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# \*helloACADIA

### THE OFFICIAL ACADIA COMMUNITY NEWSLETTER

### WINTER CARNIVAL PAGE 3 SPRING SOCCER PROGRAM PAGE 3

New technology: Needle-free laser dentistry LL TODAY! FREE TEETH WHITENING OR ELECTRIC TOOTHBRUSH INCLUDED WI





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### Acadia Community Association Contacts

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Scouts Canada — Chinook Council		403-283-4993 253rdsouthheritagegroup@ gmail.com



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### 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!



 Suite 205, 125 Oakmoor PI SW Calgary, AB T2V 4A3
(403) 281-4264
westpeaksdentalsuite.ca



MESSAGE FROM THE BOARD

#### Hello Neighbours!

With January in the rearview mirror, 2025 is well under way. The ACA has a lot in store for the community, and we are excited to share it all with our members. February marks the first ACA event of the year, and we hope you are all as excited as we are to join in with the Winter Carnival.

### **Annual Winter Carnival**

This year's annual Winter Carnival will be held on Saturday, February 8 at the ARC. You won't want to miss out on our biggest and longest standing event! There will be carnival games with prizes, raffles, a snowperson building contest, bake sale, horse drawn carriage rides, and so much more! Entry is free for ACA members, and \$5 for non-members. We hope to see you there with the whole family for some outdoor winter fun!

#### **Grassroots Soccer Program**

Registrations for our spring soccer program are open now! Sign your kids up to make new friends, learn new skills, and have lots of fun! The program is for ages 3 to 12 and it runs from April to June. We are also seeking more individuals to get involved by helping coach the teams and run the program. To learn more about Grassroots Soccer, how your child can participate, and how to get involved, visit our website at www.acadia. community/soccer.

#### New Soccer Program Coordinator Needed!

Our wonderful soccer coordinator, Trudy, is retiring and we are in need of someone to take on this very important and rewarding role! Please reach out to volunteer@acadiaca.com if you would like to learn more about this opportunity.

#### **Volunteer With The ACA**

Our incredible and dedicated volunteers are what make the ACA and all of its programs and events possible. We are always looking for more people who want to give back to the community, and there are a bunch of ways to participate. Take part in your community through awesome events like the annual Winter Carnival or consider joining the board of directors. Volunteering opportunities are always available within the Acadia community as well. The current vacant roles are listed on page 11, or you can check out our website <u>acadia</u>. <u>community/volunteer</u> for more details. Our incredible and dedicated volunteers are what make the ACA and all of its programs and events possible. We are always looking for more people who want to give back to the community, and there are a bunch of ways to participate. Take part in your community through awesome events like the annual Winter Carnival or consider joining the board of directors. Volunteering opportunities are always available within the Acadia community as well. The current vacant roles are listed on page 11, or you can check out our website acadia.community/volunteer for more details.

www.acadia.community/volunteer for more details.

https://acadia.community/volunteer for more details.

#### Are You Following Us On Social Media?

Keep up with us @acacalgary on our Facebook and Instagram social media platforms for the latest updates on all things happening with the ACA.

Your Acadia Community Association







### WE ARE LOOKING FOR A SOCCER PROGRAM COORDINATOR TO JOIN OUR TEAM!

#### **KEY RESPONSIBILITIES:**

- Oversee entire program and its success
- Manage player registrations, create & roster teams
- Assign volunteers to open positions
- · Schedule coaches' clinic & photo day
- Budget and track program related expenses

#### HELPFUL SKILLS:

- excellent organization & administrative skills
- superior communication skills (written & verbal)
- good time management skills

- Manage league equipment & uniform orders and field permit renewals
- · Primary contact for program sponsors
- Manage general communication regarding program with registered families
- Maintain procedures & policies documentation

#### ACA COORDINATOR ROLES:

- time commitment as needed from November to June
- provide monthly updates to the ACA Board of Directors
- 2-year term commitment encouraged

EMAIL VOLUNTEER@ACADIACA.COM FOR MORE INFO AND TO APPLY!

### What's Up at the ARC February 2025 ACADIA RECREATION COMPLEX HOME Acadia Community OF THE Association

### Acadia Community Association

### **ACA Memberships**

Memberships are available online at www.acadia. community/membership or in-person at the ARC. Family: \$25 + GST | Individual: \$15 + GST | Non-Acadia Residents: \$25 + GST.

### Youth Drop-In Nights

Ages 10 to 17 can drop in for free to play games, have snacks, and meet new friends.

Check out our social media (@acacalgary) and website (www.acadiaca.com) to see what dates and times are available.

### ARC Social Lounge Daytime Community Drop-In

Monday to Friday | 9:00 am to 4:00 pm

Use the lounge to work remotely, read, study or meet. This space is free and open to everybody. Pay-what-you-can coffee or tea available daily.

### **Facility Rentals**

### Rose Hall Banquet Room, Conference Room, and Lounge

ACA members receive 15% off room bookings. For rental inquiries and more information, visit www.acadiarec. com, contact Tannis at tannis@acadiarec.com, or call 403-255-1252, ext. 222.

### **ARC Social Lounge**

Now open year-round for free day time drop-in community use. Pay-what-you-can coffee and tea, free wi-fi, books, kids' toys, and board games. Monday to Friday | 9:00 am to 4:00 pm.

Regular Operating Hours Open to Public: Monday to Friday, 4:00 pm to Midnight | Saturday, Noon to Midnight | Sunday, 10:00 am to 10:00 pm.

### Frankie's Concession

Monday to Friday | 11:00 am to 1:30 pm and 4:00 to 9:00 pm Saturday and Sunday | 8:00 am to 6:00 pm

### **Office Hours**

Monday to Friday | 8:30 am to 9:00 pm Saturday and Sunday | 9:00 am to 5:00 pm

### **Courts**

### Pickleball, Squash, and Racquetball Courts

\$20 + GST per hour per court for ACA members | \$25 + GST per hour per court for non-members.

Purchase squash or racquetball punch cards (buy four hours, get one hour free) at our Front Desk during regular office hours.

80 + GST for ACA members | 100 + GST for non-members.

### Wallyball Courts

\$30 + GST per hour per court for ACA members | \$35 + GST per hour per court for non-members.

Purchase wallyball punch cards (buy four hours, get one hour free) at our Front Desk during regular office hours.

\$120 + GST for ACA members | \$140 + GST for non-members.

### **Pickleball Drop-In Information**

The pickleball drop-in is \$8.40 + GST per person per session. To register, book online at acadiarec.com.

Morning Drop-In Sessions | Monday to Friday, 9:00 am to 12:00 pm.

Evening Beginner to Intermediate Drop-In Sessions | Monday and Tuesday, 6:30 to 8:30 pm.

Evening Intermediate to Advanced Drop-In Sessions | Thursday and Friday, 6:30 to 8:30 pm.

Call us at 403-255-1252 or book courts online at acadiarec.com.

### Curling

The ARC is proud to have one of the largest curling pads in Calgary! For rental inquiries and more information, or if you are interested in joining a curling league, contact Tannis at tannis@acadiarec.com or 403-255-1252, ext. 222.

### Arena and Skate

### **Hockey Arena Ice**

For rental inquiries and more information, contact Maddy at maddy@acadiarec.com or 403-255-1252, ext. 223.

### **Parent and Tot Skate**

Tuesday and Friday | 9:30 to 10:30 am

Free! All participants must wear helmets. No sticks or pucks allowed.

### **Sticks and Pucks**

Tuesday and Thursday | 12:00 to 1:00 pm

\$4.76 + GST per person per session.

Two to three nets set up on the ice. Maximum 20 participants. Must wear helmets with face shield and gloves.

### Public Skate

Sunday | 11:45 am to 12:45 pm Wednesday | 3:30 to 4:30 pm Friday | 1:45 to 2:45 pm

Free! All participants must wear helmets. No sticks or pucks allowed.

### Seniors (60+) Skate

Wednesday and Friday | 10:45 to 11:45 am

Free! All participants must wear helmets. No sticks or pucks please.

### Adult (16+) Shinny

Monday and Wednesday | 12:00 to 1:15 pm

\$6.67 + GST per player. Goalies play for free! Maximum 20 players (five on the ice at a time). Maximum two goalies. Helmet with mask and gloves mandatory.

### **Events at the ARC**

### **Blood Services**

Saturday, February 1 | 9:00 am to 2:00 pm Saturday, February 22 | 9:00 am to 2:00 pm

For more information, please call 1-888-2-Donate or visit www.blood.ca.

### **Sports Card Show**

Saturday, February 8 | 10:00 am to 4:00 pm Sunday, February 9 | 10:00 am to 3:00 pm

For more information, please email collectorsbooks\_cards@shaw.ca.

### **Partner Programs**

### **Childcare Provider Coming Soon!**

Seeds of Success Early Learning Program. ACA members receive free registration.

For more information please call 403-383-9243 or email hello@seedsofsuccess.kids.



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### ACADIA COMMUNITY ASSOCIATION EVENTS

### **WINTER CARNIVAL**

Fun carnival games, s'mores around the fire, horse-drawn wagon rides.

### COMMUNITY CLEANUP

Get started on your spring cleaning and get rid of your unwanted items for free.

### STAMPEDE BREAKFAST

Pancake breakfast with live music, line dance lessons and petting zoo.

### ANNUAL GENERAL MEETING

The ACA Board and ARC staff will update the community on their activities, accomplishments & goals.

### ACA SOCIAL NIGHTS

Meet & greet with ACA board members and coordinators over drinks and snacks. Occurs every second month.

### **BIKE PARADE**

Decorate your bike with streamers & balloons & join the group to ride Acadia to kick off Bike Month!

### PARADE OF GARAGE SALES

Shop for unique treasures as the entire community opens shop!

### FALL FESTIVAL

Food trucks, kids' business fair, glitter tattoos & fall themed activities. Local Acadian businesses on site to showcase their offerings.

### KIDS' HOLIDAY PARTY

Visit with Santa, decorate cookies, make crafts & eat fun holiday themed treats.

### EASTER EGG HUNT Kids can hunt for eggs filled with fun treats at one of

Acadia's many parks.

### NEIGHBOUR DAY

Bringing Acadians together for a fun block party!

### MOVIE IN THE PARK

Enjoy a fun family P movie under the stars in one of Acadia's greenspaces!

### SOUTHYEAST BREWFEST

The most anticipated ACA event of the year! Local craft breweries serve up their offerings for you to taste

### HOLIDAY LIGHTS

Light up Acadia this holiday season. Prizes in various categories to be won!

### ACA Volunteer Callout - We Want You!

Community volunteers are an essential part of the Acadia Community Association. As a volunteer, you will make a tremendous impact on your community while gaining new skills and building new connections. There are a variety of ways for you to get involved. Please see below for what our current volunteer needs are and reach out to us if you can envision yourself in those positions, making a difference in the community you live in!

To learn more about these roles and to apply, please contact volunteer@acadiaca.com or visit www.acadia. community/volunteer.

#### **Soccer Program Coordinator**

We're going into our second year of our grassroots soccer program, and we are in need of a Soccer Program Coordinator to make this season a great success! Over the past year, we've built a great program and developed lots of support, so the volunteer who picks up the program will have an excellent foundation to work from. If you are enthusiastic about bringing high-quality youth programming to your community, contact us today at volunteer@acadiaca.com for more information and to apply!

### **Communications Committee Chair**

We are in need of someone to take on the Communications Committee Chair role to oversee support for ACA communications, including the acadiaca.com website, *Hello Acadia* newsletter submissions, and our social media accounts. If you have experience in general digital communications and would like to learn more about this great opportunity, please get in touch today!

### Planning/Development Committee Chair

We are looking for someone to take on the Planning/ Development Committee Chair role in order to review planning, development, and transportation matters that pertain to the community of Acadia. This individual will also manage the other subcommittees of Traffic Safety and Playgrounds within their domain. If you are interested in helping to build a safer and more accessible community spaces, reach out to us today!

### **Event Committee Members**

Every fun event you've attended or heard about relies on key people to bring the plan together and execute it seamlessly.

The following event planning committees are looking for long-term members who have a passion for bringing

high-quality events to Acadia and would be interested in helping to plan and execute these events on every year: Winter Carnival; Easter Egg Hunt; Bike Parade; Neighbour Day; Stampede; Movie in the Park; Fall Festival; Halloween Party; and Holiday Party.

If any of the above major events interest you, reach out today to learn more about the commitment and responsibilities. We hope you will consider joining us and bring your creative touch to these awesome events!

#### **Community Engagement Committee Members**

Are you passionate about making a difference in your community? Join our Volunteer Community Engagement Committee! We are looking for enthusiastic individuals who are eager to promote community involvement and foster connections between our community and those people, organizations, and businesses that make Acadia a great place to live or operate. If you believe we can make Acadia even better, bring creativity and positivity, and enjoy having fun while making an impact, this is the perfect opportunity for you to develop your skills, meet your neighbours, and contribute to meaningful projects that enhance our community.



MOVIE IN THE PARK | NEIGHBOUR DAY FALL FAIR | KIDS' HOLIDAY PARTY AND MANY MORE!



### A Good Food Box Depot in Acadia!

Thanks to community support for the Good Food Box Program, individuals and families in Acadia can now purchase boxes of fresh fruits and vegetables at an affordable price – approximately \$1 per pound of produce – and have those boxes delivered to the ARC for pick up.

Due to seasonal availability, the contents of each box cannot be guaranteed. However, all Good Food Boxes contain the maximum amount of produce available to ensure clients get the best value for the price. There are three box sizes to choose from, and the program is available to everyone regardless of income level.

### Box Size Price Weight

Small	\$30	15 to 20lbs* of fruits and vegetables
Medium	\$35	25 to 30lbs* of fruits and vegetables
Large	\$40	35 to 40lbs* of fruits and vegetables
*Weights are approximate.		

If you are interested in purchasing a Good Food Box, please complete the contact form online at acadia. community/goodfoodbox or email goodfoodbox@ acadiaca.com. Once your order is confirmed, payment instructions will be sent to you. Payment must be made within one day of the order deadline. Boxes are available monthly and can be picked up at the Acadia Recreation Complex, 240 - 90 Ave SE. Visit our website acadia.community/goodfoodbox for more details.

### Good Food Box Order Deadlines and Pick Up Dates For 2025

Order Deadline - Friday	<b>Pick Up Date - Wednesday</b> From 11:00 am to 2:00 pm or 4:00 to 6:00 pm
February 14	February 26
March 7	March 19
March 28	April 9
May 2	May 14
May 30	June 11
July 11	July 23
August 8	August 20
September 5	September 17
September 26	October 8
October 24	November 5
November 28	December 10

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**MAMA H DOGGY DAYCARE:** We are a retired couple living in Acadia with a large fenced backyard providing personalized attention and daily walks at the local off-leash park or leashed around the neighbourhood. Heather Stockall, 587-224-2225 or hstockall@gmail.com. Check out www.mamahdoggydaycare.com for rates & references.

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### DISCREET & CONVENIENT TEETH STRAIGHTENING





#### **COMFORTABLE:**

Custom-made for each individual, Invisalign aligners ensure a comfortable and snug fit, eliminating the potential for irritation or discomfort associated with traditional braces.



#### **PREDICTABLE RESULTS:**

SHORTER TREATMENT:

IMPROVED ORAL HEALTH:

treatment plans.

Invisalign uses advanced digital technology to create a step-by-step plan for teeth movement, allowing individuals to visualize expected results before starting treatment for a predictable and controlled approach.

In some cases, Invisalign may offer a shorter treatment duration compared to traditional

braces, thanks to precise and personalized

Being able to remove the clear aligners when

necessary makes it easier to practice good

oral hygiene like brushing and flossing. This

can lead to a cleaner. healthier mouth and cut

down on additional issues like mouth sores.

cavities, bad breath, and tooth decay.



#### **INVISIBLE APPEARANCE:**

Invisalign offers a virtually invisible appearance due to its clear and transparent aligners, allowing individuals to undergo orthodontic treatment discreetly.

#### **REMOVABLE:**



Invisalign aligners are removable, providing flexibility in eating and facilitating easier oral hygiene practices by allowing individuals to take them out for brushing and flossing.



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