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2026**

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Cedarbrae Community League Association Board of Directors

Board of Directors	
President	John Seagrave
Vice President	Deborah Collis
Treasurer	Joyce Wright
Secretary	Cathy Roczkowsky
Member at Large	Deborah VanDeventer
Member at Large	Mae Pears
Member at Large	Vacant
Member at Large	Vacant

Cedarbrae Community Centre Contacts

General Inquiries

info@mycedarbrae.ca

403-251-2101

Office Hours

Monday to Friday

10:00 am to 3:00 pm

Weekends

By appointment only

SCAN HERE TO VIEW ADDITIONAL CEDARBRAE CONTENT

News, Events, & More

Crime Statistics

Real Estate Statistics

Recreational Pickleball

At the Cedarbrae Community Centre

Self-Rated, Casual Pickleball

New hours starting in September

2-hour sessions from 9AM

Until 5PM on weekdays and 3PM on weekends

Membership and registration required

Find more information at MyCedarbrae.ca or scan this QR code:

SENIORS CARDS

MAKE TIME TO PLAY

MONDAY AND WEDNESDAY

1-3PM

MEMBERSHIP REQUIRED

FOR FURTHER DETAILS, PLEASE CONTACT US AT 403-251-2101 OR VIA EMAIL AT info@mycedarbrae.ca

Cedarbrae Community Centre

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Stampede BBQ 2026 Is a Wrap

Despite the best efforts of Mother Nature to stifle Cedarbrae's Stampede Kick Off, it went off on a pivot! It may have been wet and miserable outside but inside Cedarbrae's gym it was full of laughter, good times, good food, and dancing. About 400 people passed through the doors of Cedarbrae along with our Alderperson, MLA, and the Stampede Princesses, Harry the Horse was a great hit and the square dancers got everyone up and dancing.

Huge shout out and thank you to our sponsors: Servus Credit Union, the City Ward Event fund, Cloud Dental, Cedarbrae Pharmacy, Gold Nails and Spa, and Costco Heritage. Along with companies that made in-kind donations: AG Foods, Centennial Food Services, Swigs Pub and Grill, Oakridge Esso, and Oakridge Co-op.

A huge thank you to all the volunteers that that BBQ'd, cleaned up, set up, and served, keeping the event running smoothly. Cathy and Joyce Really appreciate all the hard work – we could not have done it without your help.

Looking forward to seeing even more people next year and hopefully Mother Nature will cooperate.



August 2026

Cedarbrae Community Centre

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 9:00 am to 1:00 pm Pickleball	2 9:00 am to 1:00 pm Pickleball
3 9:00 am to 1:00 pm Pickleball 10:00 am to 12:00 pm Community Coffee 1:00 pm to 4:00 pm Seniors Cards	4 9:00 am to 1:00 pm Pickleball 1:00 pm to 3:30 pm Weekly Mahjong 5:30 pm to 7:30 pm Evening Pickleball	5 9:00 am to 1:00 pm Pickleball	6 9:00 am to 1:00 pm Pickleball 1:00 pm to 2:00 pm Digital Instructor Chair Exercise for Seniors	7 9:00 am to 1:00 pm Pickleball	8 9:00 am to 1:00 pm Pickleball	9 9:00 am to 1:00 pm Pickleball
10 9:00 am to 1:00 pm Pickleball 10:00 am to 12:00 pm Community Coffee 1:00 pm to 4:00 pm Seniors Cards	11 9:00 am to 1:00 pm Pickleball 1:00 pm to 3:30 pm Weekly Mahjong 5:30 pm to 7:30 pm Evening Pickleball	12 9:00 am to 1:00 pm Pickleball	13 9:00 am to 1:00 pm Pickleball 1:00 pm to 2:00 pm Digital Instructor Chair Exercise for Seniors	14 9:00 am to 1:00 pm Pickleball	15 9:00 am to 1:00 pm Pickleball	16 9:00 am to 1:00 pm Pickleball
17 9:00 am to 1:00 pm Pickleball 10:00 am to 12:00 pm Community Coffee 1:00 pm to 4:00 pm Seniors Cards	18 9:00 am to 1:00 pm Pickleball 1:00 pm to 3:30 pm Weekly Mahjong 5:30 pm to 7:30 pm Evening Pickleball	19 9:00 am to 1:00 pm Pickleball	20 9:00 am to 1:00 pm Pickleball 1:00 pm to 2:00 pm Digital Instructor Chair Exercise for Seniors	21 9:00 am to 1:00 pm Pickleball	22 9:00 am to 1:00 pm Pickleball	23 9:00 am to 1:00 pm Pickleball
24 9:00 am to 1:00 pm Pickleball 10:00 am to 12:00 pm Community Coffee 1:00 pm to 4:00 pm Seniors Cards	25 9:00 am to 1:00 pm Pickleball 1:00 pm to 3:30 pm Weekly Mahjong 5:30 pm to 7:30 pm Evening Pickleball	26 9:00 am to 1:00 pm Pickleball	27 9:00 am to 1:00 pm Pickleball 1:00 pm to 2:00 pm Digital Instructor Chair Exercise for Seniors	28 9:00 am to 1:00 pm Pickleball	29	30
31 9:00 am to 1:00 pm Pickleball 10:00 am to 12:00 pm Community Coffee 1:00 pm to 4:00 pm Seniors Cards						

Cedarbrae Community League Association News

August is here Cedarbrae! We hope you can all find a shady spot to relax and soak in the summer warmth while it lasts. At the Centre we're working on the improvements to the community garden beds and planning for all the activity that will restart in September. Biggest among the September events is our annual Community Cleanup. Now's the time to make a plan and decide what can go from your basement, garage, or yard, don't miss the opportunity to make your life better by getting rid of the things you really don't need.

We've recently made lots of changes to our Centre's lobby, creating a more open and inviting space. The most exciting of those changes has been the inclusion of a piece of art from an amazing local artist Brenda Strandlund. For some time our Board of Directors has wanted to display and promote local artists by showing their works at the Centre. With Brenda's generous donation, that hope has finally become a reality!

The piece Brenda donated is really special as well – a painting commissioned by someone who loved the subject matter but died before they could receive the finished work. It's a representation of the deep history that exists all around us. The painting and the story behind it make for a hauntingly beautiful feeling, we couldn't ask for a better first selection for our local artists' displays. That's all we're going to tell you though, as we'd

like everyone in Cedarbrae to come see for themselves! The Centre is open to all, and this inaugural art display is something each of you should come and check out!

Now that we've taken our first step in supporting and showcasing local artists it's time to expand the idea. Are you a local artist who'd consider donating a piece to our Centre? Do you know a local artist who could benefit from displaying their work at the Centre? Our Board of Directors will consider any artists who are serious about showing their art to the community. Please contact us at the Centre if you're interested. Let's build something beautiful for the whole neighbourhood to enjoy!

The Cedarbrae Community League Association (CCLA) is guided by a dedicated volunteer Board of Directors, elected by the members of our community. The Board meets at the Cedarbrae Community Centre on the second Sunday of every month at 11:00 am, with the exception of July and August. Our neighbourhood is made better by each volunteer who joins us at the Centre, please consider sharing your talents, skills and enthusiasm by joining us. Let's make Cedarbrae an even better place to live!

If you've marked your mailbox to exclude junk mail you may not receive this newsletter, please find extra copies at the Community Centre.

To get involved or for more information, visit mycedarbrae.ca, email us at info@mycedarbrae.ca, or call 403-251-2101.



JOKE OF THE MONTH

I went to buy some camouflage pants,
but I couldn't find any.

Get Growing Cedarbrae

Sitting out on my patio basking in the warmth of the day, I realize that summer has arrived almost overnight, along with temperamental skies and weather events. Such is life in Calgary in the dog days of summer. Hot sunny skies can give way to dark ominous clouds in no time.

You have nursed your seedlings to full sized plants. Tomatoes, peas, beans, cucumbers, and other vegetables are showing off their blossoms with the hope of rewarding you with much anticipated bounty. Perennial and annual flowers of every colour and texture are gracing your landscape and pollinator insects are feasting on their nectar. Bare spots in the garden are filling in with last minute additions. How such abundance fills one's soul with satisfaction and hope!

So, as we move forward with enjoying our gardens, there are several things to watch for and if necessary, manage. Weather warnings of hail and heavy rains and wind can destroy open spaces in a matter of minutes. Protecting spaces with row cover or shade cloth mounted over hoop like supports will do the job. Such coverage will also reduce moisture evaporation so watering events can be spaced out. In a pinch I've even used laundry baskets and boxes to offer temporary protection.

The humidity that lingers at nights is a reliable catalyst for the development of blight and powdery mildew. Take time every few days to monitor your plants for any early signs of diseases and treat immediately. Hungry insects can settle in for a delicious buffet if allowed. Local garden centres can offer products and advice to control such issues. If you don't get proper advice from the staff, you're in the wrong place. Just sayin'...

Midsummer heat will usually cause cool weather leafy vegetables to bolt. Spinach, lettuce, and similar greens are triggered by heat to produce blossom stalks which degrades the quality and flavour of the plants. Best approach is removal to your compost pile and prepare the space for a second-round late August. Such plants thrive in cooler weather and are worth a fall planting which can provide bounty into October.

If you are fortunate enough to have access to harvesting rain with rain barrels, take advantage of it by using the water for your houseplants. Rainwater is loaded with nitrogen and oxygen for readily available nutrients. Nothing beats nature's fertilizer. Even setting your houseplants out during a warm summer rain can cleanse and refresh your houseplants.



If you need to water any spaces of the garden here are a few important pointers. Water as early in the day as you can. Late watering causes moisture to linger on the soil and plants and can encourage mildew. Water early enough so that all surface moisture can evaporate before evening. Trees and shrubs need to be watered at the drip line, not the trunk. Roots from such plants spread out mirroring the canopy width of the tree. That's where the feeder roots are – not near the trunk. If the soil is dry poke a few holes in the sod at the drip line with a garden fork and water at that point soaking slowly and deeply. Trimmed hedges have their roots a foot or two away from the trimmed branches. Trimming hedges does not stop the root spread underground. So, water where it does the most good, not at the stem bases.

With all our gardens demand of us on a given day, don't forget to stop and smell the roses. That may be a common phrase we have all heard, but whether it's roses, a soft patch of grass under an oak tree, birds splashing in a sprinkler or bird bath, or the fresh smell after a thunderstorm, embrace the moment. That time passes in the blink of an eye and if you don't pay attention, you'll miss it. Enjoy this warm time of our year and happy gardening.



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02601	Panoramic X-Ray	\$111.40	\$111.40
11113	3 Units Scaling	\$261.75	\$261.75
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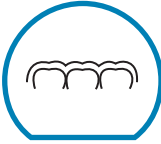
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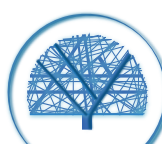
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Lean to play Canasta

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THANKS!

Calgary Cedarbrae
Community Centre

Cedarbrae Centre Rental Rates 2026

Room	Regular rate per hour	8+ Hours	16+ Hours	Damage deposit
Half-Gym	\$51	\$45.88	\$43.38	\$1,000
Full Gym	\$85	\$76.50	\$72.25	\$1,000
Parkview	\$45	\$40.50	\$38.25	\$400
Dining: 20 Seating: 35				
Gardenview	\$46	\$39.15	\$37.75	\$400
Dining: 30 Seating: 30				
Aspenview	\$42	\$35.75	\$34.45	\$400
Dining: 26 Seating: 26				
Aspen/Gardenview Rooms	\$80	\$72	\$68	\$400
Dining: 76 Seating: 76				
Office Space	\$1500/ Month (Long term rental)			
With Patio and Storage				

Add On	Rate per Hour
Audio/Visual	\$20
Kitchen	\$5

SENIORS

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Send Us Your Pictures Cedarbrae

Our newsletter gets better every time Cedarbrae residents contribute to it. We get suggestions for topics you'd like to see included and sometimes good news to share, but we haven't had anyone send us a photo in a long time! There have been some terrific sunsets, gardens, pets, and sweet moments this summer. If you've captured a photo of our neighbourhood, please consider sharing it so we might use it in the newsletter. Contact the Centre via email at info@mycedrabrea.ca or come see us during office hours. We love to hear from you and if possible, share with everyone some shots showing off Cedarbrae!



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Tuesdays 1- 3pm

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MEMBERSHIP
REQUIRED

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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 memberships to participate, or in some cases you will receive special pricing for being a member of the Cedarbrae Community League Association in good standing.

Following the approval of the recent Cedarbrae Community League Association bylaw, we would like to inform you of an important update to the Cedarbrae Community League Association membership structure. Memberships are now issued per individual over the age of 18. This means that each adult in your household who wishes to be a member will need to hold their own membership.

Visit our website at <https://www.mycedarbrae.ca/> and buy your memberships today!

- Resident membership - \$12
- Non-resident membership - \$12

Important Notice: Memberships are renewed annually from the date of membership purchased.



Starting **June 1, 2026**, Cedarbrae Community Center will introduce a **\$20 annual participation fee** for all programs **excluding pickleball**

This includes Mahjong, Seniors Cards, Senior's Chair Exercise and other future programing

Membership required

Thank you for your continued support and participation!



YOUR CITY OF CALGARY

Help Cyclists Get Home Safely This Summer

by The City of Calgary



Seven people have been killed, and more than 1,700 cyclists have been injured in Calgary over the past decade, underscoring the risks as more people use pathways and roads during the summer months.

Many of these incidents are preventable and often come down to speed, spacing, and predictability on shared pathways. Riders are reminded to keep right, yield to pedestrians, and adjust their speed to suit conditions. While the posted pathway speed limit is 20 km/h, cyclists are expected to slow further in crowded areas, on corners, and near underpasses where sightlines are reduced.

Safe passing remains a key focus. Riders should signal early using a bell or voice, leave at least one metre of space, and wait for a clear opportunity to pass. Passing in tight spaces or on blind corners increases the risk of collisions, especially as children, pets, and groups can move unpredictably.

Please use extra caution while using shared e-bikes and e-scooters. Their added speed, weight, and quiet operation can reduce reaction time for others, requiring earlier slowing and clearer signalling.

On roadways, cyclists have the same rights and responsibilities as drivers but are more vulnerable. Motorists are required to leave at least one metre when passing at lower speeds and 1.5 metres at higher speeds, and to check carefully before turning, opening doors, or pulling away from the curb.

Consistent, predictable behaviour from all users is key to reducing injuries and preventing further loss of life. Learn how you can keep our pathways safe at calgary.ca/besafe.

BRAIN GAMES

SUDOKU

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

SCAN THE QR CODE FOR THE SOLUTION



Accidental Poisoning

by Emergency Health Services



Emergency Health Services (EHS) paramedics would like to remind parents and caregivers of precautions they can take to help prevent accidental childhood poisonings around the home. Ingesting prescription or over-the-counter medication is a frequent cause of accidental childhood poisonings. Other causes include ingesting or contact with household items such as dishwasher/laundry tablets, mouthwash, chemicals such as paints/solvents, cleaning products, and button batteries.

Storage

- Place all medications in locked containers and store in an area inaccessible to children.
- For easy identification, store all medications in their original packaging; do not mix multiple medications in a single bottle.
- Install child locks on all cabinets, or drawers where medications and button batteries are kept.

Safety tips

- Child-resistant medication bottles are not necessarily child-proof. They can still be opened by a child.

- Take extra precautions with medicines designed to appeal to children such as chewable vitamins or flavoured cough and cold syrups.
- Promptly dispose of any medications or toxic household products no longer in use.

Prevention

- Store household products, cleaning supplies, and cosmetics in locked cabinets or drawers.
- Install child latches on cabinets children might also access by climbing on counters or chairs.
- Label all plants in and around your home and garden.
- Antifreeze, windshield washer fluid, and pesticides are extremely poisonous. Even a small amount can cause serious illness if ingested.

Find poisoning information by calling the Poison and Drug Information Service (PADIS) at 1-800-332-1414.

In Case of a Poisoning Emergency, Call 9-1-1

Provide the name of the product ingested and, if it is safe to do so, a sample of the substance for EHS paramedics to inspect on their arrival.



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BUSINESS CLASSIFIEDS

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