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KILLARNEY GLENGARRY

THE OFFICIAL KILLARNEY & GLENGARRY COMMUNITY NEWSLETTER

**FALL FITNESS
PROGRAMS
EARLY BIRD PRICING
UNTIL SEPTEMBER 1**



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✉ calgaryhopakensemble@gmail.com

🌐 calgaryhopak.wordpress.com

📱 @CalgaryHopak

Love to dance, sing, or play music? Come join us for the 2026-2027 season

The Calgary Hopak Ensemble is part of a family-oriented organization that offers several programs to share and promote our Ukrainian Cultural Heritage with the community.

The Hopak Ensemble Dance School offers classes Thursday evenings for children ages 4 to 15. Please call 403-809-6520 for additional information.

Our Hopak Ensemble Folk Orchestra rehearses Monday evenings from 7pm-9pm. The requirements to play in the folk orchestra are to read music and have your own instrument.

Our Hopak Ensemble Adult Dance group rehearses Tuesday evenings from 7pm-9:30pm.

We invite singers to join our Hopak Ensemble Folk choir on Wednesday evenings. The repertoire is in both English and Ukrainian.

No experience is necessary, and Ukrainian heritage is not required.



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KGCA VISION
”

YOUR KGCA

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gm@kgca.ca

KILLARNEYGLENGARRY.COM

TO SUPPORT AND CONNECT OUR COMMUNITY.

HOW?

Through the creation and delivery of program, events, and strategic initiatives.

WHY?

To encourage involvement and to inspire pride in both our residents and visitors.

KGCA MISSION



KGCA Board of Directors

BOARD POSITION	NAME	EMAIL
President	Thomas Mo	pres@kgca.ca
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Director of Events	Vacant	
Director at Large	Vacant	
Secretary	Vacant	
HALL STAFF		
GM	Andrea Nagle	gm@kgca.ca
Bookkeeper	Natalie Palmer	

KGCA Hall Happenings

FRIDAYS		
New Covenant Assembly	7:00 pm	newcovenantassembly.ca/ncacalgarysw
SUNDAYS		
New Covenant Assembly	9:00 am	newcovenantassembly.ca/ncacalgarysw/

Word of the Month

Syzygy: noun (si-zuh-jee)

A nearly straight line-up of three celestial bodies in a gravitational system.

During an eclipse, the Earth, moon, and sun align to form a syzygy.



What's happening

KGCA News

www.kgca.ca | gm@kgca.ca



Upcoming Events:

September 13 | Food Truck Fall Festival

October 31 | Kids Halloween Event

Fall Fitness Programs:
Register today to get your spot in one of our great fitness classes at KGCA.CA.

Fall Fitness

KGCA fall fitness programs are open to registration now on the KGCA.CA website! If you like a high intensity aerobic class like High Fitness, or some more relaxed yoga flow, we have all of that and more. We are running an early bird special offer until September 1st to kick the fall season off right! Sign up for classes and support the KGCA in all of it's work in the community!



Volunteer Thank You

The KGCA would like to thank all of the volunteers who gave their time so generously to work at the Casino on July 26&27. This casino is our biggest fundraising activity, contributing immensely to the operation of the hall. We use the money to maintain the building and keep programs and community events going! We appreciate each and every one of you! Thank you!



For more info on events visit our website.

Spring Fitness Schedule Live on KGCA.ca

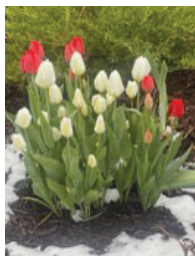
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Lazy Hazy Crazy Days....

The best part of summer has finally arrived! As passionate gardeners, of which I am one, we have slaved over our gardens starting in April as we poured over the luscious garden catalogues for the most beautiful plants, new cultivars, and tools for doing the deeds.

Then came May when we paced as we waited for the perfect weather to get our fingers into the earth. It rained and was too cold for new seedlings; the 'old' best weekend to plant was the long weekend in May but alas, it was still too cold, Father Winter wasn't ready to let go yet.



June arrived and it was time to test the seedlings outside overnight... some days perfect, other days we were running around covering precious plants with special fabrics to attempt to keep them a little warmer overnight. The soft rains give us hope for the "finest summer ever" and we relax a little.

By this time, we are nervous nellys as we hover over our precious plants, our nerves are shot, and our budgets drained.

July is a tough time for plants; Stampede arrives, and the plants learn they have to make it on their own. A quick drink in the morning with a promise of more after the Grandstand show.



And then... August rolls around, we're calm as we watch the flowers bloom, press flowers and leaves for future art projects. It's time to relish our precious perennials. They come up year after year, rewarding us with joy reminding us that we do nothing, and the plants just miraculously do it themselves. This peony will live up to 20 years! Thank heavens for perennials!

Now is the time to savor the harvest of vegetables and there's nothing better than the taste of veggies we've nurtured ourselves. It's time to save seeds from our



favorites for next year, to lay back in the lawn chair and read a book but out of the corner of our eye we see the dratted dandelion and we're on our feet again, secateurs in hand to get rid of it.

By this time the rhubarb has ripened: red and delicious. This three-ingredient recipe: 2 tablespoons of butter, 1/2 cup of white sugar and 4 cups of rhubarb and 10 minutes on the stove top, makes the most divine rhubarb sauce to slather over ice cream. It's been worth the effort to now feed our stomachs and our souls.

It's time to get the bikes out, ride to the nearest park, spread the blanket, soak up the sun, catch up on that book, watch clouds drift by, and revel in another wonderful gardening season.

Then it's time to pull out the Garden Journal and begin the "memory collection" of what worked and what didn't and what you're anxious to try next year; we record our memories of garden surprises and failures.

Now we have time to listen to the sounds of late summer insects and birds; drop into the Killarney Glengarry Wednesday afternoon Farmer's Market for fresh fruit and vegetables if you haven't grown your own.



Many root vegetables can be left in the ground well into fall when they actually convert starches to sugars when exposed to cold, for example carrots, beets (my favorite), radishes, turnips, and parsnips.

Soon it'll be time to prepare for autumn; plan next year's garden layout, get back to browsing the seed catalogues and beloved garden books, clean and sharpen gardening tools, etc.

Winding down offers a real gift: permission to slow down, appreciate nature's abundance and in the lazy, hazy, crazy days of summer, soon it'll be winter when you truly put your feet up in front of the fireplaces and dream about next year's garden.

Photo Credits: Lorne Kingwell

FOOD TRUCK

FALL FEST

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ENTRY



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SEPTEMBER 13, 2026
12-6 PM

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Family: \$35
Student (Under 25) | Senior: \$15
Individual: \$20

GST is included in all these prices.



☐ Family ☐ Student/Senior ☐ Individual

Name: _____

Address: _____ Postal Code: _____

Home Phone: _____ Email: _____

Interests (dance, soccer, etc): _____

Connect & Share

Photo Credit: Jamie Anderson



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Starting May 20th!

Weekly farm stands

Support local calgary.ca/localfood

Wednesdays 3:00 to 6:00 pm

Killarney Glengarry: Community Association (2828 28 St SW)

In partnership with The City of Calgary and KGCA, **Broxburn Vegetables** is running a farm stand in our community. Get some fresh Alberta veggies, dairy, and baked goods!

Friday Night Event

Special Offer

4 hours for \$150

The KGCA lower hall is now available to rent on Friday Nights from 7:30PM - 11:30PM.

We are offering a special of \$150 for the 4 hour rental! This is \$200 value. Includes shuffleboard table, darts and you can bring board games.

Email GM@KGCA.CA for details.

www.kgca.ca 2828 28 St SW, Calgary, AB

The KGCA

is proud to announce!

Royal Canadian Legion

Millennium Branch #289

was selected as

Branch of the Year - 2025 !!

Out of all

Alberta and NWT Legions!

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News, Events, & More	Crime Statistics	Real Estate Statistics
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Help Build our Community Playground

The Killarney-Glengarry Community Association is redeveloping our community playground to create a safe, welcoming space for children, families, and neighbours across Calgary.

We're raising \$500,000 over 10 months to bring this project to life — and we invite local businesses and community members to be part of it.

How You Can Help

- Financial donations
- Door prizes or raffle items
- Support for upcoming fundraising events

Your support invests directly in a vibrant, family-friendly community — today and for generations to come.

Contact pres@kgca.ca to learn more.





KGCA WALKING CLUB

Joining this FREE walking group!

Meet at the KGCA hall by the picnic tables on
Sundays at 2:30 PM

July 5 and 19, Aug 2, 16, 30, Sept 13 and 27.



REGISTER
HERE



KGCA Sunday Running Club

JOIN THIS FREE GROUP!

SUNDAYS AT 2:00 PM

JULY 5 AND 19, AUG 2, 16, 30, SEPT 13 AND 27.

MEET AT KGCA HALL
2828 28 ST SW
NORTH SIDE OF THE HALL BY THE PICNIC TABLES



Register
Here



KGCA PLAYGROUND CLUB

Join this FREE group!

Sundays from 1:00 - 3:00 PM

July 5 and 19, Aug 2, 16, 30, Sept 13 and 27.

Meet families in the
community, socialize
and build connections!

Register Here!



At the KGCA Playground, 2828 28 ST SW



KGCA Stroller Walking Club

Join this FREE
parent's group!

Meet at the KGCA
hall doors and stroll!

Wednesdays from
11:00 AM - 1:00 PM.



Register Here

July 8 and 22,
Aug 5 and 19, Sept
2, 16 and 30.





ARE YOU AN INSTRUCTOR WITHOUT A CLASS?



Let's partner and build a
program at the KGCA hall this
fall!

Email Andrea at GM@KGCA.CA



RENT THE HALL!

The Killarney-Glengarry Community Hall is open for rental for any event. Whether it's a party, regular classes, a meeting, concert, or any other occasion, you can make it happen! Find more details about renting on our website at www.kgca.ca/rentals.

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Sundays: 12:30PM-12:00AM

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FALL FITNESS SCHEDULE

2020-2021 SW | PH: 507-579-1234 | gmekgca.ca

**EARLY BIRD PRICING OFFER - 10% OFF
UNTIL SEPTEMBER 1st!**

MONDAY

5:50PM High Fitness Sept 14 - Dec 14

TUESDAY

5:45PM Family Yoga Sept 15 - Dec 15

WEDNESDAY

7:30PM Wednesday Yoga Sept 9 - Dec 16

THURSDAY

5:45PM Neuro Tai Chi Sept 10 - Dec 17



Learn more or register for
a fitness class by scanning
the QR code or visiting
kgca.ca/events.



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5:50PM - 6:50PM

HIGH FITNESS

RUNS SEPT 14 - DEC 14
NO CLASS OCT 12TH

\$182 FOR ALL 13 CLASSES
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UNTIL SEPT 1

AT THE KGCA HALL
2828 28 STREET SW




JOIN US THIS FALL FOR

FAMILY YOGA

13 Class Passes:
\$65/ CHILD
\$130/ ADULT

EARLY BIRD OFFER:
10% OFF UNTIL
SEPT 1!



5:45-6:30PM
TUESDAYS
SEPT. 15 - DEC. 15
(NO CLASS ON SEPT. 29)
KGCA HALL
2828 28 St SW




Neuro Tai Chi

Thursdays 5:45 - 6:45 PM
Sept 10 - Dec 17, 2026
KGCA Hall | 2828 28 St SW

\$180 for a 15 class pass
Early Bird Offer: 10% off until Sept 1

Neuro Tai Chi is a gentle, brain-based movement practice that combines elements of mindful motion, breathwork, and coordination training. It is designed to:

- ★ Improve balance, mobility, and posture
- ★ Enhance mental clarity, focus, and emotional well-being
- ★ Reduce stress and support nervous system regulation
- ★ Promote healthy aging through safe, accessible movement




Wednesday yoga

Wednesdays 7:30 - 8:30PM

\$196 for a 14 class pass
Early Bird Offer: 10% OFF until Sept 1
KGCA Hall | 2828 28 St SW

You can expect a flowy class with a focus on the breath body connection, as well as time for exploring extra depth in poses.
All levels welcome.

Runs from: Sept 9 - Dec 16
with no class on Nov 11



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Support Victoria Fortuna and Her Family After a Tragic Highway Accident



In the early evening of February 8, 2026, the Fortuna family's life was forever altered by a devastating and senseless accident.

Victoria (21) and her father, Paul (53), were the innocent victims of a tragic vehicle accident that occurred in Edmonton. Sadly, her father succumbed to his injuries at the scene, and Victoria has been left with life-threatening and life-altering injuries. She is currently fighting for her life and receiving critical medical care at the University Hospital in Edmonton.

Donate to this GoFundMe by scanning the QR code to help ease the inconceivable financial hardship the Fortuna family is facing.

Scan to donate or visit
gofund.me/31fdeef6f
Any help is appreciated ♥



MLA Calgary-Currie
Janet Eremenko
206B – 1615 10 Ave SW
Calgary, T3C 0J7
📞 403-426-4794
✉ calgary.currie@assembly.ab.ca

Summer is the season for politicians to get out into their constituencies and hear what's on people's minds. And healthcare has been coming up a lot in my conversations in Calgary-Currie.

People talk about not having a family doctor, long wait times in the emergency department, and a cumbersome and confusing system to navigate. They talk about staff who are stressed out, overworked, and frustrated by the never-ending reorganization.

I also hear from people who are disappointed at the waste. Where there was once one ministry, there are now four. Tens of millions of dollars spent, only to cancel a project, like with the Emergency Health Services rebrand. And we still don't know precisely how much has been spent on private consultants to do all this restructuring.

Meanwhile, Alberta is officially a two-tier system with its dual-practice model whereby physicians can have a foot in both public and private service delivery. To shorten wait times, we should resolve the reason for vacant operating rooms and work on workforce retention. Facilitating private practice does neither of these.

We should always strive for a health care system that is coordinated and patient centred. Public healthcare is a core Canadian promise, and governments have a duty to protect it.

That's why the Alberta NDP Caucus is proud of our vision for healthcare, the development of which was led by Dr. Luanne Metz, who was a neurologist and researcher before being elected as MLA for Calgary-Varsity in 2023. We'll have more to say in the coming weeks on our plans for healthcare that will ensure every Albertan can access timely, high-quality care.

The Alberta NDP Caucus will always defend a fair and equitable, publicly funded healthcare system that works for all Albertans.

Please don't hesitate to reach out to my office at calgary.currie@assembly.ab.ca any time with your ideas, issues, or concerns.

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SCAN ME



**Samaritan Club
of Calgary**

Semi-Annual Super Thrift Sale

Saturday, September 26

9:00am-1:00pm

Hillhurst-Sunnyside Community Centre
1320 - 5th Avenue NW

Entry
\$2 Adults
Kids Free



Vintage and Boutique items

Get great deals on household goods,
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