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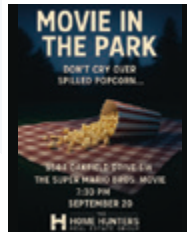
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# OAKRIDGE COMMUNITY ASSOCIATION

## Complex

9504 Oakfield Drive SW  
Calgary, Alberta T2V 0L1  
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	Ian MacRae
Secretary	Jocelyn Giroux
Vice President	Jim Anderson
Director, Seniors	Bruce Sutherland
Directors at Large	Dave Thomson, Liam Woofter, Derek Dallen, Rachael McCarthy, Ian MacRae, Gary Davies, Dale Evans, Terry Kemp, Hugh Stewart, Steve Hunter

## DIRECTORY

Beavers/Cubs/Scouts	Steve Ecclestone seclestone69@gmail.com	403-253-8662
Before/After School Program Manager	Kelly Krebs	403-238-9322
Bingo Volunteers	Darrell Ogden	403-238-0007
Silverbitch Girl Guides	any-calgarysilverbitch@girlguides.ca	
Neighbourhood Partnership Coordinator	Cathi Groves	403-476-7290
Oakridge Curling Club	Rick Waraksa oakridgecurling@gmail.com	403-281-4733
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.



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# Oakridge Sage Gatherings - Where Caring and Wisdom Meet Community

We have had a great December at Sage Gatherings. We celebrated Christmas together at a lunch event at Grey Eagle Resort, it was a wonderful way to share the season with friends and neighbours. Unfortunately, our speaker was unable to join us in December, but we are hopeful that Nagwan Al-Guneid our MLA, representing Calgary-Glenmore, will be able to attend in the New Year. Please keep an eye out on the bulletin board for the date. There will be many more opportunities for you to attend speaker events in the coming months, please watch for them in this space of the *Echo*.

We have tentatively organized our presentation date for the next month, and we are very fortunate to have many great members who are willing to share their experience or are connected to others who are very generous with their time and knowledge. Please join us for our presentation next month and stay tuned for the rest of our 2026 lineup!

If there is something you are interested in hearing or learning more about, please reach out to Bruce at [oakridgesagegatherings@gmail.com](mailto:oakridgesagegatherings@gmail.com).

## January Presentations

**11:00 am, Second Floor, OCC**

We do suggest registering for these events as seating is limited; [rsvp@sagegatherings.ca](mailto:rsvp@sagegatherings.ca).

• January 2026: The speaker for this month will be Shuvaloy Majumdar, the Member of the House of Commons of Canada, representing our area, Calgary/Heritage. He is the Vice-Chair Subcommittee on International Human Rights of the Standing Committee on Foreign Affairs and International Development. We have asked him to speak about Federal Seniors Grants and Seniors Programs. We have set tentative dates of January 7 or 14, 2026, confirmation and further information will be posted on the bulletin board at the entrance.

Please note: All speaker series presentations are by a donation of your choice and mostly held on the second floor of the Oakridge Community Centre. Please read the *Echo* and watch for posters on the bulletin board at the entrance for information.

## Weekly Drop-In Chats

Our weekly drop-in chats are on Wednesdays from 9:30 to 11:00 am (ish) in the main foyer. Everyone is welcome to join in. We often have shorter presentations with our coffee, friendly conversations, and planning sessions for future events, and we always welcome newcomers. Please email Bruce Sutherland at [oakridgesagegatherings@gmail.com](mailto:oakridgesagegatherings@gmail.com) if you would like to be added to the weekly information email for things happening for the following week and updates on our walks. Please note that our coffee meetings will start again on January 7, 2026.

## Caring Committee News

We have a group within Sage Gatherings whose purpose is to reach out and support those in our group in need. Caring for one another is a key pillar of our Sage Gatherings Community. We often visit members in the hospital, take people to appointments or to get groceries, and will try to support and assist with the needs of those who may be infirm, housebound, or just need help fixing something that is broken. You're invited to become a part of our Wednesday morning coffee gatherings and be a part of this wonderfully connected group, please join us.

## Weekly Walks

**Tuesdays, 10:00 am Meet Up**

We meet every Tuesday to walk together, head for coffee, and do a lot of catching up!

Oakridge area outdoor walks during nice weather.

First Tuesdays of the Month - 24 St and 90 Ave SW, Southeast Glenmore Parking Lot, (by the Water Park) Walk East to Heritage Park.

Second Tuesday - 90 Ave and Oakmount Dr, Glenmore Southwest Parking Lot; Walk West to the Weaselhead Flats National Park.

Third Tuesday - Oakridge Community Centre, Pathways and Parks in the Neighbourhood.

Fourth Tuesday - South End of BEBO Grove, Fish Creek Park, different route each month.

As the weather changes so do our walking plans. We set clear guidelines for the weather and as snow and ice begin to accumulate we will often change the plans



above and walk at Chinook Centre. Please check Bruce's weekly email for updates. If you are not on the email list but would like to be added, please send Bruce an email at oakridgesagegatherings@gmail.com.

### For Any Questions

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

Jill Sutherland

Sage Gatherings

## Oh My Oakridge

### Who Is Oh My Oakridge?

Oh My Oakridge is a volunteer-led group dedicated to improving and revitalizing the green spaces within our community. Our Mission is to create safe, welcoming, and vibrant outdoor areas that residents of all ages can enjoy.

In the past year we have completed our first major project – the Oakridge Way Park Revitalization - while continuing to raise funds for our larger Master Plan Project which we anticipate kicking off in 2026. This long-term initiative will guide future enhancements across our neighbourhood's greenspaces, helping us build a greener more connected Oakridge.

We are so grateful for the support we received during our fundraising campaign in December with the purchase of Co-op gift cards. With your help we were able to raise funds which will go towards our growth as a community, and it will continue to strengthen our Master Plan for 2026.

Stay tuned for updates, volunteer opportunities, and ways to support our upcoming project.



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# **LITTLE LEARNERS ICE TIME**

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# Tobogganing/Sledding Safety

by Alberta Health Services



Emergency Health Services (EHS) – Alberta would like to remind parents and children about toboggan/sledding safety tips. Injuries may result from collisions with stationary objects on the hill, such as trees, poles, rocks, or even collisions with other people. Unprotected falls can also result in more serious injury if you lose control at high speeds. However, everyone can be safe on the hill by following these reminders.

### Equipment

- Always ensure your toboggan, or sledding device, is in good repair. Inspect it for any damaged or missing parts before each use.
- Be certain the operator is fully capable of staying in control of the sled at all times.
- Wear a ski helmet designed for use in cold weather and high speeds.

### Hazards

- Avoid hills that are too steep or icy.
- Choose hills free of all obstacles such as trees, rocks, utility poles, benches, or fences.
- Beware of loose scarves, or clothing containing drawstrings, which could present a strangulation hazard if they become caught or snagged.

- Look out for others. Move quickly to the side after finishing a run and stay to the side of the sliding path when walking up the hill.
- Children should be supervised by an adult; try not to toboggan alone.
- Sledding at night is not advised.

### Plan Ahead

- Anticipate weather changes and plan accordingly.
- Wear warm, insulating layers closer to the body, and wind/waterproof layers on the outside.
- Consider bringing extra sets of gloves and toques to exchange wet garments for dry ones.
- Take breaks out of the cold to warm up.
- Even when properly protected from the elements, the fingertips, toes, ears, the tip of the nose, and other high points on the face such as the forehead and cheek bones can be affected by frostbite; therefore, attempt to cover up any exposed skin.
- If frostbite has occurred, treat it by first getting out of the cold environment, or at least sheltered from any wind chill.
- Gently warm the affected skin by placing a warm hand over it, or by placing the affected part in warm - not hot - water until rewarmed.





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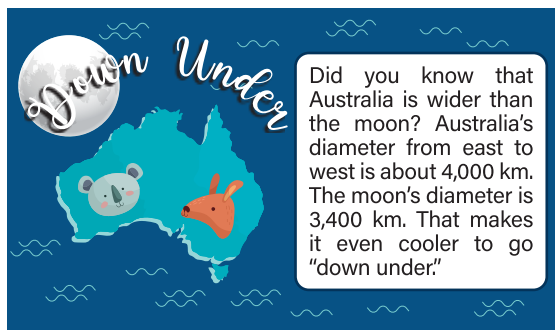
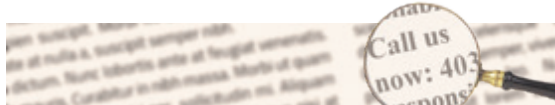
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## GAMES & PUZZLES

### Guess the Cartoon!



1. Mojo Jojo is always trying to cause havoc in this female-led cartoon.
2. Joe Barbera first considered calling this classic cartoon *The Gladstones*.
3. This group of mystery solvers was brought to life in 1969 and led to multiple shows and movies.
4. One of the main characters of this cartoon is named Finn and though he is an adventurer, he is afraid of the ocean.
5. Stephen Hillenburg, creator of \_\_\_\_\_, was actually a marine biologist!
6. This cartoon follows a family who lives life in Orbit City with their dog Astro.

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