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- ✓ GET ACTIVE
- ✓ HAVE FUN



April is Come Try Ringette month, and there will be many sessions in Calgary.

Scan the QR code to register or visit: cometryringette.ca



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PUR

Age-Friendly Calgary Essential Numbers for Seniors in Calgary

9-1-1 Emergency (24-Hour)

For EMERGENCY medical, fire, and police response. Call the non-emergency police line at **403-266-1234** to report an incident that is not an emergency.

8-1-1 Health Link (24-Hour)

Health advice (including dementia advice) from a registered nurse.

3-1-1 City of Calgary (24-Hour)

Information on all City of Calgary services. www.calgary.ca.

2-1-1 Community Resources (24-Hour)

Information and referrals for community and social services. www.ab.211.ca.

403-SENIORS (403-736-4677) The Way In

Information, advice, and help accessing programs and benefits for older adults.

403-266-HELP (403-266-4357) Distress Centre and SeniorConnect (24-Hour)

Crisis support and urgent social work response (including if you are concerned about a senior at risk in the community).

403-943-1500 Access Mental Health

Non-urgent advice on navigating the addiction and mental health system.

403-705-3250 Elder Abuse Resource Line (24-Hour)

Confidential information and support, or to report a suspected case of elder abuse.

Telephone language interpretation service available on all lines.

GRANDPARENT SCAM ALERT

WHAT IS THE SCAM?

Scammers are calling seniors claiming to be family members in need of immediate money for bail or hospital expenses.

The scammer will often send someone to the door to pick up payment.

BAIL FACTS:

- Police, lawyers, judges or jails do not call people to get money.
- Bail/ fines are typically paid at a courthouse, police station or jail.
- Bail in Alberta is typically \$10-\$500.
- Bail can't be paid using gift cards.



“Court appointed” couriers don’t exist. If someone asks to come to your home to pick up payment, it’s a scam.



If it has to be now, it has to be no. Using fear or high-pressure tactics are usually a red flag.



Always ask for proof of identification and call-back numbers. Talk to family, friends or other people you trust to help verify claims or requests.

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**SCAN HERE TO VIEW ADDITIONAL
ROSSCARROCK CONTENT**

**News, Events,
& More**



**Crime
Statistics**



**Real Estate
Statistics**



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RossCarrock Community Association

4411 10 Ave SW, Calgary, AB T3C 0L9

403-242-0212 or info@rosscarrock.org

Visit us at rosscarrock.org or [facebook.com/RossCarrockCommunityAssociation](https://www.facebook.com/RossCarrockCommunityAssociation)

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Board Meetings

Board meetings are held on the last Monday of each month.

Memberships

Support your neighbourhood by joining our community association. Membership fees (\$10 to \$20) help pay for events, programs, and maintenance of the community hall.

Discover the benefits of a membership and sign up today at rosscarrock.org/membership.

ROSSCARROCK SKILL SHARE OPPORTUNITY



Are you an artist? Do you love to paint? We are looking for a resident in RossCarrock who has a background in painting and would be willing to teach their skills to residents in RossCarrock. The art created would be placed in our community hall.

If this is something you are interested in, please reach out to our community social worker, Kellie Nixon, at Kellie.Nixon@calgary.ca.



RCA Corner Notes

For more updates, make sure to select your email preferences in your membership account to receive the monthly RossCarrock e-newsletter.

We've Partnered with SkipTheDepot!

What is SkipTheDepot? A door-to-door bottle collection service that makes refundable recycling and fundraising easier than 1,2,3.

1. Download the app and book a pickup using <https://app.skiptthedepot.com/rosscarrock>
2. Place your bags outside
3. Receive a refund or donate to us!

SkipTheDepot will allow everyone to donate directly to our organization with ease. Spread the word by sharing our SkipTheDepot posts on social media!

RossCarrock Community Fridge

The community fridge and pantry are always in need of more donations. Learn how to get involved by visiting rosscarrock.org.



JOIN US TUESDAY AFTERNOONS

Crib Club @ RCA

LOOKING FOR A FUN WAY TO
SPEND A TUESDAY AFTERNOON?

JOIN OUR WILDOSE SENIORS

FOR AN AFTERNOON OF

FUN, SNACKS AND GOOD COMPANY

ARRIVE AT 12:45PM-PLAY BEGINS AT 1:00 PM



MEMBERSHIP IS \$20.00 FOR THE YEAR

REACH OUT TO US FOR DETAILS



Community Kitchen Good Food Box

Rosscarrock Depot

Good Food Boxes are filled with a variety of fresh produce. The main items include but limited to: Potato Carrots ,onions, celery , apples, oranges ,lettuce and tomato plus what is in season i.e squash or berries

Order Process to Follow

Large box 35-40 lbs \$45.00 **STEP 1** Email Lauretta at rosscarrockgfbdepot@gmail.com

You must include the following information

Medium Box 30-35 lbs \$40.00

Your First and Last Name

Small Box 25-30 lbs \$35.00

Your Phone Number

Number of Adults, Children and/or Seniors in your household

and any other household you may be buying for.

Size of box(s) you are buying

STEP 2 Send a transfer for the amount of your order

Please send e-transfer at the same time of placing your email order to not risk losing out on your order in case you forget to send in TIME

| ORDER OPENING | ORDER CLOSES AT NOON | ORDER PICK UP 6:00-7:00PM ONLY |
|----------------------|----------------------|-----------------------------------|
| Jan 30 th | Feb 3 rd | Feb 11 th |
| Feb 27 th | Mar 3 rd | Mar 11 th |
| Apr 3 rd | Apr 7 th | Apr 15 th |
| Apr 24 th | Apr 28 th | May 6 th |

Pick up is located at Rosscarrock Church of Christ 1140-40 st sw

Any questions feel free to call Lauretta @ 587-224-4340 or send an email to
rosscarrockgfbdepot@gmail.com

New Body, Mind, and Nutrition Programs Started January 2026

Looking for ways to support your body, mind, and nutrition in 2026? The Rosscarrock Community Association has new programs close to home.

Beginning in January, Eagle Light Mountain will host Raw Food Nutrition workshops monthly on Friday evenings, focused on fueling your muscles and supporting overall wellness. Starting this month, they will also offer Raw Food Nutrition sessions for Type 2 Diabetes on alternate Friday evenings.

Interested in gentle movement and connecting with your neighbours? Our popular Move and Mingle program will return, offering an easy way to get moving while building community. We are constantly looking for ways to get programs and services to our membership and residents.

Watch our Instagram, Facebook, and website for more details and other exciting programs coming this year.

BRAIN GAMES

SUDOKU

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| | 7 | | 5 | | 8 | | |
| 3 | 9 | | | | 5 | 4 | |
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| 6 | | 9 | 7 | 4 | | | |
| 7 | | 3 | | | 6 | | |
| 4 | 6 | | | 2 | 5 | | |
| | 7 | 6 | | | | | |
| | | | | 7 | 6 | 8 | |

SCAN THE QR CODE
FOR THE SOLUTION



Cats, Canines, & Critters of Calgary



Ash and Bella, Cranston



Flair and Little Lady, Strathcona Park



Meatball and Cleo, Renfrew



Talbot and Scout, Queensland

To have your pet featured, email news@mycalgary.com

Summer Art Camps at RCA - Online Registration Is Open!

Summer is a great time to have fun, learn, and create by joining us at COF summer art camp! Visual art education teaches campers how to interpret, criticize, and use visual information to make choices based on what they see. Art education strengthens problem solving and critical thinking skills and develops a sense of innovation which is important to campers of all ages. Each week of camp we offer a sketching, shading, colour theory, mixed media, and visual art descriptor/communication class to lay the foundation for making art.

Using a wide variety of mediums such as acrylic and watercolour paint, chalk and oil pastel, coloured pencils, pens and sharpies, charcoal, tissue, string/ribbon, and more, campers are encouraged to develop their own personal styles to create their artwork. Each week on Thursday the campers and the COF team produce an art exhibition for all to enjoy. Whether campers are beginners or have previously acquired skills they are well supported as they delve into their imagination and experiment with their artmaking. Campers enjoy artmaking time indoors and outdoors.

All art materials and supplies are included. For more information contact 403-542-0178.



Switch

by Cheryl Dunkley

One last chore - today that make four!

Yawn, oh what a bore

That kind of week,

Both my knees are sore...

It's snowing! I don't want to go out the door.

But you know, Life is good.

I'm grateful for my home, family and friends.

The very best neighbours live on either side

Everyone on this street takes great pride.

There's good stuff every day

Express my gratitude every time I pray

The Voice of Cartoon Legends

What do Bubbles from *The Powerpuff Girls*, Timmy Turner from *The Fairly OddParents*, and Dil Pickles from *Rugrats* have in common? They were all brought to life by the same Canadian voice actress: Tara Strong. Celebrating her birthday on February 12, Tara has built an extraordinary career from *Teen Titans* to *Ben 10* and beyond.



February Is Heart Month

by Alberta Health Services



Do you know the signs and symptoms of a heart attack and what to do if someone experiences these? Knowing may make the difference between life and death. Recognizing and responding immediately to the warning signs of a potential heart attack may significantly improve survival and recovery. February is Heart Month: take the time to be heart safe and learn how you can reduce your risk.

Common Signs of a Heart Attack

(Any, or all, of these signs and symptoms may occur)

- Chest discomfort described as simply a mild pressure up to a 'crushing' pain; may also be 'squeezing' or a 'heavy' sensation.
- Discomfort may move to the shoulders, arm, neck, or jaw.
- May include shortness of breath, sweating, or nausea/vomiting.
- Signs may vary person to person and can differ between men, women, and the elderly.

Heart Attack Risk Factors

- Obesity*
- Sedentary lifestyle*
- Smoking*

- High cholesterol*
- Age/Gender
- Family history

Speak with your doctor about how to treat your modifiable (*) risk factors and learn to be heart safe.

What To Do When Seconds Count

- Call 9-1-1, immediately. Early treatment can greatly reduce heart damage and be the difference between life and death.
- Treatment starts the moment EMS arrives. Paramedics can provide oxygen, start an intravenous, and perform an electrocardiogram (ECG).
- Paramedics can also administer important medication(s) in the early minutes of a heart attack to lessen heart damage.
- During transport, EMS will share information with the hospital so that definitive treatment can begin immediately upon arrival.
- Take a CPR/AED course. Training is widely available from many reputable organizations. It's easy and could make a significant difference in the outcome of someone experiencing a heart attack.

Staying in Relationships Thinking the Other Person Will Change, Now What?

by Nancy Bergeron, R.Psych. | info@nancybergeron.ca



In romantic relationships, the hope that someone will change is incredibly common, and very human. Here's the why:

We fall in love with potential, not just reality. Early connection, chemistry, and shared dreams can make us focus on who someone could be rather than who they consistently are.

Love activates optimism and attachment. Attachment bonds naturally create hope. Our nervous system prefers security over loss, so we hold onto the idea that change will come rather than face the pain of disappointment or separation.

We confuse influence with control. Healthy relationships do involve growth and compromise, but that can slide

into the belief that love, patience, or suffering will eventually motivate change in areas that are actually character-based or deeply ingrained.

Familiar patterns feel safer than unfamiliar outcomes. Even dissatisfaction can feel safer than the uncertainty of leaving—especially if someone grew up adapting to others or earning love by tolerating discomfort.

Cultural narratives reinforce it. We're taught that love "fixes," that commitment means endurance, and that leaving equals failure rather than discernment.

Acceptance doesn't mean approval. It means clearly seeing who someone is right now, and asking: Can I live peacefully with this if it never changes? If the answer is no, the work isn't to force acceptance—it's to honor that

truth. Real intimacy grows when we choose people for who they are, not who we hope they'll become.

Here are practical ways to shift your inner narration and cultivate acceptance of your partner—without abandoning your own needs or values (unless the situation is unsafe or abusive):

1. Separate “preferences” from “deal-breakers”

Narration shift: “I don’t like this” to... “This is uncomfortable, but not unsafe or violating.”

2. Replace fantasy with reality statements

Narration shift: “They would be perfect if...” to... “This is who they are today, consistently.”

3. Translate irritation into meaning

Ask: What does this trigger in me; fear, unmet needs, old wounds?

Narration shift: “They’re the problem” to... “This brings up something important in me.”

4. Use compassion without justification

Narration shift: “They shouldn’t be this way” to... “I can understand why they’re this way, without agreeing or excusing.”

5. Practice present-tense acceptance language

Use phrases like: “This is what’s here right now.” or... “I don’t have to solve this today.”

6. Stop future-bargaining

Narration shift: “Once X happens, then I’ll be okay” to... “If nothing changes, how do I feel about this life?”

7. Name your choice clearly

Narration shift: “I’m stuck” to... “I am choosing to stay for now, with eyes open.”

Choice restores agency and reduces resentment.

8. Practice grief, not resistance

Acceptance often requires grieving the partner you hoped for.

Narration shift: “This shouldn’t hurt” to... “Of course this hurts.”

9. Anchor acceptance in boundaries

Narration shift: “I have to accept everything” to... “I accept who they are and I choose how close I stand.”

10. Use curiosity over judgment.

Narration shift: “They’re wrong” to... “This is different from me—what does that mean for us?”



Cupid and the Mighty Bow

by Garth Paul Ukrainetz

Cupid has a plan they say

To change the world ton Valentine's Day

The opposite of nuclear war

Where love bombs fall forevermore

Projectiles full of love's sweet glow

These arrows need a Mighty Bow

Creating new reality

Great river flows thru Calgary

The arrows launch like missiles fly

Around the world they'll fill the sky

London, Moscow, Houston, Seoul

From Mighty Bow they'll reach their goal

On city streets we'll look above

The mountains shall bring peace and love

Descending to all jaded land

From Mighty Bow and angel's hand

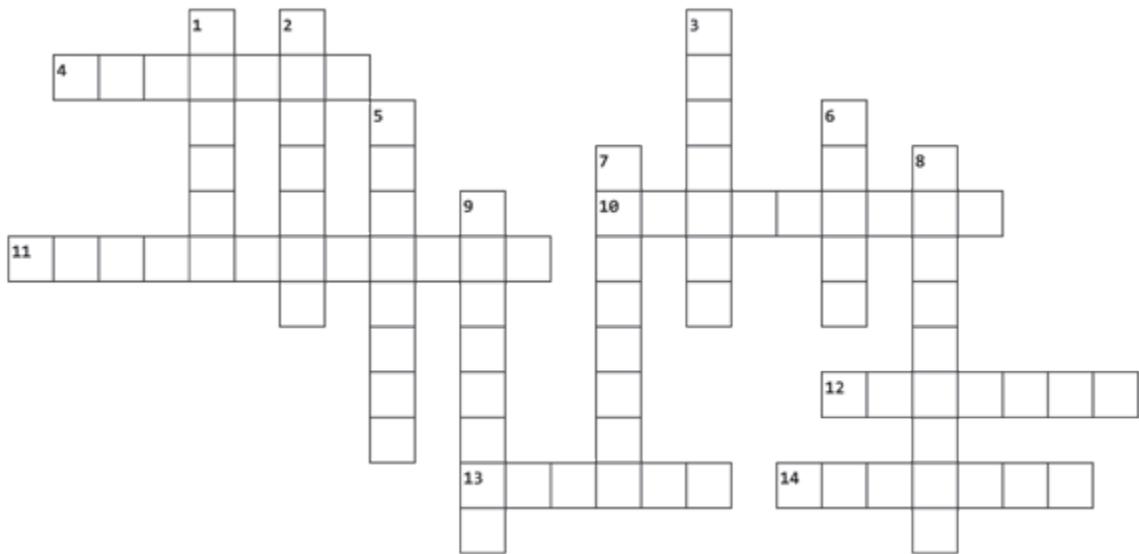
Yes, all is fair in love and war

A cherub stands on rivershore

Lil' Cupid has a plan they say

To change the world on Valentine's Day

February Crossword



Across

4. Islam's holy month of fasting, prayer, and reflection, called _____ starts on February 17 this year.
10. On February 2, 1653, what is now called New York City officially became a city, but it was known as New _____ at the time.
11. Comedian Leslie Nielsen was born on February 11, 1926, in Regina, _____.
12. Canada's twelfth Prime Minister, Louis St. _____, was born on February 1, 1882, in Compton, Québec.
13. The first volume of this English Dictionary was published on February 1, 1884.
14. The first documented street celebration of Mardi Gras in New _____ took place on February 27, 1827.

Down

1. This North American country celebrates National Flag Day on February 15 annually.
2. During the 1988 Calgary Winter Olympics, the bobsleigh team from this Caribbean nation inspired the movie *Cool Runnings*.
3. At the 26th Grammy Awards on February 28, 1984, Michael _____ won an astonishing eight Grammys!
5. Pope _____ XVI announced his resignation from the papacy on February 11, 2013.
6. The 2026 Chinese Zodiac is this equine beauty.
7. Min Jin Lee's New York Times bestselling novel, _____, follows a Korean family who immigrate to Japan and was first published on February 7, 2017.
8. The XXI Winter Olympic Games were held in this Canadian city in 2010.
9. On February 4, 2004, this social media platform was launched from a Harvard dorm room.



Visit bit.ly/mycalgaryanswers
or scan the QR code for the answers



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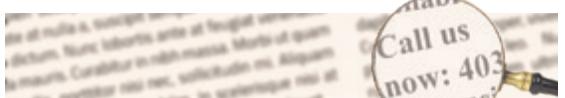
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NEIGHBOURHOOD CONFLICT? Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.



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