DECEMBER 2026 DELIVERED MONTHLY TO 4,500 HOUSEHOLDS

KILLARNEY GLENGARRY

THE OFFICIAL KILLARNEY & GLENGARRY COMMUNITY NEWSLETTER



LAST MINUTE MARKET

DECEMBER 12, 1:00 TO 7:00 PM



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RENT THE HALL!

KILLARNEY

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.

AVAILABILITY

$99/hour
Saturdays: 8:00AM-12:00AM
Sundays: 12:30PM-12:00AM

FEATURES

- Tables and chairs
- Parking lot
- Full kitchen
- Coat check
- Washrooms
- Tennis courts
- City fields
- Playground

ADD-ONS

- Bouncy castle & games
- Speaker system
- Projector and screen
- Greenspace







Learn more here

BOOK NOW

gmekgca.ca
(587) 579-1234
www.kgca.ca

KILLARNEY

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.

GREAT NEWS MEDIA

LEADERS IN COMMUNITY FOCUSED MARKETING



Support the local businesses that make our neighbourhood thrive, and make this publication possible.

403-720-0762
grow@greatnewsmedia.ca

SCAN ME

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Community Perks

KILLARNEY-GLENGARRY COMMUNITY ASSOCIATION

ENJOY EXCLUSIVE PERKS WITH YOUR KGCA MEMBERSHIP!

COMMUNITY PARTNERS INCLUDE:

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Coffee Cats
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Life 'n Balance
Luke's Drug Mart
Momoyama Japanese Restaurant
Piece on Peace (Killarney Location)
Sinatra's Pizza
Struktur Studio
True Gents Barbershop
The Village Flatbread Co.
YYC Brazilian Jiu Jitsu

TO ACTIVATE YOUR PERKS, SHOW YOU KGCA MEMBERSHIP CARD AT CHECKOUT!

LEARN MORE ABOUT THE AVAILABLE PERKS AND DISCOUNTS AT KGCA.CA

KGCA's

COMMUNITY VISION BOARD workshop

Join your neighbours for a community art & conversation workshop exploring our community's future! Through group discussions and guided art activities we will explore our collective ideas, hopes and goals for Killarney. Learn about art futurisms, eat some snacks, and meet your amazing neighbours.

All ages welcome and family friendly! Everyone belongs.

Saturday, January 16, 2027
2PM - 5PM

KILLARNEY

Register with Sage at secretary@kgca.ca

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> **TOGETHER, LET'S HELP TO BUILD A COMMUNITY THAT IS SAFE, VIBRANT, AND INCLUSIVE.**
>
> **KGCA VISION**

YOUR KGCA

2828 - 28 Street SW
Calgary, Alberta, T3E 2J3
403-246-6668
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
Vice President	Kristi Mulrain	vicepres@kgca.ca
Secretary	Sage Wheeler-Ramnauth	secretary@kgca.ca
Treasurer	Amanda Spenrath	treasurer@kgca.ca
Director of Facilities	John Hallett	facilities@kgca.ca
Director of Traffic and Safe Streets	Olawale Tijani	traffic@kgca.ca
Director at Large	Colin Cochran	dal@kgca.ca
Director of Development	Vacant	development@kgca.ca
Director of Fundraising	Gloria Esionye	fundraising@kgca.ca
Director of Events	Vacant	
HALL STAFF		
GM	Andrea Nagle	gm@kgca.ca
Bookkeeper	Natalie Palmer	

KGCA Hall Happenings

MONDAYS		
High Fitness	5:50-6:50 pm	KGCA.ca/events
Qigong	7:10-8:10 pm	KGCA.ca/events
TUESDAYS		
Family Yoga	5:45-6:30 pm	KGCA.ca/events
WEDNESDAYS		
Sportball	5:15-7:00 pm	Sportball.com
Yoga	7:30-8:30 pm	KGCA.ca/events
THURSDAYS		
Neuro Tai Chi	5:45-6:45 pm	KGCA.ca/events
FRIDAYS		
New Covenant Assembly	7:00 pm	newcovenantassembly.ca/ncacalgarysw
SATURDAYS		
Sportball	9:00-12:45 pm	
SUNDAYS		
New Covenant Assembly	9:00 am	newcovenantassembly.ca/ncacalgarysw/



Want to Make a Difference in Our Neighbourhood?

Help Us Build a New Playground for Our Community!
Exciting progress is being made on the KGCA Playground Project, and we remain on track to build our new playground in Summer 2027. With fundraising well underway and significant funds already raised, this exciting project is becoming a reality!

Our goal is to raise $500,000 to create a high-quality, state-of-the-art playground that is welcoming, engaging, and designed for children ages 1 to 12.

We Need Your Help
Over the coming months, the Playground Committee will continue applying for grants and working with community and corporate partners, with the goal of completing our fundraising by January 2027.

Whether you live in Killarney Glengarry or simply want to support a great community project, we invite you to help us bring the new playground to life. Every contribution brings us one step closer to our goal.

How Donors Can Contribute to Your Project
Donors can access your project's donation portal by:

1. Visiting the website (parksfoundation.ca).
2. Clicking the donate button in the top-right corner.
3. Selecting "Donate to a parks project."
4. Choosing your project from the drop-down list (Killarney Glengarry CA - Parks Rebuild).
5. Entering donation details, tax receipt information, and payment method.

Important Notes:
- Online donations are subject to a third-party service fee.
- For larger donations, we recommend cheque or offline credit card payment. Donors can use our Donation Form for these options (please contact pres@kgca.ca for the digital form).
- Tax receipts will be issued immediately for online donations, or within 6 weeks for offline donations over $100.

Please contact pres@kgca.ca for the "Issuing Tax Receipts Policy" and for details on receipting, in-kind gifts, and third-party fundraising.

Businesses and organizations interested in supporting the project through an ESG program, community investment program, local fund, sponsorship, or corporate donation are encouraged to contact Thomas Mo, KGCA President, at pres@kgca.ca for more information.

Donor Recognition:
We are grateful for the individuals, families, businesses, and organizations helping make this project possible.

Eligible donors will have the opportunity to be recognized on a Permanent Donor Recognition Board at the completed playground. This recognition is expected to remain in place for approximately 25 years, creating a lasting acknowledgement of your contribution to our community.

Help Us Reach $500,000.

Together, we can create an exceptional playground where Killarney Glengarry families and children can gather, play, and connect for many years to come.

Thank you for helping us build something special for our community.





Imagine
by Joey Stewart

December: A Season of Light, Tradition, and Togetherness

Why do so many cultures celebrate during December? I know that for me, it's the best time of the year; which is why we try to get the gift-giving gifts bought early so that we can enjoy every single moment of the celebration of joy with family and friends.



When I look around the world there are so many cultures and countries that also love December. In Canada, we're all familiar with Christmas, the Christian celebration of Jesus' birth. With gift giving, Christmas Markets, church going, music, decorations, giving to charity, and Santa Claus, it's an absolutely wonderful time of the year!



Hanukkah, the Jewish celebration, an eight day festival of lights with the lighting of the Menorah, sharing traditional foods, and celebrating with family and friends.

Kwanza, is an African custom that we celebrated with friends in Guatemala that lasts from December 26 to January 1. It was wonderful with celebratory foods, with music and speeches that honours the elders and inspires children with stories of the 'seven guiding principles'. We felt so loved and welcome in their exquisite customs.

Boghi Day, a Buddhist tradition is usually celebrated on December 8. It commemorates the Buddhist enlightenment. Observances include meditation, reflection and Buddhist religious practices.

One year we were in France just before Christmas where they pull the pianos out into the streets and people stop and gather to sing the glorious songs of Christmas. Such a warm and wonderful feeling!

Las Posadas, which in Spanish means to rest or to lodge and occurs from December 16 to 24. When we lived in Guatemala, it was a great celebration with processions in the streets, songs, small gift giving, special foods with beautiful herbs and spices and the gathering of family and friends. It was a wonderful time!



For us, Winter Solstice is our biggest celebration of the year. The husband is a scientist and therefore, keenly interested in the magic of the shortest and longest days of the year in the Northern Hemisphere. Solstice is the retreating of the sun and then it's return.

There is a power to the Winter Solstice. For ancient peoples who depended on the sun for farming, food, and survival, this turning point was deeply meaningful for them. It offered reassurance that darkness would not last forever and that spring would eventually return. The Solstice still inspires us today, reminding us of the importance of lightness and darkness. It is and was, celebrated with traditional foods, the gathering of friends with drink and frivolities, even skating on the lakes or homemade backyard skating rinks; fir trees are decorated, outdoor fires and long walks in the woods warm our hearts.

In Canada, New Year's Eve closes out the old and ushers in the new with dress up parties, dancing, plenty of drink, music and backyard fires (now controlled with regulations).

And, there are so many more customs: St. Luisa's Day in Sweden and other Nordic countries; Simbang Gabi, a Filipino Catholic tradition, Omisoko, a Japanese New Year tradition on December 31; St. Stephan's Day on December 26 observed in many European countries; St. Nicholas Day on December 6, a European Christian tradition that honours a fourth century Bishop of Myra, when Santa comes.



The more we learn of all these traditions the more we love, respect and value others. It is a gift for us to appreciate "the other". In all of these traditions it brings hope to the darkest days of the year which connect us on a deeper level.

"It's Beginning to Look a Lot Like Christmas"

Merry Christmas to all and to all a good night!

joeycalgary@aol.com
403-305-2980

Photo Credits: Lorne Kingwell

Message from the Director of Traffic and Safe Streets

December brings shorter days, freezing temperatures, snowfall, and icy conditions to Killarney-Glengarry. Holiday travel and winter activities increase movement throughout the neighbourhood. Reduced visibility, slippery sidewalks, and snowbanks obstructing sightlines create additional risks for all road users. Slowing down, maintaining clear walkways, and looking out for one another will help keep our community safe and accessible.

For Drivers

- Reduce speed and increase following distance on snow-covered or icy roads.
- Watch for black ice near intersections, bridges, and shaded areas.
- Clear snow and ice from windows, mirrors, lights, and vehicle roofs before driving.
- Allow extra stopping distance near crosswalks, schools, playgrounds, and transit stops.
- Avoid sudden braking, acceleration, and turns on slippery surfaces.
- Never drive distracted or impaired, especially during holiday celebrations.

For Cyclists

- Check brakes, tires, lights, and reflectors before winter rides.
- Use front and rear lights and wear reflective clothing in low visibility.
- Reduce speed and avoid sudden turns or braking on icy surfaces.
- Watch for snowbanks and debris near road edges; choose suitable routes when conditions become unsafe.

For Pedestrians, Students, Families, and Pets

- Wear footwear with good traction and use designated crossings.
- Make eye contact with drivers before crossing and allow extra time to cross safely.
- Wear bright or reflective clothing during early morning and evening hours.
- Supervise children near roads, driveways, alleys, and snowbanks.
- Keep pets leashed and visible near traffic.

For Residents and Community Members

- Clear snow and ice from public sidewalks bordering your property to the bare surface within 24 hours after snowfall ends.
- Clear at least 1.5 metres of any public pathway bordering your property within the same timeframe.
- Avoid piling snow where it obstructs crosswalks, storm drains, or sightlines.
- Check exterior lighting and offer snow-clearing assistance to neighbours who may need help.

Community and Enforcement Updates

- 26 Avenue SW construction: As corridor improvements continue, use caution near construction zones, follow posted signs, watch for temporary detours, and remain alert for workers and changing traffic patterns.
- The City prioritizes snow clearing on designated roads, pathways, and high-use pedestrian infrastructure.
- Report uncleared sidewalks, hazardous snow and ice, and other municipal concerns through Calgary 3-1-1.

A Safer Winter, Together

- Allow extra travel time and adjust plans when winter conditions become hazardous.
- Check on neighbours who may need assistance during severe weather.
- Report recurring traffic hazards and support safe, accessible neighbourhood streets.
- Model patience and respectful road use throughout the holiday season.

For Traffic, Snow, Ice, or Safety Concerns, Residents can call 3-1-1 or Submit a Request Through Calgary.ca.

Every cleared sidewalk, careful crossing, and attentive driving decision helps protect our neighbours. KGCA remains committed to raising awareness and supporting safer, more accessible streets throughout the winter season.

Wishing everyone a safe and happy holiday season.

Olawale Tijani

Director of Traffic and Safe Streets

Killarney-Glengarry Community Association

KGCA.ca


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Last Minute
MARKET
DECEMBER 12, 2026 | KGCA HALL
1:00pm - 7:00pm
2828 28 ST SW
Enjoy:
20 unique vendors
Santa photos from 3:00-5:00 PM
Best of Kin Beer garden
Outdoor rink
Kids craft area
A fire with s'mores
Pizza sale
And more!
KILLARNEY

What's happening

KGCA News

www.kgca.ca | gm@kgca.ca

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KGCA Fall Events

Thank you to everyone who supported our KGCA fall events! The Halloween Kid's Movie was really fun and we saw so many great costumes! The first annual Killarney Toy and Book Exchange was a hit too. We love having reasons to keep the community coming to the hall! If you have an event idea you would like to share, please email us at GM@KGCA.CA.





Last Minute Market

Please join us on December 12 from 1:00-7:00 PM for our annual Last Minute Christmas Market! We will have 20+ market vendors, a beer garden by Best of Kin Brewers, Photos with Santa from 3:00-5:00 PM, a bake sale and kids crafts. We hope to have our rink up and running (weather dependant) and a fire with s'mores! Come make an afternoon of it with us at the KGCA Hall!

Upcoming Events:

December 12 | Last Minute Market

Suds Social | February Date TBA

Winter Fitness Programs: Register now at KGCA.CA

For more info on events visit our website.

Follow us on Instagram @kgca.yyc

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WINTER FITNESS SCHEDULE

2828 28 St SW | PH: 587-579-1234 | gm@kgca.ca

EARLY BIRD PRICING OFFER - 10% OFF UNTIL DECEMBER 31st!!

MONDAY

5:50PM	High Fitness	Jan 11 - Mar 15
7:10PM	Qigong	Jan 11 - Mar 15

TUESDAY

5:45PM	Family Yoga	Jan 12 - Mar 16

WEDNESDAY

7:30PM	Wednesday Yoga	Jan 13 - Mar 17

THURSDAY

5:45PM	Neuro Tai Chi	Jan 14 - Mar 18
7:15 PM	Restorative Yoga	Jan 14 - Mar 18



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

EVERY MONDAY
5:50PM - 6:50PM

HIGH FITNESS

RUNS JAN 11 - MAR 15, 2027

NO CLASSES ON JAN 25 & FEB 15

$112 FOR ALL 8 CLASSES
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10% OFF UNTIL DECEMBER 31!

AT THE KGCA HALL
2828 28 STREET SW

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QIGONG

MONDAY NIGHT MOVEMENT AND CALM

7 CLASS PASS $84
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ALL AGES AND FITNESS LEVELS WELCOME

MONDAYS
JAN 11 - MAR 15,2027
(NO CLASSES JAN 25/FEB 15/MAR 1)
7:10-8:10 PM
KGCA HALL
2828 28 ST SW

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JOIN US THIS WINTER FOR

FAMILY
YOGA

9 Class Passes:
$45/ CHILD
$90/ ADULT
EARLY BIRD OFFER:
10% OFF UNTIL DEC. 31!



5:45-6:30PM
TUESDAYS
JAN. 12 - MAR. 16, 2027
(ONE NO CLASS DATE TBD)
KGCA HALL
2828 28 St SW

WEDNESDAY YOGA



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.

Wednesdays 7:30 - 8:30 PM
JAN 13 - MAR 17, 2027
KGCA Hall | 2828 28 ST SW

10 CLASS PASS $140

EARLY BIRD OFFER: 10% OFF UNTIL DEC, 31!

KILLARNEY





JOIN ANY OF OUR GREAT KGCA WINTER FITNESS PROGRAMS BY SCANNING THIS QR CODE OR BY EMAILING GM@KGCA.CA!

KILLARNEY



Did you Know?
86% of "the sandwich generation" caregivers reported that caregiving affected their health of well-being, commonly leaving them tired, worried, or overwhelmed.

Knowing When It's Time for Extra Help
The need for extra help often appears gradually: meals, laundry, or familiar routines become harder to manage. Use this checklist to notice changes, not make assumptions based on age, and explore support with your parent(s). The goal is to respect their choices and help them remain as independent as possible at home.

1. Everyday Tasks Are Becoming Harder
- Meals are becoming difficult to manage.
- Personal care takes more effort.
- Household routines are slipping.

2. Safety and Health Need More Attention
- Getting around feels less secure.
- Medication routines are becoming confusing.
- Changes in health or memory affect daily life.

3. Connection and Support Are Becoming More Important
- Your parent is becoming more isolated.
- Getting out is more difficult.
- Your parent says they are struggling.
- Family help is becoming difficult to sustain.

4. Take The Next Step Together
- Start with a question. "What has been feeling harder lately?"
- Share observations without criticism. "I've noticed carrying the laundry downstairs seems more difficult."
- Ask what matters most.
- Discuss health changes with a professional.
- Request a home-care assessment.
- Explore the right kind of help.
- Keep your parent involved.

Accepting help can mean keeping their independence; it can be a way to protect the routines, choices, and comforts that matter most.

Call to Action:
Choose a quiet moment this week to ask your parent, "What would make daily life a little easier for you?"

Important safety note: This is general guidance, not a diagnostic checklist or a substitute for a professional assessment. Sudden confusion needs immediate medical assessment not simply more help at home.

The Nutcracker

In 1892 Tchaikovsky premiered his third ballet, "The Nutcracker" in Saint Petersburg, and while in recent times it is know globally and considered a Christmas tradition for many people, the ballet was not well-loved upon release. In fact, it did not gain popularity until closer to the 1950s when companies began performing it annually, marketing it as a Christmas feature.





APPLICATION

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Family: $35
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Individual: $20

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Name: _____

Address: _____ **Postal Code:** _____

Home Phone: _____ **Email:** _____

Interests (dance, soccer, etc): _____

Connect & Share



Photo Credit: Jamie Anderson

Thanks for supporting your local community association
Cut out and mail with cheque made payable to Killarney Glengarry Community Association or sign up online at www.killarneyglengarry.com

Send cover photo submissions, story ideas, and community event announcements to gm@kgca.ca

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