, Instagram, or visit our website at www.mycedarbrae.ca for updates on events, programs, and volunteer opportunities.



Cats, Canines, & Critters of Calgary



Bear, *Palliser*



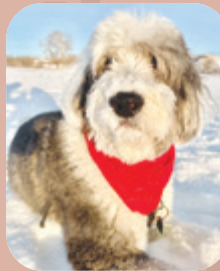
Buster, *Hamptons*



Lizzy, *Huntington Hills*



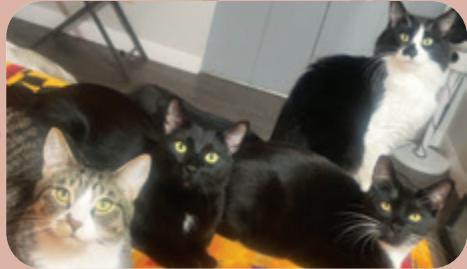
Mirabella,
Lower Mount Royal



Poupie, *Deer Run*



Toby, *Douglasdale*



Luka, Kiba, Shinji, and Von, *Shawnessy*

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MORE INFORMATION:

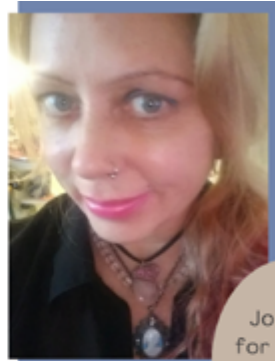
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info@mycedarbrae.ca

HI, I AM VALARIE

I've been teaching yoga full time for 15 years now. It kept my dance career alive while I was performing and it helped me through an injury, teaching me the therapeutic importance of developing a dedicated practice to heal from and to prevent injury.

Yoga really is the pursuit of the Self, the higher self. I love to share this practice with people of all levels and abilities. You will increase strength and mobility one class at a time and see improvements in your state of mind. If a slower paced class peaks your interest then we can get started in exploring restorative, therapeutic practices which can include chair yoga, slower vinyasa, longer hold asana using props, breath work and meditation.

Looking forward to sharing this practice with you..
Namaste... Valarie...



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for Yoga
Thursday
Mornings



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Canada

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COLLABORATE AND HAVE FUN WORKING TOGETHER ON
PUZZLES

1-3 PM
ALTERNATING THURSDAYS
STARTING JANUARY 16TH



MORE INFORMATION:

403-251-2101

INFO@MYCEDARBRAE.CA

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.



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FREE FAMILY FUN EVENT



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8 Class Series

Saturdays 9:30-11:30

February 22- April 19

\$80 non-members,

\$70 Members



Join horticulturist Deborah VanDeventer for this beginners series on Calgary gardening. She will guide you through everything you need to know to get started and enjoy the rewards of gardening.

For more information and to register please contact info@mycedarbrae.ca

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GAMES & PUZZLES

Guess the Instrument!

1. Dating back at least 50,000 years, this is considered the oldest known musical instrument in the world.
2. This instrument's name comes from the Persian word meaning "three-stringed."
3. This instrument is made up of 88 keys that strike 230 strings.
4. Along with the shamrock, this instrument is the official State emblem of Ireland.
5. This instrument is played with a bow made up of at least 150 individual hairs.
6. The Fender Stratocaster is this kind of instrument.



SCAN THE QR CODE FOR THE ANSWERS!



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