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Complex

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Telephone: 403-238-0007
Fax: 403-238-1115
Email: oakcomm@telus.net
www.oakridgecommunity.ca

Office Hours

9:00 am to 5:00 pm weekdays

General Manager

Darrell Ogden

Operations Manager

Matt Brewster

Maintenance

Ron Lukie, Jay Stewart

Hall Rentals

- Contact Darrell on weekdays from 9:00 am to 5:00 pm.
- Space available for socials, meetings, wedding receptions, etc.
- Our large hall holds up to 200 people and includes kitchen facilities.

Social Media

The Oakridge community is now on Facebook and Instagram!

Please follow and like us to get all the latest news and community updates!

 OakridgeCommunityCalgary

 oakridgecommunityassociation

Oakridge Community Centre Abuse Policy

The Oakridge Community Centre values its staff, volunteers and patrons of the facility. In order to provide a safe and healthy environment, we are a zero-tolerance facility. Abuse or harassment towards volunteers, staff and patrons will not be tolerated.

EXECUTIVE

President	Brian Pedlar
Past President	Gerry Stoddart
Treasurer	Steve Langmaid
Secretary	Jocelyn Giroux
VP Complex	Jim Anderson
VP Membership	Vacant
VP Social	Dave Thomson
VP Sports	Steve Hunter
VP Civic Affairs	Hugh Stewart
VP Civic Affairs	Terry Kemp
VP Community Affairs	Dale Evans
VP Communications	Gary Davies
Directors at Large	Ian MacRae, Rachael McCarthy, Derek Dallen, Bruce Sutherland, Liam Woofier

DIRECTORY

Beavers/Cubs/Scouts	Lori Baher loribaher@hotmail.com	403-253-8662
Before/After School Program Manager	Kelly Krebs	403-238-9322
Bingo Volunteers	Darrell Ogden	403-238-0007
Silverbirch Girl Guides	any-calgarysilverbirch@girlguides.ca	
Neighbourhood Partnership Coordinator	Cathi Groves	403-476-7290
Oakridge Curling Club	Rick Waraksa oakridgecurling@gmail.com	403-281-4733
Elm Obedience School	Eda Milne	403-281-7937
Holiday Adventures	Kelly Krebs	403-238-9322
Jump Start	Kelly Krebs	403-238-9322
Line Dancing	Mary Rochfort	403-238-4692
Netball	Anna Rocha	403-608-2646
Quick Fit	Darrell Ogden	403-238-0007
Ringette	Steve Hutchison	403-238-3538
Soccer	Gene Pawlak	403-238-2199
Southwest Hockey Association	admin@southwesthockey.ca	
Weaselhead Society	Maureen	403-701-7474
Yoga with Jane		403-281-7553
Yoga with Rob		403-862-6042
Learning Experience Preschool	Nicole Rosendorff	403-460-0389
Tai Chi with Jane		403-281-7553
Oakridge Community Garden	Bev Romerman	587-437-2494



Keep the Oakridge Community Centre Smoke-Free

Please be aware that smoking is not permitted within 5 metres of the Oakridge Community Centre entrance, per City of Calgary Bylaw 57M92 the provincial Tobacco Reduction Act.

The Tobacco Reduction Act prohibits smoking in public places and workplaces, and within 5 metres of any doorway, window or air intake. If you do smoke, please be sure to do so at least 5 metres from the entrance. We appreciate your cooperation.

Reaching Out to Our Neighbours

May Speaker Series Presentation: Combating Scams from Invading Our Phone and Internet Services Calgary City Police Specialists

May 21 from 10:45 am to 12:15 pm

Pre-register by emailing sallyblanchard@shaw.ca to save a seat.

June Speaker Series Presentation: Hunting Russian Submarines in 1985 – Has Anything Changed?

June 18 from 10:45 am to 12:15 pm

A special, unique topic presented by one of our Oakridge residents, Bruce Sutherland. The information will be novel, sharing an insight into secretive and unknown aspects of warfare related activities.

Pre-register by emailing sallyblanchard@shaw.ca to save a seat.

Speaker Recap from March 12: Preparing Your Home for Sale

Garth Anderson, a regular attendee and realtor, shared insights on financial and emotional factors of selling a home. Downsizing, compacting photos, prioritizing what to keep, and repurposing items in other ways. Renovation tips were shared including flooring and lighting colours to help your home be a showpiece in every room, basement included. Also, external features like windows, gutters, roof, and yard. Appliances, utility equipment such as the furnace, hot water tank, bathroom fixtures. Selling involves thought, planning, and consideration regarding what you value in a potential trusted realtor.

Veronica of Smooth Move Services shared insights re: Happy Place Spaces related to decluttering, organizing, staging, packing, unpacking, and styling homes. The information and dialogue were well done and well received. Our group was provided with professional presentations that left the impression that a house is four walls and a roof, and a home is a very personal possession.

Thank you, Garth and Veronica.

All speaker series presentations are by donation and are held on the second floor of the Oakridge Community Centre.

Weekly Drop-in Chats

Wednesdays from 9:15 to 11:00 am

All ages welcome.

Friendly conversations, exchange of experiences, presentations on topics of interest to group demographics, and opportunities to meet others in similar situations. Text or phone Bruce at 403-816-7271 or email subs1071@gmail.com to be added to our weekly memos.

Weekly Walks

Tuesdays, 10:00 am Sharp

You'll stick with a walking program when you walk with a friend!

Oakridge area outdoor walks during nice weather and mall walks during wet weather.

- First Tuesday: 24 St and 90 Ave, SW Lot East toward Heritage Park
- Second Tuesday: 90 Ave and Oakmount Drive, SW Lot, East toward Glenmore Landing
- Third Tuesday: Oakridge Community Centre, pathways in the neighbourhood
- Fourth Tuesday: South End of 24 St Bebo Grove, Fish Creek Park, a different route each month.

Walking Contact: Text Gary at 403-831-5682.



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Racquet Club Schedule

Open Play Pickleball Schedule

Sundays, Tuesdays, Thursdays, and Fridays

9:00 am to 12:00 pm

Membership Required

Residents of Oakridge who purchase or renew their membership prior to May 31, 2025, can receive complimentary access to this program.

Open Play Tennis Schedule

Saturdays, Mondays, Wednesdays, and Fridays

9:00 am to 12:00 pm

Membership Required

Residents of Oakridge who purchase or renew their membership prior to May 31, 2025, can receive complimentary access to this program.

Racquet club members who wish to book the courts at their own times or participate in all racquet club sports can purchase a racquet club membership by visiting www.oakridgecommunity.ca.





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Celebrate 55 Years of Community with Us!

The Oakridge Community Association is proud to celebrate 55 years of serving and supporting our vibrant southwest Calgary neighbourhood. Since 1970, the Oakridge Community Association has been a gathering place for connection, recreation, learning, and fun — and in 2025, we're honouring that legacy by giving back to the people who make it all possible: you, our residents!

When you purchase or renew your Oakridge Community Association membership before May 31, 2025, you'll unlock these fantastic ways to experience the community centre — absolutely free!

It's our way of saying thank you for being part of the Oakridge story.

Here's what's included:

- Complimentary access to your choice of open play tennis or open play pickleball
- Discounts on Holiday Adventures Summer Camps
- Complimentary access to Quick Fit, our self-directed workout space
- Complimentary access to our new parents and tots ice skating time, members only skating time, and members only sticks and pucks times
- Invitations to members only events

Whether you're new to Oakridge or a lifelong resident, there's never been a better time to reconnect with your community. Visit www.oakridgecommunity.ca or stop by the centre to purchase your membership!

Let's celebrate 55 years of community — together.



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- Participation in your choice of drop in tennis or drop in pickleball free of charge.
- 10% discounts on Holiday Adventures Program summer camps.
- Complimentary access to our self directed workout space, "Quick Fit"
- Complimentary access to our new Parents and Tots ice skating time (September to March)
- Participation in special members only family events.



OTHER REASONS TO JOIN

- Discounts on event tickets.
- Access to special member only activities throughout the year.
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Understanding Prediabetes

by Alberta Health Services



Did you know that in Canada, 6.1% of adults over the age of 20 have prediabetes? Having prediabetes increases the risk of progressing to Type 2 diabetes (T2D). However, there are lifestyle changes that can reduce this risk.

Prediabetes occurs when blood sugar levels are higher than normal but are not yet high enough to be classified as T2D. T2D is a chronic condition where the body is unable to use insulin properly, leading to high blood sugar that may result in other complications like heart disease or nerve damage.

What Causes Prediabetes?

Our body uses blood sugar (glucose) for energy. After eating, our body breaks some of the food we eat down into glucose. The hormone insulin then helps move the glucose into our cells to be used for energy. In prediabetes, insulin does not work as well as it used to. This leads to higher blood sugar levels resulting in prediabetes. Often, there are no physical symptoms of prediabetes.

Prediabetes can develop into T2D. However, progression is not inevitable and making changes sooner can reduce the chances of developing T2D.

For people with prediabetes, it is important to know that blood sugar levels are affected by what and when you eat.

Tips For Eating to Manage Blood Sugars

1. Limit juices and drinks with added sugar. Choose whole fruit or flavoured water with lemon or lime.
2. Eat three meals a day, with about four to six hours between meals. This can manage blood sugar and feelings of hunger.

3. Build your plate according to Diabetes Canada. Cover half your plate with vegetables, such as broccoli, spinach, and cabbage. Cover another quarter of your plate with whole grain products or starchy vegetables such as potatoes, corn, and yams. Put protein foods on the remaining ¼ plate such as lentils, tofu, meat, fish, and eggs. Visit diabetes.ca/nutrition to find the healthy eating section with additional tips.

4. Choose foods with fibre. Fibre slows down digestion and helps maintain stable blood sugar levels. Include whole grains like oats, quinoa, and barley along with vegetables and fruits to boost your fibre intake. Aim for 30 grams or more per day. Visit ahs.ca/nutritionhandouts and search Fibre for more information about foods with fibre.

5. Choose unsaturated fats. Prediabetes increases the risk of developing heart disease. Replacing saturated fat in the diet with unsaturated fat can help decrease this risk. Unsaturated fat can also help improve insulin sensitivity.

Foods high in unsaturated fats:

- Soft margarine
- Oils: canola, olive, peanut, sunflower
- Avocado, nuts and seeds, nut butters
- Ground flax seeds, chia seeds, or hemp seeds
- Fish instead of other animal proteins

Foods high in saturated fats:

- Coconut oil, lard, butter, hard margarine
- Red meat, deep fried foods, processed cheeses
- Cream and ice cream

Getting Active to Prevent Prediabetes

Physical activity is a powerful tool in managing prediabetes. Physical activity helps your body use insulin to lower blood sugar levels. Start slowly and build up to 30 minutes each day, five to seven days a week. Brisk walking, swimming, cycling, or any other activity you enjoy is a great place to start.

Resistance training such as lifting weights or bodyweight exercises can also be beneficial for building muscle and improving blood sugars.

Remember that physical activity is cumulative and does not need to be completed in one session. Even

a brief ten-minute walk after a meal has been shown to improve blood sugar levels. For more information visit csepguidelines.ca.

Excess body weight is a factor that may contribute to having prediabetes and the development of T2D. A reduction as little as 5% of initial weight can greatly reduce the risk of developing T2D, for example for a person who weighs 90 kg (200 lb.), 5% weight loss would be 4.5 kg (10 lb.). Rather than focusing on rapid weight loss, aim for gradual, sustainable changes. Visit ahs.ca/nutritionhandouts and search Eating Well for Weight and Health to learn more about weight management.

Making changes can help reduce risk while still maintaining an enjoyable lifestyle. However, change can be hard, especially if we try to make too many changes too fast. Set achievable goals and take small, gradual steps to ensure that your approach is sustainable.

Consider ways to support your health that work for you and seek guidance from healthcare providers for personalized advice.

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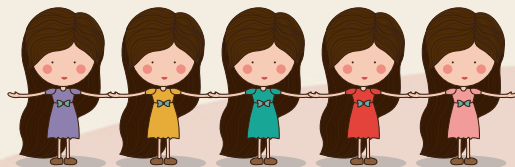
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OAKRIDGE MONTHLY

Market Stats

SINGLE FAMILY



ACTIVE: 2



SOLD: 18



PENDING: 2

ROW/TOWNHOUSE



ACTIVE: 4



SOLD: 7



PENDING: 0

Above stats are current within the last 60 days.

A mother's
TOUCH MAKES A HOUSE A
Home!



HAPPY MOTHER'S DAY

**I HAVE BUYERS INTERESTED IN OAKRIDGE! CONTACT ME FOR MORE DETAILS
THINKING OF SELLING? CONTACT ME FOR YOUR FREE MARKET EVALUATION**



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