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FRIENDS**
- ✓ **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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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.

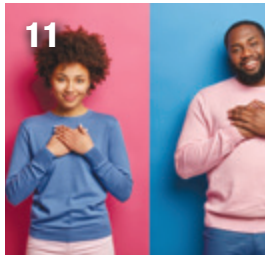
CALGARY
POLICE
SERVICE

If you have lost money or the scam is in progress, contact the Calgary Police Service at **403-266-1234**

To report a scam in general, contact the Canadian Anti-Fraud Centre at **1-888-495-8501**

CONTENTS

- 7 CRIB CLUB
- 8 GOOD FOOD BOX DATES
- 10 SUMMER ART CAMPS AT RCA - ONLINE REGISTRATION IS OPEN!
- 11 SAFE AND SOUND: FEBRUARY IS HEART MONTH
- 12 MENTAL HEALTH MOMENT: STAYING IN RELATIONSHIPS THINKING THE OTHER PERSON WILL CHANGE, NOW WHAT?
- 15 BUSINESS CLASSIFIEDS



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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)

BOARD OF DIRECTORS and COMMUNITY CONTACTS

President	Scott
Vice-President	Milad
Treasurer	Gennaro
Secretary	Amanda
Events	Vacant
Communications	Vacant
Planning	Gennaro
Director-at-Large	Susan
Director-at-Large	Marcelo

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.skipthedepot.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 WILDROSE 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

STEP 1 Email [Lauretta at rosscarrockgfbdepot@gmail.com](mailto:Lauretta@rosscarrockgfbdepot@gmail.com)
 You must include the following information
 Your First and Last Name
 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 an e 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	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

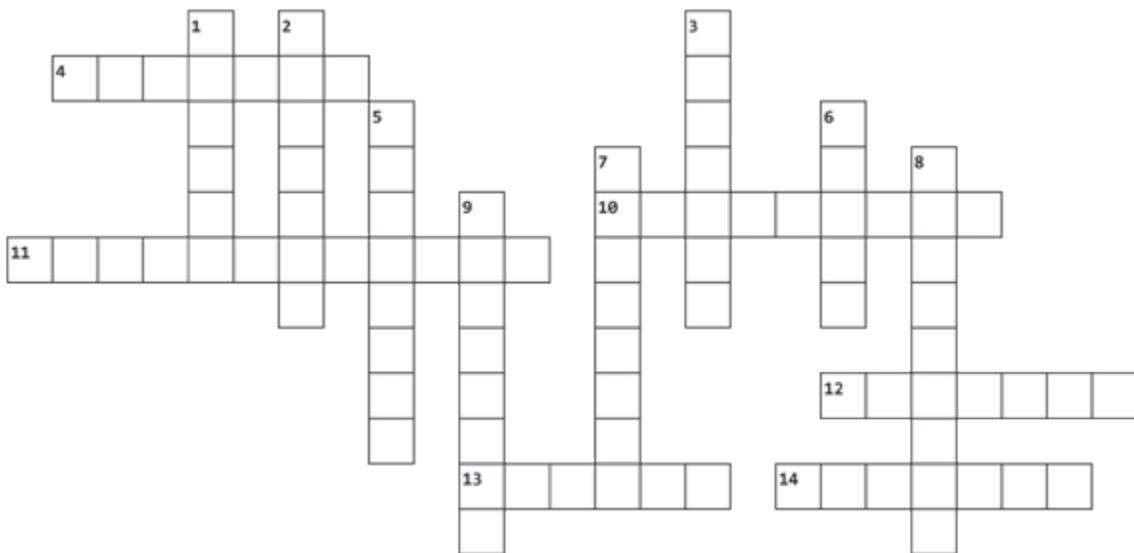
Projectiles full of love’s sweet glow
These arrows need a Mighty Bow
Creating new reality
Great river flows thru Calgary

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
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What kind of tree fits in your hand?

A palm tree



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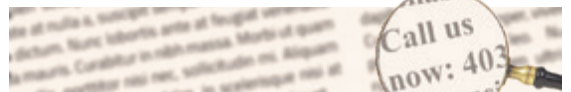
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NEIGHBOURHOOD CONFLICT? Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.



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