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CEDARBRAE COMMUNITY CENTRE
11024 OAKFIELD DR. SW

SENIORS

MEMBERSHIP AND PROGRAM FEE REQUIRED

CARDS

Make time for fun

MONDAYS & WEDNESDAYS
1-4 PM

GAMES TO PLAY
CANASTA

For further details, please contact us at 403-251-2101 or via email at info@mycedarbrae.ca.

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Denturist, Denture Specialist

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Vice President	Deborah Collis
Treasurer	Joyce Wright
Secretary	Cathy Roczkowsky
Member at Large	Mac Pears
Member at Large	Deborah VanDeventer
Member at Large	Robert Miller
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

Cedarbrae Community Center
11024 Oakfiled Dr. SW

COME JOIN US FOR AN AFTERNOON OF FUN, FRIENDLY COMPETITION AND GREAT COMPANY!
All skill levels are Welcome!

19-WEEK CRIBBAGE GAME SERIES

Wednesdays starting Nov 11, 2026
1.00 PM -3 PM

Scan the QR code to register
Limited to 40 players (20 Pairs/Teams)

Cedarbrae Community Centre

Chair Exercise for Seniors

Every Thursday

Starting October 1, 2026

1.00 Pm to 1.40 Pm

Membership ($12) and annual programs fee ($20) required

Annual program fee covers Chair Exercise, Mahjong, Canasta and Cribbage

11024 Oakfield Dr. SW, T2W 5G6

Cedarbrae Community Centre
11024 Oakfield Dr. SW

Pickleball

OPEN HOUSE

Join the excitement! Try your hand
First come first served

Upcoming Dates

Nov 7, 2026
From 1:00 to 2:00 PM

Men's 30+

$10 Drop- in Ball Hockey

CEDARBRAE COMMUNITY CENTRE
THURSDAYS
8:30 -10:30PM

ALWAYS LOOKING FOR NEW PLAYERS! EASY-GOING AND WELCOMING GROUP JUST PLAYING FOR FUN, NO ONES WINNING THE STANLEY CUP HERE!

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Yielding to Emergency Vehicles

by Alberta Health Services

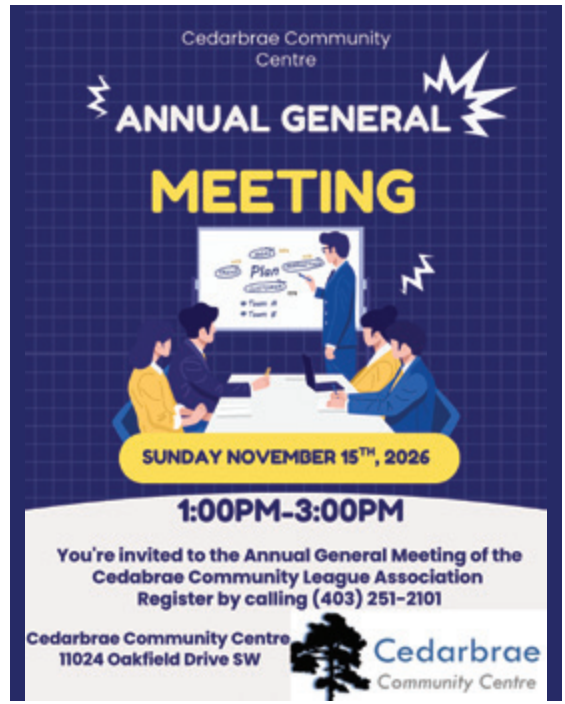
For everyone's safety, it is important motorists understand how to correctly yield right-of-way to emergency vehicles when their lights and sirens are activated. You can help all first responders navigate roads quickly and safely by following these basic rules.

When an Emergency Vehicle Approaches with Lights and Sirens Activated:

- If you're in the middle of an intersection, safely clear the intersection and then pull over to the right curb.
- On a one or two-lane road, motorists should move to the right side of the road, slow down, and then stop, remaining parallel with the road. Remember to signal.
- On one-way streets move to the nearest curb, either the right or left, and stop.
- On a road with three or more lanes, motorists should move to the nearest side of the road and stop. If driving in the centre lane, move to the right side of the road and stop. Remember to signal.
- Come to a complete stop and wait for the emergency vehicle to pass. Shoulder check for more emergency vehicles before re-entering traffic flow. Remember to signal.
- Emergency vehicles might use any available road space to maneuver. This could include shoulders or turning lanes, etc., in order to safely pass other traffic.

When Operating a Vehicle:

- Reduce speed to 60 km/h or the posted speed, whichever is lower, when passing any stopped roadside vehicle with flashing lights (emergency vehicles, tow trucks, maintenance trucks, etc.). This law applies to the lane immediately next to the stopped vehicles. If you're not in the lane next to the stopped vehicles, it's recommended to reduce speed and leave lots of space between yourself and emergency personnel.
- Do not break the rules of the road in order to give right of way to an emergency vehicle. This could include proceeding through a red light or making an illegal turn. Actions such as these jeopardize all motorists in the area.
- Drivers must place their full attention on the road and the safe operation of their vehicle at all times. The fine for distracted driving in Alberta is $390.00 and three demerit points.
- Do not follow within 150meters of an emergency vehicle with its siren and/or flashing lights on. For reference, 150m is nearly 1.5 times the length of a football field.



Cedarbrae Community League Association News

Every November we take time for Remembrance, for the sacrifices others have made to ensure the freedom, peace, and security we now enjoy. We give thanks to all who have been lost in service to Canada and to all those who serve and protect us today. As our 8th Prime Minister Sir Robert Borden said: "Let us never forget the solemn truth that the nation is not constituted of the living alone."

November is a very busy time at The Cedarbrae Community Centre. All of our regular renters are in; all of our programs are running and there are lots of special events both public and private. Most notably among the November public events are, our Annual General Meeting scheduled for the November 15 and the perennially popular Christmas Market on the 21 and 22. We encourage everyone to join us for these very special events!

Cedarbrae programs are successful in big part due to the participants who get involved and help us grow. Thanks to our coach Anna we have been able to host several Open House's, ongoing lessons, and guided play for Pickleball, thank you Anna! Our Mahjong program has also grown thanks to our volunteer Lily who's given lots of her own time to organise the program and teach newcomers to the game, thank you Lily! The Seniors' Cards are also flourishing, growing into a second room, and a second day a week! Many hands have made the cards program a success and we'd like to thank and celebrate all of you, well done!

This fall we brought back our favourite financial specialist, Alison Snowball to teach financial literacy to local youth. Alison's classes are popular, engaging and informative, we hope to have her back again soon! We also hosted our annual Community Cleanup, and the numbers are in. The total weight collected was 22,750 kgs, a huge success and a great way to improve our homes and our neighbourhood!

This month we're bringing back our cooking classes! On November 14 we'll learn to make spring rolls, and on December 5 we'll be making wontons. Many thanks to local business Ha Tien who make these classes possible. Look for sign up information in this newsletter, or contact our office anytime, we love to hear from you!

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 a monthly basis. Please reach out to our office if you have a question for the board or if you'd like to get involved.

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

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Get Growing Cedarbrae

This time of year in Calgary, our focus moves from tending plants outdoors to bringing conifer trees and greenery indoors for our holiday decorating. It won't be long before some tree lots and garden centres will be offering pines, firs, and spruce specimens to grace our homes, not to mention the cedar garlands and wreaths to add colour and fragrance to our homes. This article will offer some pointers to extend the freshness and vitality of your choices, especially if you prefer to add these to your indoors soon.

Before you bring your greenery indoors, open the branches to provide full access to the interior and thoroughly and firmly drench the branches and greenery with water from your hose. This will rinse off dust and pollen, plant debris, and insects that have taken up residence in your tree, I have in the past encountered a bloom of tiny grey moths which had taken shelter in the tree and awakened in the warmth of our home. Tree farms rarely use insect control on their inventory, so this will help prevent such an invasion, plus it freshens the tree and enhances its fragrance.

Our household air in winter has very low humidity and the branches can deteriorate quickly. Trees should be immediately placed in a water reservoir after the trunk is given a fresh cut. Waiting more than a couple of minutes allows the tree's water uptake channels to seal with the tree's resins and future water uptake will be insufficient. Do not cut before ready to thaw and bring inside.

One final step I highly recommend is a thorough spraying of an antidesiccant covering as much foliage as possible, whether in a tree, garland, wreath, or centrepiece. This process seals the tiny pores that allow moisture to evaporate from the foliage, which is the main cause of needle drop and loss of softness. The branches will hold their moisture more effectively and will maintain their fragrance and suppleness longer. This especially helps extend the life over an extended display indoors. Daily misting with room temp water will assist in maintaining freshness.

In all cases, keep in mind that placing your living greenery in hot dry locations will reduce their longevity. Locations near heaters, baseboard heaters, and floor or ceiling registers encourage moisture loss so choose locations that avoid such exposures.

If you find that these hints are helpful for your indoor holiday display, share with your friends and family. There is no substitute for the rich colors and fragrance conifer greenery can add to your holiday display.

BRAIN GAMES

SUDOKU

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

SCAN THE QR CODE FOR THE SOLUTION

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: $17,679**

SALE $13,879

Limited Supplies

SUPREME 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 new corner caddy with 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

ABSOLUTELY NO HIDDEN COSTS

Some restrictions may apply. **Reg: $20,679**

SALE $15,879

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Thank you for your dedication to a safe and vibrant community.

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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 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.

Rental Rates 2026

Room	Regular Rate /hr	8+ Hours	16+ hours	Damage Deposit
Half-Gym	$51	$45.88	$43.38	$1000
Full Gym	$85	$76.50	$72.25	$1000
Parkview Dining: 20 Seating: 35	$45	$40.50	$38.25	$400
Gardenview Dinning: 30 Seating: 30	$46	$39.15	$37.75	$400
Aspenview Dinning: 26 Seating: 26	$42	$35.75	$34.45	$400
Aspen/Gardenview Rooms Dinning: 76 Seating: 76	$80	$72	$68	$400

Add ons:

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

November Crossword

Visit bit.ly/mycalgaryanswers or scan the QR code for the answers

Across

6. Directed by Guillermo del Toro, this retelling of a famous novel was released November 7, 2025.

7. This warm yellow gemstone is said to prevent injury and bring strength. It is also November's birthstone.

8. Born November 10, 1989, this actor is most recently known for his role as Dr. Frank Langdon on *The Pitt*.

10. As a treat during the fall, this fruit is typically dipped in melted chocolate or caramel and then covered with various toppings.

11. In Greek mythology this man is cursed to push a boulder up a mountain for all eternity.

12. Born November 7, 1913, Albert ____ was the French philosopher who wrote *The Stranger* in1942.

Down

1. Good for tea and relaxation, these spidery flowers are the birth flower of November.

2. Remembrance Day is celebrated in Canada on what day of November?

3. Watch your French fries! Despite their oceanic nickname, these white and gray birds are found inmany parts of Alberta, including Calgary parking lots.

4. This Indian celebration known as the "Festival of Lights" happens between mid to late-October and mid-November.

5. Toni _____, born November 1, 1972, is an Australian actress who has been in an impressive collection of movies including, *"The Sixth Sense, Little Miss Sunshine, and Knives Out"*.

9. These small brown nuts come from oak trees and have a distinct cup shape.

Create More Memories and Less Waste this Holiday Season

The best holiday memories aren't found under the tree. They're made with the people we spend time with.

During the holidays, Calgarians generate about 25% more waste from wrapping paper, packaging, and leftover food. As you get ready for the season, here are a few simple ways to create more memories and less waste:

- Gift experiences instead of things, like tickets, memberships or a day out together.
- Make a gift with a personal touch, such as homemade cookies, a photo book or a handmade gift.
- Shop locally to reduce shipping materials and packaging waste.
- Borrow, swap or share decorations with neighbours, friends or family.
- Reuse gift bags and bows or wrap gifts with fabric.
- Stick to a grocery list, use leftovers or send extras home with guests.

For more holiday waste reduction tips, visit calgary.ca/our-city/articles/calgary-conversations-podcast-015-howland-wark.html.

Ha Tien

Learn to Make Delicious Wontons

Discover the joy of making **tasty Wontons** using fresh ingredients and simple techniques, which can be used in soups or can be fried as a snack or appeitzer

DECEMBER 5TH, 2026
1PM - 3PM
GARDEN ROOM
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OR SCAN THE QR CODE BELOW

Reserve Your Spot Today!

HEALTHY FRESH DELIGHT

Ha Tien

Learn to Make Delicious Spring Rolls

Discover the joy of making **tasty** spring rolls using fresh ingredients and simple techniques.

NOVEMBER 14TH, 2026
1PM - 3PM
GARDEN ROOM
CEDARBRAE COMMUNITY CENTRE
COST: $20/PERSON
TAKE HOME DELICIOUS SPRING ROLLS
TO REGISTER VISIT:
HTTPS://WWW.MYCEDARBRAE.CA/EVENTS
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Reserve Your Spot Today!

HEALTHY FRESH DELIGHT

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